



## Synchronized Swimming Coach Course (Level 1) 2016-17

### 二零一六至一七年韻律泳一級教練訓練班

(Organized by HKASA and funded by Hongkong Bank Foundation Continuing Coach Education Programme)

(由香港業餘游泳總會主辦 匯豐銀行慈善基金教練延續培訓計劃資助)

#### Course Content 課程內容:

The course includes 4 lectures and 9 practical sessions which covers:

本課程有理論課四課及實習課七課，內容包括：

- Introduction to Synchronized Swimming 韻律泳簡介
- Star Award Scheme- Figures Demonstration and Training  
星章計劃- 指定動作示範及訓練
- Instructional Training 教學訓練
- Land Drill 陸上模擬
- Arrangement for Synchronized Swimming Star 1 and 2 Training Programme  
韻律泳星章計劃一及二星課程編排

Please refer enclosed Course Schedule for details.

詳細課程內容請參閱課堂時間表。

#### Lecturers 講師:

Coach of Hong Kong Synchronized Swimming: 香港韻律泳教練:

- Ms. CHUI Kai Yi-崔嘉儀小姐
- Ms. TSE Wing Sze Rosita-謝詠詩小姐
- Ms. XU Jing-徐晶小姐
- Ms. LEUNG Siu Chun-梁少珍小姐
- Ms. TSE Ka Yi-謝家儀小姐
- Mr. NG Chi Man-吳志文先生

#### Requirements 參加資格:

- Age 18 or over 十八歲或以上；
- Form 5 graduated 中五程度；
- Pass in the swimming test 水試合格：  
Able to swim 100m individual medley: 25m Breaststroke, 25m Backstroke, 25m Butterfly Stroke, 25m Freestyle, and 30 seconds Eggbeater.  
能游 100 米混合泳: 25 米蛙式、25 米背泳、25 蝶泳、25 米自由式；以及踩水 30 秒。
- Priority will be given to holders of HKASA Synchronized Swimming Star Award or Swimming Teacher Certificate (copy of which is required).  
持有韻律泳星章或游泳教練證書者將獲優先接受報名 (報名時須遞交有關證書之副本)

#### Medium of Instruction 語言:

Mainly in Cantonese, partly in Mandarin 廣東話為主，輔以國語。

#### Fee 費用:

- Swimming Test Fee 水試: HKD \$100 港幣一百元正
- Course Fee 課程費用: HKD \$3,600 港幣三千六百元正  
(Course Fee is inclusive HK Synchro. Swim. Star Award 1 & 2 Certificate)  
(費用包括香港韻律泳一及二星星章證書)
- Course Fee 課程費用: HKD \$2,800 港幣二千八百元正  
(Course Fee is not included HK Synchro. Swim. Star Award 1 & 2 Star Certificate)  
(費用只適用持有香港韻律泳一及二星星章證書之學員)



\*Applicants should submit the application form together with swimming test fee.  
Course fee is only required to submit after passing the swimming test.  
申請者報名時請先交水試費，待水試合格後才須繳交課程費用。

#### Closing date for application 截止報名日期:

**30/12/2016 (Friday 星期五)**

#### Award of Certificate 證書:

The Synchronized Swimming Coach Level 1 Certificate will be issued after completion of the course when student who have:

學員完成課程後並能達到下列項目，可獲發韻律泳一級教練証書:

1. Reached 90% attendance, pass the written and practical test and  
出席率須達 90%、筆試和實習試合格，及
2. Achieved the Synchronized Swimming Star I & Star II Award; and  
考獲韻律泳一、二星章；及
3. Upon completion of 1 and 2, student will be recommended to participate in Sports General Theory Course (Level 1) organized by Hong Kong Sports Institute.  
完成 1 及 2 後，學員將被推薦參加由香港體育學院舉辦之「運動通論課程」(一級)。



