

**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**

**Joint Schools Rowing Training Programme (Galaxy Star 2-3)**

**2024/25 Prospectus**

Purpose	Provide continuous and systematic training for students with potential and aspiration to develop in rowing by enhancing their rowing skills.
Eligibility	(a) Participants should be able to swim 50 metres with clothes on; and (b) Participants should have reached a skill level of Star 1.
Target Participants	Secondary school students
Course Outline	(a) Students will learn more about the Code of Safety for Rowers and the stretching and warm-up exercises specifically for rowing. (b) Students will learn the basic skills of rowing with the use of indoor rowing machines, and receive physical training. (c) Students will master rowing skills on water with the use of double rowing simulators. (d) Students will be taught various rowing skills, including inter alia shoving off, rowing forward, turning, stopping, backwatering, rotating and berthing, with the use of recreation craft.  Before the end of the course, the coach(es) will conduct a skill test for the students. Students meeting the required skill level will be awarded the “Certificate of Galaxy Star 3” from the HKCRA, and may receive further training on recommendation from the coach(es).
Training Venue	Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre
Fee	\$330 per person
Duration	20 hours per course (Can be divided into 5 sessions of 4 hours each according to activity arrangement. Students are advised to complete the training course within 5 consecutive weeks.)
Quota	8 per group  A maximum of 2 training courses for each student in the same school year
Proposed Date and Time of Activity	Monday to Friday: 9 am to 6:30 pm or Saturday and Sunday: 9 am to 6 pm
	For details, please refer to the attached course schedule. In case participants cannot make it to such courses, other time slots may be made available by the HKCRA.

Enrolment Form	<p>Participants can obtain the form from schools or download it from the following website:</p> <p>LCSD's website:  <a href="http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8">http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8</a></p> <p>HKCRA's website:  <a href="http://www.rowing.org.hk/youth-development-programme/">http://www.rowing.org.hk/youth-development-programme/</a></p>
Notes of Enrolment	<p>(a) The applicant should apply <u>in his/her own capacity</u> and have the enrolment form stamped by the school.</p> <p>(b) The rowing training course will be conducted at the Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre under the HKCRA. The practice date and time will be arranged by the HKCRA or co-ordinated with the students. If you have enquiries about the activity date, please contact the staff of the HKCRA on 2696 2337 or 3841 7351.</p> <p>(c) Students must submit the applications, each with a cheque of the relevant amount (made payable to "Hong Kong, China Rowing Association"), by post to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. one and a half months before the commencement of the activity. Please mark on the envelope "Joint Schools Rowing Training Programme (Galaxy Star 2-3)".</p> <p>(d) The organiser reserves the right to cancel the course in case of insufficient enrolment.</p> <p>(e) The activity will be cancelled in the event of school suspension announced by the Education Bureau or the following severe weather conditions:</p> <p>(1) The Hong Kong Observatory issues the Strong Monsoon Warning Signal, Thunderstorm Warning Signal, Tropical Cyclone Warning Signal No. 1 or above, or Amber Rainstorm Warning Signal or above two hours before the activity; or</p> <p>(2) If the Environmental Protection Department announces that the Air Quality Health Index recorded by general stations reaches the "serious" level (i.e. 10+), outdoor activities in the affected areas must be stopped immediately.</p> <p>(f) There is no refund for all cancelled classes. Subject to the availability of the venue, the HKCRA will arrange make-up lessons as far as possible.</p>
Remarks	Participants should wear proper sportswear and sports shoes for the training course.
Enquiry Phone No.	2601 7609 or 2601 7648 (School Sports Programme Unit, LCSD) 2696 2337 or 3841 7351 (HKCRA)

**School Sports Programme**  
**Joint Schools Rowing Training Programme (Galaxy Star 2-3)**

Official Use Only

**Enrolment Form**

*(Please return the completed enrolment form together with a crossed cheque for the payment of enrolment fee to the office of the Hong Kong, China Rowing Association (HKCRA) **one and a half months before the commencement of the activity.**)*

**Particulars of Applicant**

Name(English): \_\_\_\_\_ Gender:      \* Male / Female

Date of Birth: \_\_\_\_\_ Enrolment Fee: \$ \_\_\_\_\_ Cheque No.: \_\_\_\_\_

Contact/Mobile No.: \_\_\_\_\_ Fax No. /Email: \_\_\_\_\_

In case of emergency, please call \_\_\_\_\_ Contact Person: \_\_\_\_\_

Level of Star:            Star \_\_\_\_\_ Date of acquiring the Star: \_\_\_\_\_

Course Code (as detailed in the attached course schedule) : \_\_\_\_\_

In case you cannot make it to such courses, please put a tick in a box below to indicate your availability of time slots.

● Morning

Saturday             Sunday

● Afternoon

Monday             Tuesday             Wednesday             Thursday             Friday

Saturday             Sunday

**Parental Consent** (To be completed by the parent or guardian)

I hereby declare that all the information given above is true and correct and that I agree to enrol \_\_\_\_\_ (name of applicant) in the captioned programme, and that the participant are not suffering from any illness that renders him/her unfit for the captioned programme; and he/she is able to swim 50 metres with clothes on.

Signature of Parent/Guardian: \_\_\_\_\_ Name of Parent/Guardian: \_\_\_\_\_

Contact No. of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**School Information**

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

Name of Teacher-in-charge: \_\_\_\_\_

Contact No. of Teacher-in-charge: \_\_\_\_\_ School Chop: \_\_\_\_\_

**(The school is aware that parental consent has been sought for the student's participation in the programme.)**

\* Please delete as appropriate

**Points to note:**

1. Students meeting the skill requirements may send the application form together with a cheque for the payment of enrolment fee (made payable to the “Hong Kong, China Rowing Association”, with the participant’s name written on the back) to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. by post. Please mark on the envelope “Joint School Rowing Training Program (Galaxy Star 2-3)”. If the application is not accepted, the cheque submitted will be returned to the applicant.
2. The staff of the HKCRA will inform participants of the training arrangements.
3. The information provided by the applicant will only be used by the Organiser and the Leisure and Cultural Services Department (LCSD) for the purposes of enrolment in recreation and sports programmes, future contact, compilation of statistics and opinion survey. Only those authorised by the Organiser and the LCSD can have access to such personal data. For correction of or enquiries about the personal data you have submitted in application forms, please contact the staff of the LCSD on 2601 7609 or 2601 7648.

To be completed by the HKCRA: Course Code \_\_\_\_\_ Signature of Officer (in block letters): \_\_\_\_\_