

**Organised by the Hong Kong, China Rowing Association**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme**

**Joint Schools Rowing Training Programme (Galaxy Star 4-5)**

**2025/26 Prospectus**

Purpose	To provide progressive and systematic training for students passionate about rowing and showing potential, with the aim of enhancing their rowing skills.
Eligibility	(a) Be able to swim 50 metres in clothing; and (b) Provide a recommendation from a coach of the Hong Kong, China Rowing Association (HKCRA) certifying that the student has attained a skill level of Star 3 or above.
Target Participants	Secondary school students
Course Outline	<p>(a) Stretching and warm-up exercises for rowing: Students will learn and fully master the skills involved in stretching and warm-up exercises specifically for rowing;</p> <p>(b) Use of indoor rowing machines: Students will improve their rowing skills through the use of indoor rowing machines, and participate in the age group competition of indoor rowing;</p> <p>(c) Rowing skills: Students will improve and fully master the basic rowing skills through the use of advanced equipment (special boats for competitions), and participate in the age group competition of rowing; and</p> <p>(d) Small group activities.</p> <p>By the end of the course, the coaches will conduct a skill test for the students. Those who pass will have the opportunity to be selected by the HKCRA for further training.</p>
Training Venue	Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre
Fee	\$430 per person
Duration	A total of 20 hours (8 sessions of 2.5 hours each)
Quota	8 per group
	A maximum of 2 courses for each student in a school year
Proposed Date and Time of Course	Monday to Friday: 4 pm to 6:30 pm or Saturday and Sunday: 9 am to 6 pm
	For details, please refer to the attached course timetable. Participants are advised to complete the course within eight consecutive weeks. Alternative arrangements may be made with the HKCRA in case of scheduling conflicts.

Enrolment Form	<p>The form may be obtained from the school or downloaded from the website of the Leisure and Cultural Services Department (LCSD):</p> <p><a href="http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8">http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8</a></p>
Points to Note	<p>(a) Applicants should apply <u>in their own capacity</u> and have the enrolment form stamped by the school.</p> <p>(b) The course will be conducted at the Jockey Club Sha Tin Rowing Centre or the Jockey Club Shek Mun Rowing Centre under the HKCRA. The course date and time will be arranged by the HKCRA or co-ordinated between the HKCRA and the participants. For enquiries about the course timetable, please contact the HKCRA on 2696 2337 or 3841 7353.</p> <p>(c) Please submit the completed enrolment form (including a coach recommendation in the lower part of the enrolment form), together with a crossed cheque for the payment of course fee (payable to “Hong Kong, China Rowing Association”), by post to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. one and a half months before the commencement of the activity. Please mark on the envelope “Joint Schools Rowing Training Programme (Galaxy Star 4-5)”. Each enrolment requires a separate cheque.</p> <p>(d) The organiser reserves the right to cancel the course in case of insufficient enrolment.</p> <p>(e) Inclement weather arrangements:</p> <p>(1) A session will be cancelled if the Education Bureau announces school suspension or if the Strong Monsoon Warning Signal, Thunderstorm Warning Signal, Tropical Cyclone Warning Signal No. 1 or above, or Amber Rainstorm Warning Signal or above remains in force two hours before the session commences; or</p> <p>(2) If the Environmental Protection Department announces that the Air Quality Health Index recorded by general stations reaches 10+ (“Serious” health risk category), outdoor activities in the affected areas must be stopped immediately.</p> <p>(f) There is no refund for all cancelled sessions. Subject to venue availability, the HKCRA will arrange make-up sessions as far as possible.</p>
Remarks	Participants should wear proper sportswear and sports shoes for the training course.
Phone Enquiry	<p>2601 7609 or 2601 7648 (School Sports Programme Unit, LCSD)</p> <p>2696 2337 or 3841 7353 (HKCRA)</p>

**School Sports Programme**  
**Joint Schools Rowing Training Programme (Galaxy Star 4-5)**

Official Use Only

**Enrolment Form**

*(Please return the completed enrolment form together with (1) recommendation from the coach (in the lower part of this form) and (2) a crossed cheque for the payment of course fee to the office of the Hong Kong, China Rowing Association (HKCRA) one and a half months before the commencement of the activity.)*

**Particulars of Applicant**

Name(English): \_\_\_\_\_ Gender: \* Male / Female  
Date of Birth: \_\_\_\_\_ Course Fee: \$ \_\_\_\_\_ Cheque No.: \_\_\_\_\_  
Contact No.: \_\_\_\_\_ Fax No. /Email: \_\_\_\_\_  
Name of Emergency Contact Person: \_\_\_\_\_ Contact No.: \_\_\_\_\_  
Level Attained: Galaxy Star \_\_\_\_\_ Date Attained: \_\_\_\_\_

Course Code (please refer to the attached course timetable): \_\_\_\_\_

If the course timetable does not suit you, please put a “✓” in the box of your available time slot(s).  
(You may choose more than one option.)

● Morning

☐ Saturday ☐ Sunday

● Afternoon

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday

☐ Saturday ☐ Sunday

**Parental Consent** (To be completed by the parent or guardian)

I hereby declare that all the information provided above is true and correct, and I consent to the participation of \_\_\_\_\_ (name of applicant) in the captioned programme. I confirm that the applicant is healthy and physically fit for the captioned programme and is able to swim 50 metres in clothing.

Signature of \_\_\_\_\_ Name of \_\_\_\_\_  
\*Parent/Guardian: \_\_\_\_\_ \*Parent/Guardian: \_\_\_\_\_  
Contact No. of \_\_\_\_\_  
\*Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**School Information**

Name of School: \_\_\_\_\_  
Name of Teacher-in-charge: \_\_\_\_\_

Contact No. of Teacher-in-charge: \_\_\_\_\_ School Chop: \_\_\_\_\_

**(The school acknowledges that parental consent has been sought for the student's participation in the programme.)**

\* Please delete as appropriate

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**Coach's Recommendation**

I hereby certify that the above-named student possesses rowing skills equivalent to the Star \_\_\_\_\_ certificate level and shows good potential for further development, as evaluated through skill tests. I therefore recommend the student's participation in the Joint Schools Rowing Training Programme (Galaxy Star 4-5).

Signature of  
Coach: \_\_\_\_\_

Name of  
Coach: \_\_\_\_\_

Contact No.: \_\_\_\_\_

Date: \_\_\_\_\_

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**Points to note:**

1. Students who are recommended by their coach and certified to have met the skill requirements may send the enrolment form together with a crossed cheque for the course fee (payable to the "Hong Kong, China Rowing Association", with the participant's name written on the back) to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. by post. Please mark on the envelope "Joint Schools Rowing Training Programme (Galaxy Star 4-5)". If the application is unsuccessful, the cheque will be returned to the applicant.
2. The staff of the HKCRA will inform successful applicants of the course arrangements in due course.
3. The information provided will only be used by the Organiser and the Leisure and Cultural Services Department (LCSD) for matters relating to enrolment in recreation and sports programmes, future contact, compilation of statistics and opinion survey. Only staff duly 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 LCSD on 2601 7609 or 2601 7648.

(To be completed by the HKCRA) Course Code: _____ Name of Officer (in block letters): _____
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