

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

Type of Activity  Brief Information	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
			Non-School Team Training	School Team Training	
Target Participants	Primary and secondary school students	Primary school students	Primary and secondary school students		Primary and secondary school students (aged 15 or below) Recommended by coaches of SAHKC. <ul style="list-style-type: none"> <li>- Students who have participated in the squash training course under Outreach Coaching Programme – Non-School Team or School Team Training will have priority.</li> <li>- Those who have bronze award of the SAHKC Junior Squash Award Scheme (aged 11 or above) will have higher priority.</li> </ul>
Outline	Introduction to squash through video, skills demonstration and play-in session	The training covers forehand and backhand, service, basic skills, boundary lines, scoring method and competition rules of mini squash. Coaches will assess students' skills regularly.	To give training to students and assist schools to set up their school teams (if applicable). Coaches will assess students' skills regularly.		The training enhances the skills and knowledge of squash.
Venue	School hall on the ground floor or covered playground	At school or 2-3 squash courts, subject to the numbers of participating students (Venues to be arranged by school at LCSD Sports Centre)	2-3 squash courts, subject to the numbers of participating students (Venues to be arranged by school at LCSD Sports Centre)		Training venue to be arranged by the LCSD. Please refer to the respective prospectus for details.
Fee	\$980 per session (\$560 for each extended session on the same day)	\$1,200 per course	\$1,350 per course	\$2,750 per course	\$500 per course

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Equipment to be Provided by Schools	Video playing equipment, relevant sports equipment and parking space for lorry	12 mini squash rackets and 12 mini balls	12 squash rackets and 12 balls		Students should bring their own squash rackets and goggles
Sports Equipment	Rackets, balls, and mobile squash courts (to be provided by the NSA)	Not applicable			
Duration	1 hour per session	6 lessons per course, 2 hours per lesson or 8 lessons per course, 1.5 hours per lesson (12 hours in total)	10 lessons per course, 2 hours per lesson (20 hours in total)	20 lessons per course, 2 hours per lesson (40 hours in total)	
Estimated No. of Participants per Course/ Session	70 (20 per play-in session)	12			
Proposed Time of Activity	Monday to Friday: 10 am to 5 pm	To be scheduled by schools			Please refer to the respective prospectus
Skill Assessment	Not applicable	Badges Award Scheme (see Points to Note 6)			
Enrolment Form	Sport Demonstration Enrolment Form (P.193-194)	Sports Experience Programme Enrolment Form (P.208)	Outreach Coaching Programme Enrolment Form (P.211-212)	Joint Schools Squash Training Programme Enrolment Form (Please refer to the respective prospectus)	
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 training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a non-school team or school team.</li> </ol>				The respective prospectus will be sent to schools by the LCSD in due course.
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, sports shoes and goggles for the training.</li> <li>The proposed court-to-participant ratio is: 1 squash court for 6 participants for the Easy Sport Programme Sports Experience Programme; 1 squash court for 4 participants for the Outreach Coaching Programme.</li> <li>Schools have participated in the squash training under the Easy Sport Programme Sports Experience Programme (formerly know as “Easy Sport Programme”) between September 2025 and December 2026 may take part in the “Sports Experience Competition Programme</li> </ol>				

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					<p>– Mini Squash Competition” under the School Sports Programme in 2027. Details will be announced later.</p> <p>5. Priority will be given to schools which have participated in the squash training under the Outreach Coaching Programme between September 2025 and December 2026 to take part in the “Outreach Coaching Squash Team Competition” under the School Sports Programme in 2027. Details will be announced later.</p> <p>6. Upon completion of squash training course under the Sports Experience Programme, the Outreach Coaching Programme or the Joint Schools Sports Training Programme, participants who are interested in taking the related test are requested to register on their own for the “Hong Kong Junior Squash Award Scheme” organized by the Squash Association of Hong Kong China(SAHKC). For more details, please visit the SAHKC’s official website at <a href="http://www.hksquash.org.hk">www.hksquash.org.hk</a>. Participants who meet the required standard may obtain the badges and certificates according to their achieved levels from LCSD free of charge.</p> <p>7. If 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 ProgrammeSports Experience Programme or Outreach Coaching Programme) and refund the balance to the school.</p> <p>8. 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.</p> <p>9. If NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p>
Enquiry 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>				