

Organised by the Hong Kong Squash (HKS)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Squash
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
			Non-School Team Training	School Team Training	
Target Participants	Primary and secondary school students	Primary school students	Primary and secondary school students		Primary and secondary school students (aged 15 or below) Recommended by coaches of HKS. - Students who have participated in the squash training course under Outreach Coaching Programme – Non-School Team or School Team Training will have priority. - Those who have bronze award of the HKS Junior Squash Award Scheme (aged 11 or above) will have higher priority.
Outline	Introduction to squash through broadcasting video, skills demonstration and play-in session	The training covers forehand and backhand, service, basic skills, boundary lines, scoring method and competition rules of mini squash. Coaches will assess students' skills regularly.	To give training to students and assist schools to set up their school teams (if applicable). Coaches will assess students' skills regularly.		The training enhances the skills and knowledge of squash.
Venue	School hall on the ground floor or covered playground	At school or 2-3 squash courts, subject to the numbers of participating students (Venues to be arranged by school at LCSD Sports Centre)	2-3 squash courts, subject to the numbers of participating students (Venues to be arranged by school at LCSD Sports Centre)		Training venue to be arranged by the LCSD. Please refer to the respective prospectus for details.

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Fee	\$900 per session (\$520 for each extended session on the same day)	\$1,076 per course	\$1,250 per course	\$2,600 per course	\$500 per person
Equipment to be Provided by Schools	Video playing equipment, relevant sports equipment and parking space for lorry	12 mini squash rackets and 12 mini balls	12 squash rackets and 12 balls		Students should bring their own squash rackets and goggles
Sports Equipment	Rackets, balls, and mobile squash courts (to be provided by the NSA)	Not applicable			
Duration	1 hour per session	6 lessons per course, 2 hours per lesson or 8 lessons per course, 1.5 hours per lesson (12 hours in total)	10 lessons per course, 2 hours per lesson (20 hours in total)	20 lessons per course, 2 hours per lesson (40 hours in total)	
Estimated No. of Participants per Course/ Session	70 (20 per play-in session)	12			
Proposed Time of Activity	Monday to Friday: 10 am to 5 pm	To be scheduled by schools			Please refer to the respective prospectus.
Skill Assessment	Not applicable		Assessed of HKS		
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Easy Sport Programme Enrolment Form (P.191)	Outreach Coaching Programme Enrolment Form (P.194)	Joint Schools Squash Training Programme Enrolment (Please refer to the respective prospectus)	
How to Enrol	<p>1. Please send the completed enrolment form together with a cheque for the payment of activity fee (a separate cheque for each activity, made payable to “Hong Kong Squash” with the school name written on the back) by mail to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates).</p> <p>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a non-school team or school team.</p>				The respective prospectus will be sent to schools by the LCSD in due course.

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Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear, sports shoes and goggles for the training. 3. The proposed court-to-participant ratio is: 1 squash court for 6 participants for the Easy Sport Programme; 1 squash court for 4 participants for the Outreach Coaching Programme. 4. Priority will be given to schools which have participated in the squash training under the Easy Sport Programme between September 2019 and December 2020 to take part in the “Easy Sport Competition – Mini Squash Competition” under the School Sports Programme in 2021. Details will be announced later. 5. Priority will be given to schools which have participated in the squash training under the Outreach Coaching Programme between September 2019 and January 2021 to take part in the “Outreach Coaching Squash Team Competition” under the School Sports Programme in 2021. Details will be announced later. 6. Upon completion of a training course under the Easy Sport Programme or Outreach Coaching Programme, participants will have acquired skills of a certain level Schools may recommend participants to take part in the Open Assessment Test held by the HKS. For details, please visit: http://www.hksquash.org.hk/ 7. If NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. 8. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 9. If NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 				
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html				