

Inter-School Rugby Sevens Development Program 2018-19

第一階段 - 示範課程 Phase I – School Demo (Sep, 2018 – May, 2019)		
<p>欖球總會可因應學校提供之時間，安排教練到校為學生作示範練習。學校可選擇於體育課、課後時間或其他時間進行示範。</p> <p>HKRU will arrange coaches to individual schools for demonstration according to the specific time and dates listed by schools, e.g. during PE class or after school hours.</p> <p>1. 首次參加學校方面，本會將為中一至中四級每班提供最多兩次的示範練習。 For first time participants, HKRU will give a maximum of two demonstration classes for Form 1 to Form 4 students.</p> <p>2. 非首次參加學校方面，本會將為中一及中二級每班提供最多兩次的示範練習。 For schools that have joined this program before, HKRU will give a maximum of two demonstration classes for Form 1 to Form 2 students.</p> <p>*請於頁二填寫示範課程之申請表。 Please complete the Demonstration Class Application Form in page 2.</p>		
第二階段 - 校隊訓練 Phase II – School Team Training (Sep, 2018 – May, 2019)		
<p>經過示範課程，學校可招攬學生組成校隊在放學後練習。欖球總會將提供教練和基本練習器材。(非首次參加學校方面，請聯絡本會職員；商討校隊發展安排。)</p> <p>After the demonstration class, students who are interested may form a school rugby team and practice during after school hours. HKRU are able to provide elementary training equipment and coaching. (Schools that have joined this program before; please contact HKRU staff directly for discussion relating to advanced school team development)</p> <p>1. 校內訓練 - 基本練習 (由於學校場地關係，教練將不會教授任何有關身體碰撞之技術) School Training- Basic Training (Due to unsuitable venue conditions, coaches will not teach any skills relating to physical contact.)</p> <p>2. 校外訓練 - 傳統英式欖球練習 (草地練習場將提供予學生作每周一節的練習，而學校間需分享練習場地。主要訓練內容為鬥牛，爭邊球及攔截技術等) Rugby Pitch Training- Contact Rugby Training (The training pitch will be available once a week for students to practice, schools are required to share the venue. Training will mainly focus on Scrum, Line-Out and Tackling Skill.)</p> <p>*請於頁三填寫校隊訓練之申請表。 Please complete the School Team Training Application Form in page 3.</p>		
學體會或欖球總會可提供的訓練場地 HKSSF / HKRU Training Pitches available :		
大坑東遊樂場(欖球場) Tai Hang Tung Recreation Ground :		
a. 逢星期二 Every Tuesday : 1630-1800	b. 逢星期四 Every Thursday : 1630-1800	
天水圍社區遊樂場 Tin Shui Wai Community Recreation Ground :		
a. 逢星期二 Every Tuesday : 1630-1800	b. 逢星期三 Every Wednesday : 1630-1800	
c. 逢星期四 Every Thursday : 1630-1800	d. 逢星期五 Every Friday : 1630-1800	
薄扶林何鴻燊運動場 Stanley Ho Playing Fields, Pok Fu Lam : 逢星期五 Every Friday : 1630-1800	跑馬地運動場六號場 Happy Valley Sport Ground #6: (TBC)	京士柏運動場 King's Park Sport Ground : (TBC)

如有問題，請聯絡欖球總會。 Any enquiry, please contact HKRU

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學校編號 School NO. : (本會專用 For HKRU Only)

學校名稱： School Name :		學校電話： School Tel:	
學校地址： School Address:		傳真號碼： Fax:	
負責老師： Teacher:		電話 Tel :	
電郵地址： E-mail:		手提 Mobile :	

課堂 Session	日期 Date	時間 Time	學生班別 Students Class	學生人數 No. of Students		第一或第二堂 1 st or 2 nd Demo	其他 Others
				男子 Boys	女子 Girls		
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

如有需要，請自行影印。 If in needed, please make copies.

*學校已有器材 Existing Equipment :	
<input type="text"/>	欖球 Ball (Size 5)數量 : _____ 個
<input type="text"/>	色碟 Cones 數量 : _____ 個
<input type="text"/>	背心 Bibs / 色帶 Tags

學校編號 School NO. :

(本會專用 For HKRU Only)

學校名稱： School Name :		學校電話： School Tel:	
學校地址： School Address:		傳真號碼： Fax:	
負責老師： Teacher:		電話 Tel :	
電郵地址： E-mail:		手提 Mobile :	

1. 訓練人數 No. of Students :

男子人數 No. of Boys : _____ 年齡組別 Grade: _____	女子人數 No. of Girls : _____ 年齡組別 Grade: _____
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2. 訓練地點 Training Venue :

(請在合適之空格內加上✓號。Put ✓ in appropriate boxes.)

<input type="checkbox"/> 學校 School 場地 Venue : _____ 訓練時間 Training Time : _____	大坑東遊樂場(欖球場) Tai Hang Tung Recreation Ground <input type="checkbox"/> 逢星期二 Every Tuesday : 1630-1800 <input type="checkbox"/> 逢星期四 Every Thursday : 1630-1800
天水圍社區遊樂場 Tin Shui Wai Community Ground: <input type="checkbox"/> 逢星期二 Every Tuesday : 1630-1800 <input type="checkbox"/> 逢星期三 Every Wednesday : 1630-1800 <input type="checkbox"/> 逢星期四 Every Thursday : 1630-1800 <input type="checkbox"/> 逢星期五 Every Friday : 1630-1800	跑馬地運動場六號場 Happy Valley Sport Ground #6: <input type="checkbox"/> TBC 京士柏運動場 King's Park Sport Ground : <input type="checkbox"/> TBC
學校自行租用場地 Other pitch booking by school :	薄扶林何鴻燊運動場 Stanley Ho Playing Fields, Pok Fu Lam : <input type="checkbox"/> 逢星期五 Every Friday : 1630-1800

3. 校隊訓練日期 School Team Training Schedule :

第一期訓練日期 Phase 1 Training Dates :
第二期訓練日期 Phase 2 Training Dates :
第三期訓練日期 Phase 3 Training Dates :
第四期訓練日期 Phase 4 Training Dates :

每期練習最多為 8 節，請提供至少 4 節的練習日期，以便安排教練。 Each phase consists of a maximum of 8 sessions; please provide a minimum of 4 practice dates for HKRU's convenience in allocating coaches.