

# HONG KONG SWIMMING COACHES ASSOCIATION

To : Members

17 July, 2015

## **HKSCA Coach Accreditation Programme - Level 1 Coaching Course 2015-2016**

Three HKSCA Level 1 Coaching Courses are now open for application. Ten ( 10 ) classroom lecture sessions and Five ( 5 ) practical water sessions of 2 hours each will be conducted at the \*OH and \*HKSI . Class A will start from 22 November 2015 until 28 December 2015, Class B will start from 3 January 2016 until 4 February 2016 and Class C will start from 21 February 2016 until 5 April 2016. Timetables of the sessions are enclosed for your reference. It is subject to change depending on venue availability. Please note language used is Chinese.

Those who are interested must submit their applications **IN PERSON** to the HKSCA Office at Rm 1205, Fortress Tower, 250 King's Road, North Point, Hong Kong ( Telephone number - 25122315 ) no later than **5:00 p.m. on 21 August 2015 ( Friday )** . All applicants must take the **water test** at HKSI swimming pool, Shatin on **11 October 2015 ( Sunday ) from 7:00-9:00pm.**

Pre-requisite qualification as stipulated in the course Common Syllabus are as follows: -

- 1) Age 18 or over.( Age is calculated as of 21 August 2015)
- 2) Equivalent to Hong Kong Education standard F.3 or above.
- 2.1) Applicants who do not possess the formal qualifications required but are age 35 or above may be granted exemption from the general admission requirements provided that:
  - 2.1.1) They are able to show by acceptable evidence that they have relevant working experience in the sports for 10 years or more; and
  - 2.1.2) Being recommended to attend the course by this Association.
- 3) Able to swim 100m Individual Medley.

Applicants must provide **ORIGINAL** and **PHOTOCOPIES** of the above as deem appropriate, along with the application form.i.e. original and copy of HKID card; original and copy of school certificate.

Swimming ability demonstrated in the water test will be a weighted factor in accepting your application to the certificate course. Priority of acceptance will be given to those who are holders of HKASA Swimming Officials Certificate and those with signed recommendation from HKASA . affiliated clubs who are actively engaged in HKASA's activities.

Registration and Test fee of **HK\$ 300** is payable to the **HKSCA Ltd.** office together with application form and requested documents..Course fee of **HK\$ 4500** ( includes a copy of the course Common Syllabus ) is payable to the **HKSCA Ltd.** immediately on successful application to the course. **FEES PAID ARE NOT REFUNDABLE IN ANY CASE.**

The Level 1's Certificate will be issued after completion of the course ( 80% attendance or above is required ) and successful completion of the written examination .

Note: The course syllabus is subject to alteration with or without prior notice.

\*HKSI(POOL) – Hong Kong Sports Institute, Shatin, New Territories. .

\*OH – Room 2-6, 1<sup>st</sup> floor, Olympic House, 1, Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

( Education Programme )

c.c. President / Hon. Secretary / Hon. Treasurer

**HKSCA Coach Accreditation Programme - Level 1 Coaching Course 2015-2016**

**APPLICATION FORM**

NAME : ( ENGLISH ) \_\_\_\_\_ ( CHINESE ) \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE : \_\_\_\_\_ SEX : \_\_\_\_\_ HK I.D. CARD NO. \_\_\_\_\_

ADDRESS : ( IN ENGLISH )

---

---

( IN CHINESE ) \_\_\_\_\_

---

CONTACT TEL : \_\_\_\_\_ E MAIL: \_\_\_\_\_

EDUCATION : \_\_\_\_\_

ANY CERTIFICATE ISSUED BY HKASA OR OTHER ORGANISATION : ( copy required )

---

TEACHING / COACHING EXPERIENCE IN SWIMMING IF ANY : ( with date and period )

---

---

---

PLEASE INDICATE YOUR PREFERENCE OF CLASS A or B or C. THE FINAL DECISION FOR CLASS ASSIGNMENT IS AT THE TOTAL DISCRETION OF HKASA. (  CLASS A /  CLASS B /  CLASS C /  ANY CLASS OF A , B OR C )

SWIMMING CLUB'S RECOMMENDATION LETTER :  
( Reasons to support the applicant to this course )

---

---

---

---

Club Head's signature : \_\_\_\_\_ Club chop : \_\_\_\_\_ Date : \_\_\_\_\_

Name in block : \_\_\_\_\_

## HKSCA Coach Accreditation Programme - Level 1 Coaching Course 2015-2016

DATE	TIME	VENUE	CONTENT	LECTURER
11/10/2015 (Sun)	19:00-21:00	HKSI (50m POOL-10Lanes)	Water Test	YKT

