

**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	Sport Demonstration		Sports Experience Programme – Junior Fit Boxing	Outreach Coaching Programme	
	At School	At Contact Sports Centre		Non-School Team Training	School Team Training
				At School	
Target Participants	Secondary school students		Students of Primary 3 to 6	Secondary school students	
Outline	<ul style="list-style-type: none"> <li>- Introduction to BAHK</li> <li>- Introduction to the basics of boxing</li> <li>- Introduction to boxing equipment</li> <li>- Briefing on basic skills with demonstration</li> <li>- Briefing on the basic rules of competition and demonstration of skills used in competitions</li> <li>- Play-in session [for demonstration sessions held at the Contact Sports Centre]</li> <li>- 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)</li> </ul>		<ul style="list-style-type: none"> <li>- Introduction to BAHK</li> <li>- Introduction to the background and development of boxing</li> <li>- Introduction to boxing equipment and its use</li> <li>- Briefing on boxing moves with demonstration</li> <li>- Practice of basic skills</li> <li>- Briefing on the basic rules of competition and relevant practice</li> <li>- Basic fitness training</li> </ul>	<ul style="list-style-type: none"> <li>- Introduction to BAHK</li> <li>- Introduction to the basics of boxing</li> <li>- Introduction to boxing equipment</li> <li>- Briefing on and practice of basic skills</li> <li>- Briefing on the basic rules of competition and relevant practice</li> <li>- Fitness training</li> </ul>	<ul style="list-style-type: none"> <li>- Briefing on the rules of competition</li> <li>- Practice of skills</li> <li>- Fitness training</li> <li>- Mock competitions</li> </ul>
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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				At School	
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.193-194)		Sports Experience Programme Enrolment Form (P. 208)	Outreach Coaching Programme Enrolment Form (P.211-212)	
How to Enrol	<ol style="list-style-type: none"> <li>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: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</li> <li>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.</li> </ol>				
Points to Note	<ol style="list-style-type: none"> <li>A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>Participants should wear proper sportswear and sports shoes.</li> <li>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 Sports Experience Programme or Outreach Coaching Programme) and refund the balance to the school.</li> <li>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.</li> <li>If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>				
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>				

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.