

Organised by the The Boxing Association of Hong Kong, China Limited (BAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Boxing
Prospectus

Key Information Type of Activity	Sport Demonstration		Easy Sport Programme – Junior Fit Boxing	Outreach Coaching Programme	
				Non-School Team Training	School Team Training
	At School	At Contact Sports Centre		At School	
Target Participants	Secondary school students		Students of Primary 3 to 6	Secondary school students	
Outline	<ul style="list-style-type: none"> – Introduction to BAHK – Introduction to the basics of boxing – Introduction to boxing equipment – Briefing on basic skills with demonstration – Briefing on the basic rules of competition and demonstration of skills used in competitions – Play-in session [for demonstration sessions held at the Contact Sports Centre] – Introduction to facilities at the Contact Sports Centre (such as speed ball and punching bag) and hands-on use (such as boxing ring and personal gear) 		<ul style="list-style-type: none"> – Introduction to BAHK – Introduction to the background and development of boxing – Introduction to boxing equipment and its use – Briefing on boxing moves with demonstration – Practice of basic skills – Briefing on the basic rules of competition and relevant practice – Basic fitness training 	<ul style="list-style-type: none"> – Introduction to BAHK – Introduction to the basics of boxing – Introduction to boxing equipment – Briefing on and practice of basic skills – Briefing on the basic rules of competition and relevant practice – Fitness training 	<ul style="list-style-type: none"> – Briefing on the rules of competition – Practice of skills – Fitness training – Mock competitions
Venue	Indoor or outdoor venue with a smooth floor surface	Contact Sports Centre, 6/F, Pei Ho Street Sports Centre, Sham Shui Po (see Remark)	Indoor or outdoor venue with a smooth floor surface	Indoor or outdoor venue with a smooth floor surface	
Fee	\$760 per session (\$600 for each extended session on the same day)	\$660 per session	\$1,620 per course	\$2,190 per course	\$3,860 per course
Equipment to be provided by the school	Public address system	Not applicable	Public address system	Public address system	Not applicable (Participants may prepare their own hand wraps.)

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Duration	2 hours per session		Each course comprises 4 lessons of 1.5 hours each (6 hours in total)	Each course comprises 8 lessons of 2 hours each (16 hours in total)	Each course comprises 12 lessons of 2 hours each (24 hours in total)
Estimated No. of Participants per Session/ Course	40		30	30	20
Proposed Time of Activity	To be scheduled by the school				
Enrolment Form	Sport Demonstration Enrolment Form (P.188-189)		Easy Sport Programme Enrolment Form (P. 203)	Outreach Coaching Programme Enrolment Form (P.206-207)	
How to Enrol	<div>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</div> <div>2. For enrolment on training courses under the Outreach Coaching Programme, please specify on the enrolment form whether the training is intended for a school team or a non-school team.</div>				
Points to Note	<div>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</div> <div>2. Participants should wear proper sportswear and sports shoes.</div> <div>3. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</div> <div>4. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</div> <div>5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</div>				
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html				

Remark: While the venue of the Contact Sports Centre is to be arranged by LCSD, the school shall arrange for its own transportation to and from the venue.