

School Sports Programme – Application Guide

Contents

Introduction	4
Scale of Fees	14
Index of Activities	25
Prospectus	
(1) Archery	28
(2) Athletics	31
(3) Badminton	36
(4) Baseball	39
(5) Basketball	41
(6) Billiard	45
(7) Bodybuilding	46
(8) Boxing	48
(9) Canoe	50
(10) Cricket	56
(11) Cycling (i) Cycling	58
(ii) Bicycle moto cross (BMX)	61
(iii) Track Cycling	64
(12) Dance Sport	67
(13) Dragon Boat	69
(14) Dragon Dance and Lion Dance	74
(15) Fencing	76
(16) Flying Disc	79
(17) Football	83
(18) Gateball	85
(19) Golf	87
(20) Gymnastics (i) Aerobic Gymnastics, Artistic Gymnastics and Acrobatic Gymnastics	88
(ii) Rhythmic Gymnastics	90
(21) Handball (i) Handball	93
(ii) Beach Handball	95
(22) Hockey	98
(23) Judo	100
(24) Karatedo	102
(25) Karting	103
(26) Kendo	104
(27) Korfball	105
(28) Lacrosse	107

(29)	Lawn Bowls	109
(30)	Life Saving	111
(31)	Mountaineering and Climbing (i) Sport Climbing	114
	(ii) Mountain Craft	121
(32)	Muay Thai	124
(33)	Netball	125
(34)	Orienteering	127
(35)	Rowing (i) Rowing	130
	(ii) Rowing RowKids Scheme	133
(36)	Rugby	136
(37)	Sailing	139
(38)	Shuttlecock	141
(39)	Skateboarding.....	143
(40)	Softball	145
(41)	Squash	146
(42)	Table Tennis	149
(43)	Taekwondo	151
(44)	Tennis	153
(45)	Tenpin Bowling	156
(46)	Triathlon	158
	Volleyball (i) Volleyball	161
(47)	(ii) Beach Volleyball	164
(48)	Weightlifting and Powerlifting	166
(49)	Windsurfing	168
(50)	Wushu	171
	Sport Education Programme – Guided Visits to Sports Venues	174
	Sport Education Programme – Sport Exhibition	176
	Sport Education Programme – Sport Talk	177
	Sports Award Scheme	178
	Sport Captain Programme	184
Enrolment Forms		
(1)	Sport Demonstration – General Sport	185
(2)	Sport Demonstration – Bicycle moto cross (BMX) (Hong Kong Jockey Club International BMX Park)	187
(3)	Sport Demonstration – Life Saving	188
(4)	Sport Demonstration – Archery/ Rowing/ RowKids Scheme/ Sailing.....	190
(5)	Sport Demonstration, Easy Sport Programme and Outreach Coaching Programme – Flying Disc	192
(6)	Sport Demonstration and Outreach Coaching Programme – Tenpin Bowling	194
(7)	Sport Education Programme – Guided Visits to Sports Venues	195

(8)	Sport Education Programme – Sport Exhibition	197
(9)	Sport Education Programme – Sport Talk	199
(10)	Easy Sport Programme – General Sport	200
(11)	Easy Sport Programme – Canoe	201
(12)	Easy Sport Programme and Outreach Coaching Programme – DanceSport	202
(13)	Outreach Coaching Programme – General Sport	203
(14)	Outreach Coaching Programme – Canoe, Dragon Boat, Windsurfing and Life Saving	205
(15)	Outreach Coaching Programme – Bicycle moto cross (BMX)	207
(16)	Outreach Coaching Programme – Rowing/RowKids Scheme	208
(17)	Outreach Coaching Programme – Continuous Table Tennis Training Scheme (Non-School Team Training)	209
(18)	Outreach Coaching Programme – Continuous Table Tennis Training Scheme (School Team Training)	210
(19)	Sports Award Scheme – School Charter	211
Appendix I	Payees of Cheques Payable to National Sports Associations/ Activities .	212
Appendix II	Free Use Scheme of LCSD Recreation Facilities.....	213
Appendix III	Arrangements for the activities under SSP under Inclement Weather Conditions.....	214
Appendix IV	Arrangements for the activities under SSP under Air Quality Health Index (AQHI)	215
Appendix V	Conflict of Interest Declaration Form Template.....	216