### CLASS A

DATE	TIME	VENUE	CONTENT	LECTURER
22/11/2015 (Sun)	08:00-10:00	OH	Lecture	AYSL
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
29/11/2015 (Sun)	08:00-10:00	OH	Lecture	YWP
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
06/12/2015 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
13/12/2015 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
20/12/2015 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	FY
28/12/2015 (Mon)	19:00-21:00	OH	Examination	YKT

### CLASS B

DATE	TIME	VENUE	CONTENT	LECTURER
03/01/2016 (Sun)	08:00-10:00	OH	Lecture	AYSL
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
10/01/2016 (Sun)	08:00-10:00	OH	Lecture	YWP
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
17/01/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
24/01/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
31/01/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	FY
04/02/2016 (Thur)	19:00-21:00	OH	Examination	YKT

### CLASS C

DATE	TIME	VENUE	CONTENT	LECTURER
21/02/2016 (Sun)	08:00-10:00	OH	Lecture	AYSL
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
28/02/2016 (Sun)	08:00-10:00	OH	Lecture	YWP
	10:00-12:00	OH	Lecture	FTC
	19:00-21:00	HKSI (POOL)	Practical	FTC
06/03/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
20/03/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	JL
27/03/2016 (Sun)	08:00-10:00	OH	Lecture	JL
	10:00-12:00	OH	Lecture	FY
	19:00-21:00	HKSI (POOL)	Practical	FY
05/04/2016 (Tue)	19:00-21:00	OH	Examination	YKT

11-13 Mar 2016 Age Group Short Course Champ.

Please bring your own swimming cap, kickboard and pullbouy during the practical session. 自備游泳用具(泳帽, 浮板及夾腳浮泡)

HKSI(POOL) - Hong Kong Sports Institute, Shatin, New Territories. 香港沙田體育學院

OH - Olympic House( Room 2-6), Stadium Path, 1, So Kon Po, Causeway Bay, Hong Kong. 香港銅鑼灣掃桿埔奧運大樓(政府大球場隔鄰)

## 水試須知：

1. 報到時請出示水試收據及身份証，將獲知水試組別及線道。
  2. 報到後請往更衣室更換泳衣。
  3. 更衣後請往觀眾席按工作人員指示依分配組別輪候。請攜帶所有個人物品至池面參與水試，水試前需向計時員出示身份証以資鑒別。
  4. 水試游100米四式(背蛙蝶自)，其間中途不得停頓或轉換泳式。
  5. 水試時必須戴上泳帽(自備)
  6. 游出時間乃評選標準之一。
  7. 水試後即可離去。
  8. 獲選名單將於十月二十三日公佈。
  9. 請於公佈日期分別致電香港業餘游泳總會或香港游泳教練會查詢。
  10. 獲選者請於十月三十日下午五時前交費，逾期交費者作棄權論。
- 查詢電話：香港業餘游泳總會 25728594      香港游泳教練會 25122315

11.10.2015

## Water Test Notice

- 1 Please show your water test receipt and HK ID card as you report arrival at registry. You will be notified the assigned water test group and the lane.
- 2 Please proceed to the changing room to put on your swimming suit as you needed.
- 3 After changing, please proceed to the auditorium to sit down and wait for your turn as assigned. Please take all your belongings with you as you proceed to the swimming pool area for water test. You have to show your HK ID card to the time keeper for verification of identity.
- 4 You have to swim a 100-meter medley (back, breast, butterfly & free style). No break, pause or change style is allowed during the course of water test.
- 5 You must wear a swimming cap during the water test. (Bring your own cap)
- 6 The water test time result is one of the selection criteria.
- 7 You can leave after the completion of your water test.
- 8 Admission list will be publicized on 23<sup>rd</sup> October, 2015.
- 9 On the announcement date, you can call the HKASA or the HK Swimming Coaches Association to inquire the result.
- 10 Admitted candidates will be required to pay up the course fee on or before 5pm of 30<sup>th</sup> October 2015. Any overdue payment will be considered as abstention.

Inquiry Tel. No.: HKASA 25728594, HKSCA 25122315

11.10.2015

交費前須知：

1. 本課程共 15 課節（星期日上午算兩節），出席率要求為 80%，不達標者不獲考試資格。
2. 遲到、早退超過 30 分鐘，將作缺課半節論。
3. 考試試卷為中文（合格要求為 60%，不設補考）。
4. 任何作弊行為（如考試作弊、簽到後未經主辦單位負責人批准擅自早退）一經發現即取消考試資格。