



香港三項鐵人總會
Hong Kong Triathlon Association

地區發展隊聖誕訓練營 2018
Regional Squad Christmas Training Camp 2018

致各地區發展隊隊員及家長：

Dear RS Members and Parents,

2018 年 12 月份之地區發展隊聖誕訓練營將於 **2018 年 12 月 28 至 30 日**舉行，詳情如下：

Regional Squad Christmas Training Camp 2018 will be held from **28 to 30 December 2018**, please find the information below:

日期 Date	地點 Venue	集合時間 Gathering Time	解散地點及時間 Dismiss Venue and Time	費用 Fee
12 月 28-30 日 Dec 28-30	烏溪沙青年新村 Wu Kwai Sha Youth Village	日期:12 月 28 日 Date: 28 December 地點: 香港體育學院 Venue: Hong Kong Sports Institute 時間: 上午 11:30 至 中午 12:00 Time: 11:30 am to 12:00 nn	日期: 12 月 30 日 Date: 30 December 地點: 香港體育學院 Venue: Hong Kong Sports Institute 時間:下午 15:30-16:00 Time: 15:30-16:00 pm	港幣 300 元 HKD\$ 300

備註:

-如運動員的出席率過低或未達要求，將不會被邀請出席是次訓練營。

-名額: 共 10 名男運動員及 5 名女運動員。

如欲參加是次訓練營，請於 **2018 年 12 月 6 日(星期四), 12:00pm** 或之前填妥以下家長同意書連同費用 HK\$300 存入(匯豐銀行儲蓄戶口：502-118375-838) 或透過網上付款，並將銀行存根連同訓練同意書傳真(2576-8253)或電郵(norris.hung@triathlon.com.hk)至本會。惡劣天氣安排: 若集訓當日早上 6 時懸掛三號或以上風球、或紅色或黑色暴雨警告，請直接聯絡林頌璣教練(電話: 9221-2706) 查詢當日訓練之安排。

Please reply with the signed training agreement and you may deposit HKD\$300 into TriHK's bank account (HSBC: 502-118375-838) or through e-banking **on or before 6 December 2018 (Thursday), 12:00pm.** if you are interested in this training camp. Then, please email (norris.hung@triathlon.com.hk) or fax (2576-8253) the copy of bank slip and training agreement to us. Arrangement of Inclement Weather: Please contact Coach Lewis Lam (Tel:9221-2706) for further arrangement if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or Black Rainstorm Warning is effective at 6am on the date of training camp.

Remarks:

-Athletes will not be invited for the training camp if they got a low attendance rate or not even attain the standard.

-Quota: Total 10 male athletes and 5 female athletes.

香港三項鐵人總會 謹啟

TriHK

2018 年 11 月 27 日

27 November 2018

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訓練安排 Training Schedule:

日期 Day	時間 Time	內容 Content	地點 Venue
12月 Dec 28	1130-1200	集合 Gathering	香港體育學院 Hong Kong Sports Institute
	1200-1330	游泳訓練 Aerobics-Swim	
	1330-1430	午膳 Lunch	
	1430-1600	單車訓練 Extensive Aerobics-Bike	烏溪沙青年新村 Wu Kwai Sha Youth Village
	1600-1630	訓練營介紹 Training Camp Briefing	
	1630-1830	跑步訓練 Anaerobic Thershold-Run	
	1830-1900	晚膳 Dinner	
	1900-2000	休息 Rest	
	2000-2100	伸展訓練 Stretch Exercise	
12月 Dec 29	0800-0830	早餐 Breakfast	烏溪沙青年新村
	0830-0900	休息 Rest	Wu Kwai Sha Youth Village
	0900-1200	陸上兩項轉項訓練 Intensive Aerobics-Duathlon	優景里 Yau King Lane
	1200-1300	午膳 Lunch	烏溪沙青年新村 Wu Kwai Sha Youth Village
	1300-1330	休息 Rest	
	1330-1430	單車維修 Bike Maintenance	
	1430-1500	休息 Rest	
	1500-1700	集體活動 Group Activity	
	1700-1800	跑步訓練 Anaerobic-Run	
	1800-1830	休息 Rest	
	1830-2000	晚膳 (燒烤) Dinner-BBQ	
	2000-2100	伸展訓練 Stretch Exercise	
12月 Dec 30	0800-0830	早餐 Breakfast	
	0830-0900	休息 Rest	
	0900-1200	跑步訓練 Extensive Aerobics-Bike	
	1200-1300	午膳 Lunch	香港體育學院 Hong Kong Sports Institute
	1300-1400	出營及前往體育學院 Check Out & Go HKSI	
	1400-1530	游泳訓練 Intensive-Swim	
	1530-1600	解散 Dismiss	



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注意事項 Remarks:

- 教練有權按實際情況更改上述訓練內容及安排。
Coaches reserve the right to make changes on the training schedule if necessary.
- 在集訓營期間必須遵從教練的指示及安排。隊員如損壞營中設施，一切費用自付。更有可能被停止地區發展隊資格，而所繳交之費用將不獲發還。
Members have to follow the instruction and schedule arranged by coach. Members are responsible for the damaged items inside the camp and the RS membership might be suspended, squad fees will not be refunded.
- 隊員必須於晚上十時正後，停止一切活動並且休息。
All activities are prohibited after 10 pm.
- 在訓練營日期期間所有教練及運動員不可作任何有關賭博遊戲。
Gambling is not allowed during the training camp.
- 教練將安排了膳食。隊員如額外點菜，一切費用自付。
Meals have been arranged by coach. Members are responsible for their additional orders.

建議清單：

Suggested Items :

	清單 List
1	身份証 HKID Card
2	鉛子筆 Pen
3	適量港元 Money
4	八達通 Octopus Card
5	個人護理用品 Personal Care Products
6	衣物 Clothes
7	泳帽 Swimming Cap
8	泳鏡 Goggles
9	泳衣 Swimming Suit
10	拖鞋 Flip-Flop
11	單車及頭盔 Bike and Helmet
12	車鎖 Bike Lock
13	後備呔/換呔裝備 Equipment for change
14	手套 Gloves
15	太陽眼鏡 Sun Glasses
16	跑鞋 Running Shoes
17	鬧鐘 Alarm Clock
18	小食 Snacks
19	水壺 Water Bottle



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訓練同意書
Training Agreement

Declaration 責任聲明:

本人_____ (參加者姓名) 是自願參加此活動和願意承擔自身的意外風險及責任，本人並無權向主辦機構及所有與這比賽直接或間接有關的獨立機構，就本人在活動進行期間及往返活動場地時所引致之所有損失，包括但不限於自身意外、死亡或其他任何形式的損失，進行任何索償或追討責任。本人准許香港三項鐵人總會使用本人所提供之資料，作為本活動及未來活動宣傳之用。本人明白可隨時聯絡 trihk@triathlon.com.hk 以修改個人資料或提出拒絕接收往後之宣傳資料。

I _____ (Applicant's Name) understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit the Tri HK to use the above personal data in the operation of this activity and to inform me of future activities. I understand I can contact trihk@triathlon.com.hk to amend any of my personal data, and or to refuse receiving further promotional information by emailing to the said address.

本人聲明本人身體健康及有能力參加此活動，並經由執業醫生確認本人之體適能適合參加此活動。
I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

** 家長簽署:

參加者簽署:

Parent's Signature: _____

Participant's Signature: _____

日期:

Date: _____

(**未滿十八歲必須家長簽署 Parent's Signature is necessary for participant aged under 18)