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## Young Athletes Triathlon Training Program 2019-2020



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# 青苗三項鐵人培訓計劃

## Young Athlete Triathlon Training Scheme



計劃目的:

**Program aims:**

增加青少年對三項鐵人運動的興趣。

**To arouse teenagers' interest to Triathlon.**

透過有系統及循序漸進的中層訓練培養其良好的體育精神。

**To foster their sportsmanship through systematic and progressive training.**

成績優秀者有機會加入地區集訓隊或香港代表發展隊。

**To promote outstanding athletes to Regional Squad or National Development Squad.**

聯絡我們:

**Contact us: 2504 8282**

電郵:

**Email: trihk@triathlon.com.hk**

www.triathlon.com.hk

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## Young Athletes Triathlon Training Program 2019-2020

- (i) Objectives : 1. To arouse teenagers' interest to Triathlon and foster their sportsmanship through systematic and progressive training.  
2. To promote outstanding athletes to Regional Squad or National Development Squad.
- (ii) Requirements : 1. Teenagers aged from 11 to 15 years old (up to 31 December 2019)  
2. With basic swimming, cycling and running skills (this program is not for beginners)  
3. Pass the selection
- (iii) Selection : Participants must attend both swimming and running test. The arrangement of selection will be sent before or on 31 May 2019 by email (**registration deadline is 29 May 2019**); Participants will be grouped by their ages and genders.

### Selection:

Date	Time	Item	Venue
8/6/2019 (Sat)	1100-1300	Running	Sha Tin Sports Ground
	1300-1500	Swimming	Sha Tin Jockey Club Swimming Pool
15/6/2019 (Sat)	0900-1100	Running	Hammer Hill Road Sports Ground
	1100-1300	Swimming	Kowloon Tsai Swimming Pool
<b>Content:</b>	<b>Swim for 100m &amp; Run for 800m (*Participants must attend both swimming and running test)</b>		

Please check the weather from the Hong Kong Observatory in advance of selection (Tel: 1878200). No selection will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the selection start. Selection rearrangement will be announced later.

### (iv) Course:

Content
1. Improve swimming and running skills
2. Gain basic cycling skills and improve cycling technique
3. Provide systematic training to local teenagers
4. Promote potential teenagers to Regional Squad or National Development Squad
5. Provide regular trainings to participants who would like to be Regional Squad members

\*\* The following training dates are for reference only. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection \*\*

^ Testing Date

## Young Athletes Triathlon Training Program 2019-2020

Course Periods: July 2019 to Mid February 2020

Training Timetable (All training time will be confirmed later):

Course	Venue	Week	Date	Time	Content
YAT19- HK	Sun Yat Sen Memorial Park Swimming Pool	Tue	Jul : 9,16,23,30 Aug : 6,13,20,27	0800 – 1000	Swimming
		Sat	Jul : 6,13,20 Aug : 3,10,17,24	0900 - 1100	
			Dec : 7 <sup>^</sup> ,14,21,28 Feb : 1,8,15	1000 - 1200	
		Tue & Thu	Sep : 3,5 <sup>^</sup> ,10,12,17,19,26	1900 - 2100	Swimming & Running
		Sat	Jan : 4,18	1000 – 1200	
	Sun Yat Sen Memorial Park	Thu	Jul : 18,25 (tentative) Aug : 1,8,15,22,29 (tentative)	0900 - 1100	Running
			Oct : 3,10,17 (tentative) Nov : 7,14,21,28 (tentative) Dec : 5,12,19 (tentative)	1900 - 2100	
	Gathering Place: Tai Po Sports Ground	Sun	Jul : 14,21,28 Aug : 4,11,18,25	1000-1200	
			Sep : 1,8 <sup>^</sup> ,15,22,29 (tentative) Oct : 6,13,20,27 (tentative)		
			Nov : 3,10,17,24 (tentative) Dec : 1,8 <sup>^</sup> ,15 (tentative)	0800 - 1100	
Jan : 5,12 (tentative)					
YAT19- NT	Sha Tin Jockey Club Swimming Pool	Mon & Fri	Jul : 15,19,22,26 Aug : 2,5,9,12,16,19,23,26,30	0800 - 1000	Swimming
		Thu	Oct : 3,10,17	1900 - 2100	
		Wed	Dec : 4 <sup>^</sup> ,11,18		
		Wed & Fri	Sep : 4 <sup>^</sup> ,6,11,13,18,20,25,27		Swimming & Running
		Wed	Jan : 8,15,22,29		
	Sha Tin Sports Ground	Wed	Jul : 17,24,31 Aug : 7,14,21,28	0800 - 1000	Running
			Oct : 2,9,16,23	0900 - 1100	
			Nov : 1,8,15,22 Dec : 6,13	1900 - 2100	
	Gathering Place: Tai Po Sports Ground	Sun	Jul : 14,21,28 Aug : 4,11,18,25	0800-1000	Cycling & Running
			Sep : 1,8 <sup>^</sup> ,15,22,29 (tentative) Oct : 6,13,20,27 (tentative)		
Nov : 3,10,17,24 (tentative) Dec : 1,8 <sup>^</sup> ,15 (tentative)			0800 - 1100		
Jan : 5,12 (tentative)					
YAT19- KL	Sham Shui Po Park Swimming Pool	Tue & Sat	Jul : 6,9,13,16,20,23,27,30 (tentative) Aug : 3,6,10,13,17,20,24,27 (tentative)	0900 - 1100	Swimming
		Tue & Thu	Sep : 3,5 <sup>^</sup> ,10,12,17,19,26 (tentative)	1900 – 2100	Swimming & Running
		Thu	Dec : 5 <sup>^</sup> ,12,19,26 (tentative) Jan : 2,9,16,23,30 (tentative)		
	Sham Shui Po Sports Ground	Thu	Jul : 18,25 (tentative) Aug : 1,8,15,22,29	0900 - 1100	Running
			Oct : 3,10,17,24,31 Nov : 7,14,21,28	1900 - 2100	
			Jul : 14,21,28 Aug : 4,11,18,25	1200 - 1400	
	Sep : 1,8 <sup>^</sup> ,15,22,29 (tentative) Oct : 6,13,20,27 (tentative)				
	Nov : 3,10,17,24 (tentative) Dec : 1,8 <sup>^</sup> ,15 (tentative)	0800 - 1100			
	Jan : 5,12 (tentative)				



