



分齡組運動員游泳訓練

Age Grouper Swim Training

由 2014 年 8 月起，本會之分齡組運動員游泳訓練將由每月之普通游泳訓練更改為季節性的主題游泳訓練。本會教練將因應比賽季節之需要更改主題。訓練詳情如下：

Since August 2014, the regular age grouper swim training will be replaced by seasonal target swim training. The target of the swim training will be changed quarterly by TriHK coach according to the race season. Please find the detail as below:

| | |
|----------------------------|---|
| 月份 Month: | 2018 年 3 - 4 月 March to April 2018 |
| 訓練主題 Training Target: | - 比賽強度訓練 Race Specific Intensity - 高量度及低量度訓練 Loading and Unloading Volume |
| 時間 Time: | 18:00 – 19:00 |
| 訓練堂數 Training Session: | 每星期 2 堂 2 sessions per week 逢星期三及五 (公眾假期除外) Every Wednesday and Friday (Except Public Holiday) |
| 地點 Venue: | 灣仔訓練池 Wan Chai Training Pool 香港灣仔港灣道 27 號 27 Harbour Road, Wan Chai, Hong Kong |
| 訓練費用 Training Fee: | 繳費選擇 Payment option: A: 預繳兩個月 HKD\$ 1,200 (HKD\$600/月) Prepay HKD\$1,200 for 2 months (HKD\$600/mth) 或 or B: 每月收費 HKD\$ 750 HKD\$ 750 for 1 month <i>*學員於繳付費用後如退出，已繳付之金額將不獲退回 The prepayment is non-refundable for any reason.</i> |
| 限額 Quota: | 最多 15 名 Maximum 15 pax. <i>*以收到報名表及費用為準，先到先得，額滿即止。 First come first served basis by submitted entry form and fee.</i> |
| 教練 Coach: | 林梓維 Vincent Lam -香港代表發展隊教練 National Development Squad Coach -香港三項鐵人總會第二級三項鐵人註冊教練 TriHK registered Level 2 Triathlon Coach <i>*如林教練未能出席有關課堂，該課堂將由本認可之三項鐵人註冊教練代課，並不作任何通知。 A substitute coach will be arranged by TriHK if Vincent Lam is not available. No advance notice.</i> |
| 報名資格 Entry Requirement: | - 香港三項鐵人總會 2018 年會員；及 能於 10 分鐘內游畢 500 米 - 2018 Hong Kong Triathlon Association member; and - Swim 500m in 10mins |



分齡組運動員游泳訓練 Age Grouper Swim Training

由 2014 年 8 月起，本會之分齡組運動員游泳訓練將由每月之普通游泳訓練更改為季節性的主題游泳訓練。本會教練將因應比賽季節之需要更改主題。訓練詳情如下：

As from August 2014, the regular age grouper swim training will be replaced by seasonal target swim training. The target of the swim training will be changed quarterly by TriHK coach regarding to the race season. Please find the detail as below:

2018 年 3 月至 4 月訓練時間表 March to April 2018 Schedule :

| 日期 Date | 星期 Day | 時間 Time | 訓練內容 Training |
|--------------------|------------|--|---|
| 3 月 Mar 7,14,21,28 | 星期三 WED | 17:00-18:00 集訓隊 Squad 18:00-19:00 分齡組 Age Grouper | 速度訓練 Speed Works |
| 4 月 Apr 4,11,18,25 | 星期三 WED | 17:00-18:00 集訓隊 Squad 18:00-19:00 分齡組 Age Grouper | |
| 3 月 Mar 2,9,16,23 | 星期五 FRI | 17:00-18:00 集訓隊 Squad 18:00-19:00 分齡組 Age Grouper | 比賽距離及節奏訓練 Race Distance/ Pace Specific |
| 4 月 Apr 6,13,20,27 | 星期五 FRI | 17:00-18:00 集訓隊 Squad 18:00-19:00 分齡組 Age Grouper | |

尚餘名額 Quota left:

| | 3 月 Nov | 4 月 Dec |
|---|-----------|-----------|
| 截至 2018 年 3 月 1 日 Until 1 March 2018 | 15 名 pax. | 15 名 pax. |

備註 Remarks:

- 本會將定時更新每月之訓練名額，學員可瀏覽本會網頁或致電本會查詢。
The monthly training quota will be updated regularly, please visit TriHK website or contact TriHK for enquiry.
- 時間表將每月更新。
Training schedule will be updated every month

報名詳情 Application:

如有興趣報名之學員，請填妥報名表格，連同已貼上 \$2 郵票的回郵信封及抬頭註「香港三項鐵人總會有限公司」的劃線支票，背後寫上學員姓名及聯絡電話，並**必須**以郵寄或親臨本會報名(不提供即場報名或繳費服務)。

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室 – 香港三項鐵人總會。

A completed entry form with a crossed cheque payable to "Hong Kong Triathlon Association Limited" and a self-addressed envelope with a HK\$2 stamp shall **return** to the **Association office** by mail or in person. (Application or payment at the pool is unacceptable).

Address: TriHK, Room 1020, Olympic House, 1 Stadium Path, So Kon P o, Causeway Bay, Hong Kong.

惡劣天氣安排 Inclement Weather Arrangement :

如上課前兩小時仍然懸掛八號或以上颱風訊號或黑色暴雨警告訊號，當天訓練將會取消，亦不設補堂。

No training will be held if Black Rainstorm Warning or Typhoon Signal 8 is hoisted 2 hours before the training, no supplementary class will be arranged.

查詢 Enquiry :

電話: Tel. No. : 2504 8282

網頁 Website: www.triathlon.com.hk

傳真 Fax. No.: 2576 8253

電子郵箱 E-mail: trihk@triathlon.com.hk



分齡組運動員游泳訓練

Age Grouper Swim Training

| | | | | | |
|--|--|--|--|--|---|
| 報名表格 (可自行影印) Entry Form (Photocopy for more) | | | | | |
| 姓名: Name: | (Chi 中文) | | (First Name) | | (Last Name) |
| 年齡: Age: | | | 性別: Gender: | 男(M) / 女(F) | |
| 聯絡電話: Contact No.: | | | 傳真機號碼: Fax No.: | | |
| 緊急聯絡電話: Emergency No.: | | | 緊急聯絡人: Emergency Contact person: | | |
| 電郵 Email: | | | | | |
| 地址 Address: | | | | | |
| 費用: Payment: | 金額 Amount: <u>HKD\$1200</u> / <u>HKD\$ 750</u> 銀行 Bank: _____ 支票號碼 Cheque number: _____ | | | | |
| 訓練月份: Training Month: | <input type="checkbox"/> 1月 Jan <input type="checkbox"/> 2月 Jan | <input type="checkbox"/> 3月 Mar <input type="checkbox"/> 4月 Apr | <input type="checkbox"/> 5月 May <input type="checkbox"/> 6月 Jun | <input type="checkbox"/> 7月 Jul <input type="checkbox"/> 8月 Aug | <input type="checkbox"/> 9月 Sep <input type="checkbox"/> 10月 Oct <input type="checkbox"/> 11月 Nov <input type="checkbox"/> 12月 Dec |

報名表需與費用一併遞交及需繳付參加月份之全數費用。
Entry Form with the full payment of a month is needed.

責任聲明 Declaration:

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