

Organised by the Cycling Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau

School Sports Programme
Joint School Cycling Training Programme – Track Cycling
(Phase III in 2023-24)
Prospectus

1. Objective: The programme aims to provide track cycling training in a sustained and systematic manner for students with potential to enhance their skills.
2. Eligibility for Application:
 - a. Applicants must be secondary school students aged 12 or above on the commencement date of the programme with a minimum height of 146cm;
 - b. Given the advanced level of the programme, applicants must possess basic cycling skills up to the specified level with recommendation from their coach or teacher; and
 - c. Applicants must take the skill test arranged by the Cycling Association of Hong Kong, China (CAHK). Those passing the test may be admitted to the Joint School Cycling Training Programme.
3. Means of Application and Admission Quota: A maximum of 40 applicants will be admitted to the test on the selection day on a first-come-first-served basis.
Applicants must pass the test, and those with outstanding performance will be admitted to the programme with a quota of 20.
4. Course Arrangement: A total of 8 sessions of 3 hours each during the phase (24 hours in total with the first session as the selection day)
5. Application Period: Phase III (CY/JT(TC)/23-24/03) From now to 12 December 2023
(applications by mail will be accepted based on the date of postmark)
6. Fee: \$250 per person
7. Course Date and Time:

Course Code	Date	Fee	Time	Venue
CY/JT(TC)/23-24/03	6 January 2024 (Saturday Selection day)	\$250	7pm – 10pm	Hong Kong Velodrome (Address: 105-107 Po Hong Road, Tseung Kwan O)
	13, 20, 27 January 2024 3, 17, 24 February 2024 2 March 2024 (Saturday)			

8. Arrangements of Skill Test: The skill test will be conducted in the first session. All applicants are required to take the test.
 - a. Both the scope and content of the test are determined by the CAHK. For details of the test items, please refer to the prospectus of the skill test selection day provided by the CAHK, which will be emailed to applicants within three working days before the selection day.
 - b. The CAHK reserves all the rights to change the date, time and test items of the skill test, to which applicants must not raise any objection.
 - c. Applicants must don sportswear and sports shoes, and bring valid supporting documents with a photograph and the year of birth including handbooks and student ID cards. Failure to do so may result in being denied access to the test venue by the CAHK.

- d. The CAHK will notify applicants of their admission by email within three working days after the skill test. Those failing to be admitted will be placed on a waiting list in an order based on their results. In case of withdrawal by successful candidates, the vacancies so arising will be filled by others on the list in order.
9. Course Content: It covers theoretical and practical elements, the former containing venue introduction, rules of competition and written tests and the latter including basic track cycling skills, physical training, simulated competition training, application of tactics during competitions and qualification assessments on use of venues.
10. Continuous Development: Participants with outstanding performance may be invited to the selection exercises of the “Searching for New Sport Stars Programme” and the “Young Athletes Cycling Training Scheme”. Those shortlisted may receive multi-stage training, upon which participants with advanced skills will be recommended by coaches for feeder training.
11. Coach: Registered track cycling coaches will be assigned by the CAHK.
12. Equipment: Participants should bring their own track bikes and helmets. Alternatively, they may borrow such items from the CAHK.
13. Award : Participants achieving an attendance of 80% or above will be awarded a Certificate of Attendance from the LCS D to serve as an encouragement.
14. Enrolment Form: Applicants may obtain the form from schools, or alternatively download a copy from the following websites:
The LCS D’s website: <http://www.lcsd.gov.hk/en/ssp/index.html>
The CAHK’s website: <http://www.cycling.org.hk>
15. Notes for Enrolment :
- a. Applicants should all apply in personal capacity.
 - b. Applicants should submit completed enrolment forms, together with crossed cheques in payment made payable to “The Cycling Association of Hong Kong, China Limited” with his or her school name and name written on the back (each with a separate cheque), in person or by post to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin on or before the corresponding deadline. Please mark on the envelope “Joint School Cycling Training Programme – Track Cycling”. **Late applications will not be accepted.**
 - c. The enrolment fees paid will not be refunded once enrolment is confirmed.
 - d. Cheques will be returned to unsuccessful applicants.
 - e. The Organiser may cancel the course in case of insufficient enrolment.
 - f. In the event that the Observatory issues the Tropical Cyclone Warning Signal No.8 or above, or Red/Black Rainstorm Signal two hours before the activity; or the Education Bureau announces class suspension; or the Environmental Protection Department announces that the Air Quality Health Index recorded by general air quality monitoring stations has reached the “Serious Level” (i.e. 10+) in the area concerned, all activities on the day will be cancelled. There will be no refund for any cancelled classes. Subject to the availability of venues, the CAHK will arrange, if possible, make-up classes. In case of inclement weather, please contact the coach-in-charge for enquiries about arrangements. Even if the Observatory issues the Thunderstorm Warning two hours before the activity, students and coaches must arrive at the venue on time subject to actual circumstances.
16. Enquiry No.: The CAHK: 2504 8176 / 2504 8240
School Sports Programme Unit of the LCS D: 2601 7608

