

Organised by the Hong Kong, China Rowing Association (HKCRA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Rowing
Prospectus

Type of Activity Key Information	Sport Demonstration		Outreach Coaching Programme – Non-School Team Training	Joint Schools Sports Training Programme	
	School Venue	Rowing Centre (Star 1 Rowing Course)	Indoor Rowing Training Course	Rowing Training Course (Star 2 and Star 3 Rowing Course)	Rowing Training Course (Star 4 and Star 5 Rowing Course)
Target Participants	Secondary school students			Secondary school students (For students who completed Star 1 Rowing Course)	Secondary school students – Students must equip with minimum skill level of Star 3 – Coaches’ recommendation is required
Outline	<ul style="list-style-type: none"> – Video show on rowing. – Skill demonstration on indoor rowing. – Play-in session. – Indoor rowing and fitness tests. 	<p>The programme covers the skills of ‘Star 1 Rowing Course’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> – Warm up exercise and safety rules of rowing. – More practical skills for rowing through using mock sculling rowing machine. – Elementary training on outing, rowing, turning, holding water (break), backing, spin turn and parking by using Rowing Board (Beginner Boat). 	<p>Coach will arrange students to undertake a 8- hour systematic training using indoor rowing machines. The training includes:</p> <ul style="list-style-type: none"> – Basic rowing posture and skills. – Physical training. – Skills for relay. 	<p>The training covers the skills of ‘Star 2 and Star 3 Rowing Courses’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> – Intensive training on outing, rowing, turning, holding water (break), backing, spin turn and parking by using recreational boat, fine boat and coastal rowing boats. – Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be awarded ‘Star 3’ certificate by the HKCRA. – Student with coach’s recommendation can apply for Joint School Sports Training Programme. 	<p>Veteran coaches from the HKCRA will conduct continuous and systematic training to talented students for enhancing their skill level.</p> <p>Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be selected for further training.</p>
Venue	School hall or covered playground	Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre	Covered playground or activity room to be arranged by school	Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre	

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Fee	\$1,660 for 1 st 4-hour session (\$980 for each extended session after 1 st session)	\$1,080 per session	\$1,536 per course	\$330 per person	\$320 per person
Equipment to be provided by the school	Wireless microphone, TV set, DVD player, audio equipment, computer and projector	Not applicable	2 to 4 sets indoor rowing machines (If school cannot provide the required equipment for students, they may borrow it from the LCSD.)	Not applicable	
Duration	4 hours per session (Total of 4 sub-sessions, 1 hour per sub-session, not more than 16 hours in total)	4 hours per session	4 lessons per course, 2 hours per lesson, (8 hours in total)	20 hours per course (Can be divided into 5 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 5 consecutive weeks.)	15 hours per course (Can be divided into 6 sessions of 2.5 hours each according to the activity arrangement. Students are advised to complete the training course within 6 consecutive weeks.)
Estimated No. of Participants per Session/Course	240 per session (60 per sub-session)	12 per session	16 per session	8 per group	
				Maximum 2 quotas for each student in the same school year	
Proposed Time of Activity	Monday to Friday: 9 am to 4 pm	Monday to Saturday: 9 am to 1 pm	Monday to Friday: 4 pm to 7 pm Saturday and Sunday: 9 am to 5 pm	Monday to Friday: 4 pm to 6:30 pm Saturday and Sunday: 9 am to 6 pm	
Skill Assessment	Not applicable		Badges Award Scheme (see Points to Note 6)	Not applicable	