



**2024 船灣帆船會少年Optimist帆船比賽培訓計劃 | 證書課程及比賽**

**Sailing Training for Junior Optimist | Go to Race Training Camp**

**申請人資料 Primary Applicant Information**

申請人姓名 Applicant's Name	(中文)		(English)
出生日期 Date of Birth	(日/月/年) (DD/MM/YY)	性別 Gender	<input type="checkbox"/> M 男 / <input type="checkbox"/> F 女
身份證號碼 ID No.	( )	國籍 Nationality	
聯絡電話 Contact No.		電郵 E-mail	
地址 Address			
學校名稱 School Name			
曾經完成並考試合格的課程 Course previously completed and passed	(Please provide copies to verify)		

**緊急聯絡資料 Emergency Contact**

緊急聯絡人資料 Emergency Contact information	姓名 Name	關係 Relationship	聯絡電話 Contact No.



	<p>選拔 Selection</p>	<p>少年Optimist帆船比賽培訓計劃 - 選拔日 <b>Junior Optimist Squad Team - Selection Day</b> 11 Jan 2025 (Sat) - 10:00 -16:00</p>
<p>培訓日期 Date:</p>	<p>第一期 Phase I</p>	<p>少年帆船比賽培訓訓練日 <b>Squad Team Race Training (5 Days)</b> : 18 Jan 2025 (Sat) - 09:00- 17:00 19 Jan 2025 (Sun) - 09:00- 17:00 25 Jan 2025 (Sat) - 09:00- 17:00 26 Jan 2025 (Sun) - 09:00- 17:00 1 Feb 2025 (Sat) - 09:00- 17:00 2 Feb 2025 (Sun) - 09:00- 17:00</p>
	<p>第二期 Phase II</p>	<p><b>HKRaceWeek比賽日子 HK Race Week Participation &amp; Arrangement:</b> 8 Feb (Sat) Move Tera boat to Middle Island 9 Feb (Sun) Training in Middle Island 12 Feb (Wed) Measurement 13 Feb (Thur) HKRaceWeek 14 Feb (Fri) HKRaceWeek 15 Feb (Sat)HKRaceWeek 16 Feb (Sun) HKRaceWeek</p>
<p>培訓地址 Location:</p>	<p>香港學校風帆協會大美督帆船中心 HKSSA Tai Mei Tuk Training Centre</p>	
<p>參加資格 Eligibility :</p>	<p>任何能游泳最少50公尺、8至12歲青少年, 已完成香港帆船運動總會少年帆船第四級並考試合格 Any youth who can swim at least 50m in age of 8 to 12 who have completed and passed HKSF Junior Sail 4</p>	
<p>費用 Fee:</p>	<p>選拔日 Squad Team Selection Day: \$250 (包括帆船及裝備使用、沖身及儲物設施)</p> <ul style="list-style-type: none"> <li>Phase I: 少年帆船比賽培訓訓練日(五日) \$3,000 (包括教練、帆船及裝備、沖身及儲物設施)</li> <li>Phase II: HKRaceWeek比賽報名費用 約\$1200</li> <li>Phase II: HKRaceWeek比賽教練及帆船裝備費用 \$1500</li> </ul> <p>其他雜項費用或包括: 證書申請費、比賽日交通及膳食安排等</p>	
<p>Remarks:</p>	<ul style="list-style-type: none"> <li>訓練日午飯時間大約為 1230 - 1330, 請自備午餐(中心設雪櫃及微波爐加熱)</li> <li>(Lunch break at around 1230 -1330, please bring your own lunch)</li> <li>培訓計劃名額: 6人   P Programme Capacity: 6 students</li> </ul>	

### 費用及付款方法 / Fees and Payment Methods

#### A. 選拔日費用 / Squad Team Selection Fee

- \$250 (包括帆船及裝備使用、沖身及儲物設施 / Includes use of sailing equipment, shower, and storage facilities)

#### B. 第一期費用 / Phase I Training Fee

- \$3,000 (包括教練、帆船及裝備、沖身及儲物設施 / Includes coaching, sailing equipment, shower, and storage facilities)
- 付款期限 / Payment Deadline:  
成功選拔並加入培訓團者, 須於 2025年1月8日 前繳交全期訓練費用以確保名額。  
(For successful candidates, the full training fee must be paid by 8 January 2025 to secure your spot.)