Organised by the Cycling Association of Hong Kong, China (CAHK)

Subvented by the Leisure and Cultural Services Department

Co-organised by the Education Bureau

School Sports Programme

Joint School Cycling Training Programme – Track Cycling (2023-24 Phase III)

Application Form

Particulars of Applicant

Name of Student (English): _____ Gender: M F Date of Birth: _____

Contact / Mobile No.: _____ Email Address: _____

School: _____ Class: _____

School Address: _____

School Contact Person: _____ School Contact No.: _____

(In case of emergency, please contact _____ on _____.)

I **have/haven't* participated in previous joint school cycling training course(s).

Please place a tick in the appropriate boxes below.

Programme No.	Date	Fee	Time	Venue	Equipment
CY/JT(TC)/23-24/03	6 January 2024 (Saturday Selection day)	\$250	7 pm to 10 pm	Hong Kong Velodrome (Address: 105-107 Po Hong Road, Tseung Kwan O)	Track bike will be provided by CAHK
	13, 20, 27 January 3, 17, 24 February 2 March 2024 (Saturday)				<input type="checkbox"/> Rent a track bike from the CAHK <input type="checkbox"/> Bring my own track bike

Declaration

Applicants aged 18 or above must sign the following declaration:

I, _____ (Name of Applicant), hereby declare that I am not suffering from any illness that renders them unfit for the activity.

Signature of Applicant: _____

Date: _____

For applicants under the age of 18, the following declaration must be signed by one of the parents or a guardian:

I, _____ (Name of Parent/Guardian), hereby declare that consent has been given to allow _____ (Name of Applicant) to take part in the programme. It is confirmed that the participants are not suffering from any illness that renders them unfit for the activity.

Signature of Parent/Guardian: _____

Date: _____

* Please delete as appropriate

Notes:

1. Applicants must possess basic cycling skills up to the specified level with recommendation from their coach or teacher.
2. Applicants must be secondary school students aged 12 or above on the commencement date of the programme with a minimum height of 146 cm.
3. Applicants must submit **completed enrolment forms, together with crossed cheques in payment made payable to “The Cycling Association of Hong Kong, China Limited” with his or her school name and name written on the back**, in person or by post to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin **on or before the corresponding deadlines.** Please mark on the envelope “Joint School Cycling Training Programme – Track Cycling”. **Late applications will not be accepted.**
4. The information provided by the applicant will only be used by the Organiser and the Leisure and Cultural Services Department (LCSD) for the purposes of enrolment in recreation and sports programmes, future contact, compilation of statistics and opinion survey. Only those authorised by the Organiser and the LCSD can have access to such personal data. For correction of or enquiries about the personal data you have submitted in application forms, please contact the staff of the Organiser on 2601 7608.

Recommendation from Teacher/Coach of the CAHK (may be submitted afterwards, but must before the start of the first session)

I hereby recommend _____ (Name of Applicant) as a participant of the Joint School Cycling Training Programme – Track Cycling.

* Name of Teacher/Coach: _____ (Mr/Ms)

* Signature of Teacher/Coach: _____

Contact No.: _____

Date: _____

*Please delete as appropriate

