



HONG KONG CHINA SWIMMING ASSOCIATION

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Ref. No: 2026010031

20th January 2026

By E-mail & By Fax

TO: All Full Members and Affiliated Members

Dear All,

Empower Hour with Siobhán HAUGHEY
HKSI X HKGSA Seminar 專題研討會

We have the pleasure to inform you **Empower Hour with Siobhán HAUGHEY HKSI X HKGSA Seminar 專題研討會** to be held on 20th February 2026 (Friday). Please find the details as below:

- Date: 20th February 2026 (Friday)
Time: 10:00am – 12:00pm
Speakers and Guests: Siobhán HAUGHEY, SBS (Olympic Medallist Swimmer)
Arno KAMMINGA (Olympic Medallist Swimmer)
Venue: Hong Kong Sports Institute: Lecture Theatre
(25 Yuen Wo Road, Sha Tin, N.T., Hong Kong)
Topic: ➤ Preparation for Major Sports Events (Mental)
➤ Experience Sharing in Sports Warm-up
Fee: Free of charge
Requirement: ➤ Each HKGSA Affiliated members may recommend a minimum of one 25-26 registered coach.
➤ Preference will be given to those coaches who have represented Hong Kong, China Swimming Team in international competitions (including Open Water Voluntary Squad Coaches) and HKGSA Regional Squad coaches.
➤ Swimmers who have represented Hong Kong, China Swimming Team in multi-sport games or world championship in both long and short course swimming within the past four years.
➤ Swimmers specifically recommended by the head coach.
➤ Availability is limited and only coaches and swimmers will be accepted.
Application Procedure: Please refer to the attached application form

Closing Date for Application: 10th February 2026 (Tuesday) 12:00pm

Should you have any enquiry, please feel free to contact Ms. Peggy CHU or Ms. Della LEUNG at 2572 8594. Thank you for your attention.

Best Regards,

Wilson Kam Tat YEUNG
Chairman
Swimming Committee

c.c. Hon. Treasurer/ Asst. Hon. Sec./Executive Committee Members
Encl. Seminar Information, Application Forms