#### C. 第二期費用 / Phase II Race Fee

- HKRaceWeek比賽費用 / HK Race Week Fees:  
包括比賽報名費用、比賽教練及帆船裝備費用、其他雜項費用(如證書申請費、比賽日交通及膳食安排等)  
(Includes race registration, coaching support, sailing equipment, and other costs such as certificate application, transportation, and meal arrangements during race days.)

#### 通知安排 / Payment Arrangement Notification:

詳細費用及安排將於培訓期間通知。  
(Details will be communicated during the training period.)

#### 報名及付款 / Application and Payment:

請於 2025年1月2日 前將以下文件發送至我們的電郵 [info@pcschk.com](mailto:info@pcschk.com) 或WhatsApp +852 9300 1838 :  
(Submit the following by 2 January 2025 via email [info@pcschk.com](mailto:info@pcschk.com) or WhatsApp +852 9300 1838 :)

- 填妥的報名表格 / Completed application form
- 選拔日費用 \$250 的過數記錄證明 / Payment confirmation for the \$250 Selection Day fee

#### 銀行過數資料 / Bank Transfer Details:

戶口銀行 / Bank Name: HSBC  
戶口名稱 / Bank Account Name: FLOW ACADEMY LIMITED  
戶口號碼 / Bank Account No.: 149-418048-838  
轉數快 FPS ID: 112888615



**申請人家長或監護人聲明 Parent or Guardian's Consent**

I, \_\_\_\_\_, parent/guardian of the applicant hereby express my consent to this application. I am clearly aware that there is an element of danger in the sport of sailing and will instruct the applicant to follow the instructions as given by the course instructor or centre staff.

本人 \_\_\_\_\_ 乃申請人之家長/監護人，現同意申請人參加上述課程，本人明白參加帆船活動存在一定的危險，本人會指示申請人遵從中心職員及教練的指示及遵守中心的一切守則。

日期 Date:		簽署 Signature:	
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**申請人聲明 Declaration**

I / We shall notify the Management Services Centre at once if there is any change of the above information. I understand that I supply the data by means of this form is voluntary and the information in this application form is true and correct. I agree that the information provided will be used by The Plover Cove Sailing Club to process this application. I confirm that if offered Membership of The Plover Cove Sailing Club, I absolve The Plover Cove Sailing Club and any Club Official or Employee from responsibility at all times for any accident or bodily injury which may befall myself, my family, or any guests while partaking in sailing or boating or any other recreational activities and outings organized by the Club or which may result from any defects in Club equipment being used during such activities. I agree that I will be bound by the Memorandum and Articles of Association and the Bye-laws of the Club. I agree that I will not bring a boat to the Club without the permission of the General Committee and that should such permission be granted, I will remove the boat from the Club if subsequently requested by the Committee. I am clearly aware that there is an element of danger in the sport. I promise to observe all safety requirements and obey the centre rules as well as all instructions given by the course instructors and centre staff.

上列資料若有更改，本人/我們當即通知香港船灣帆船會。本人明白填寫本表格是出於自願和提交的資料正確無訛。本人亦同意授權予香港船灣帆船會使用上述提供之所有個人資料作處理本申請之用。本人同意如成為香港船灣帆船會會員後，若本人或本人之家屬或朋友在任何時間享用水上活動或參與該船會所舉辦之戶外活動時發生任何意外或身體受傷，本人不能追究香港船灣帆船會及該船會之職員；本人同意遵守香港船灣帆船會之會規。本人知道未有委員會之批准，本人不能將船隻停泊於船會；若獲得批准，如委員會日後要求收回船位時，本人知道要將船隻搬離。本人明白此活動存在一定的危險性。本人答允遵守中心一切有關安全的指引及服從訓練班教練及中心職員的指示及中心的附例。

(請於方格內填✓, Please tick "✓" in appropriate box)

本人 I,

- 能游泳最少50公尺 can swim at least 50m
- 患有哮喘 requires special medical care for asthma
- 身體健康 am in good health
- 患有糖尿病 requires special medical care for diabetes
- 有特殊健康情況 (請注明) have special medical condition (please specify):

簽署 Authorized Signature	
簽署人姓名 Name of Signatory	(請用正楷 BLOCK LETTERS)
日期 Date	(日/月/年) (DD/MM/YY)