## Application Procedure

### 報名方法：

### By Mail 郵寄

- Please enclose the following items to HKASA Office:  
請將以下資料郵寄往香港業餘游泳總會：
  - 1. Completed application form 已填妥之申請表格
  - 2. A Copy of HK Identification Document 香港身份證明文件副本
  - 3. A self-addressed, pre-stamped envelope  
貼有足夠郵資的回郵信封一個，信封面請填上申請人姓名及地址
  - 4. Crossed cheque made payable to "HKASA"  
繳交課程費用劃線支票（支票抬頭請書 "HKASA"）

### In person 親身報名

- Please submit in the following items to HKASA Office:  
請遞交以下文件往香港業餘游泳總會辦事處：
    - 1. Complete application form 已填妥之申請表格
    - 2. A Copy of HK Identification Document 身份證明文件副本
    - 3. Crossed cheque made payable to "HKASA"  
繳交課程費用劃線支票（支票抬頭請書 "HKASA"）
- Receipt and HK identification Document Copy will be returned to the applicant.  
收據及身份證明文件副本，將發回申請者。

### Remarks 備註：

- Applicants must pass the Swimming Test for attending the course  
申請者在水試合格後方能上課。
- Please bring your own sports and swim wear during practical sessions.  
請自備運動服及游泳服上課。
- Students are required to fulfil an attendance requirement of 90%. A 15-minute late to class will be counted as an absence for an hour.  
學員上課出席率須達 90%；學員若遲到十五分鐘會當作缺席一小時論。
- Students can teach Synchronized Star Award Scheme 1 and 2 after the completion of the course. 完成課程後，學員可以教授韻律泳一星及二星課程。
- Should any dispute arise therein; decision of HKASA shall be final.  
如有任何爭議，以香港業餘游泳總會最後決定為準。
- No extra practical session will be provided except those listed in the attachment.  
本課程並不提供額外實習課。

### Enquiry 查詢：

Tel. 電話: (852) 2572 8594 Fax. 傳真: (852) 2591 0792  
E-mail 電郵: [kittylaw@hkasa.org.hk](mailto:kittylaw@hkasa.org.hk) / [dellaleung@hkasa.org.hk](mailto:dellaleung@hkasa.org.hk)  
Web-site 網址: [www.hkasa.org.hk](http://www.hkasa.org.hk)

### HKASA Office Hour

香港業餘游泳總會  
辦事處辦公時間：

Monday – Friday 星期一至星期五  
10:00a.m – 1:00p.m. 2:00p.m. – 5:00p.m. 上午十時至中午一時 下午二時至五時  
Closed on Saturday, Sunday and Public Holiday 星期六、日及公眾假期休息

### Course Schedule 課程時間表

#### Swimming Test 水試

Date 日期	Time 時間	Venue 地點
7/1/2017 (Saturday 星期六)	1700-2100 Hour	Kowloon Park Swimming Pool (Diving Pool) 九龍公園泳池 (跳水池)

#### Part A - Lecture 理論課

Date 日期	Time 時間	Venue 地點
14, 21/1/2017; 18/2/2017; 11/3/2017 (Saturday 星期六)	1400-1700 Hour	Kowloon Park Swimming Pool (Meeting Room) 九龍公園游泳池 (會議室)

#### Part B - Practical 實習課

Date 日期	Time 時間	Venue 地點
14, 21/1/2017; 11, 18, 25/2/2017; 11, 18/3/2017 (Saturday 星期六)	1700-2200 Hour	Kowloon Park Swimming Pool (Diving Pool) 九龍公園泳池 (跳水池)

#### Part C - Examination 考試

Date 日期	Time 時間	Venue 地點
25/3/2017 (Saturday 星期六)	1500-1700 Hour (Written Test 筆試)	Kowloon Park Swimming Pool (Meeting Room) 九龍公園游泳池 (會議室)
	1900-2100 Hour (Practical Test 實習試)	Kowloon Park Swimming Pool (Diving Pool) 九龍公園泳池 (跳水池)

HKASA reserves the right to amend and correct this information without prior notice.  
香港業餘游泳總會保留修改本章程的權利，申請者不得異議。