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## Young Athletes Triathlon Training Program 2019-2020

- (vi) Quota : 20 participants per class, 3 classes in total
- (vii) Coach : Experienced coaches assigned by Hong Kong Triathlon Association
- (viii) Registration : **From now on until 29 May 2019 (based on the post chop date)**  
Period
- (ix) Application : Fill in the entry form, together with a crossed cheque payable to “Hong Kong Triathlon Association Limited” and two self-addressed stamped envelopes. Return the form to the TriHK office by mail or in person. Underpaid mail items will not be accepted by Hong Kong Triathlon Association.  
(Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong)  
Office Hours: 10am-6pm (Mon to Fri)
- (x) Fees : \$1700 in total (please submit the entry form with the cheque) Participants will be assigned to the regional training after passing the test. The fees for the whole course and team uniform are \$1000 and \$700 respectively.  
**All entry fees are not refundable. Our association reserves the right of final decision.**
- (xi) Certificate : Participants will be awarded a certificate after finishing the course. (need to apply)
- (xii) Attendance : **Our association has the right to expel participants with 70% or below attendance rate (counted every two months) from the program and do not refund the fee.**
- (xiii) Enquires : Website: [www.triathlon.com.hk](http://www.triathlon.com.hk)  
Telephone: 2504 8282  
Email: trihk@triathlon.com.hk
- (xvi) Remarks :  
1. Personal information included HKID card number will be used for registration, statistical analysis, promotion and identification. Personal information will be kept confidential and handled by the authorized staff members of Hong Kong Triathlon Association.  
2. Please contact us if any personal information is needed to amend.  
3. Please fill in the accurate and eligible personal information in the form. Otherwise, our association has the right to reject the application.  
4. A confirmed training schedule and invitation letter will be sent to selected candidates by email after selection  
5. Since YAT team is under Hong Kong Triathlon Association, we have the right to the final decision of participant list.  
6. Our association reserves the right to amend the terms and conditions.  
7. No class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class starts. No supplementary class will be arranged. (without further notice)  
8. No class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class starts. No supplementary class will be arranged. (without further notice)

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## Young Athletes Triathlon Training Program 2019-2020

### Entry Form

\*Read the rules and regulations before filling in the form (Copied entry form is acceptable)

#### Personal Data of Applicant:

Name: (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_

Gender: M / F      Year of Birth: \_\_\_\_\_      HKID card number: \_\_\_\_\_ ( )

Contact Number: \_\_\_\_\_ **Emergency Contact:** Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: (Required fields) \_\_\_\_\_

School Name: \_\_\_\_\_

Where did you get the information about Young Athletes Triathlon Training Program 2019-2020?

Please tick the appropriate box(es) below (can choose more than one options)

- |  |   |   |   |  |
|--|---|---|---|--|
| <input type="checkbox"/> 三項鐵人講座<br>Triathlon Seminar | <input type="checkbox"/> 三項鐵人同樂日<br>Triathlon Fun Day | <input type="checkbox"/> 總會會訊<br>Tri HK Newsletter        | <input type="checkbox"/> 總會網頁<br>Tri HK Website | <input type="checkbox"/> 朋友/同事<br>Friend/Colleague |
| <input type="checkbox"/> 報章<br>Newspaper             | <input type="checkbox"/> 橫額<br>Banner                 | <input type="checkbox"/> 康文署分區辦事處<br>LCSD District Office | <input type="checkbox"/> 其他<br>Others: _____    |  |

For the selection date, please tick the appropriate box below. **(choose one option only)**

- 8/6/2019 (Sat) Sha Tin Sports Ground & Sha Tin Jockey Club Swimming Pool
- 15/6/2019 (Sat) Hammer Hill Road Sports Ground & Kowloon Tsai Swimming Pool

Please let us know your preference of courses if you are selected successfully (Write down "1" to "3" in the following boxes. "1" is the first priority, "2" is the second priority, "3" is the third priority.)

- Y A T 1 9 - H K       Y A T 1 9 - K L       Y A T 1 9 - N T

\*Our association has the right to the final decision

#### 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](mailto: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](mailto: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)