



## INDOOR ROWING FOR SCHOOLS

Application Form 2017-18



### PROGRAMME INTRODUCTION

Objective	<ul style="list-style-type: none"><li>● Through the support from the Hong Kong, China Rowing Association (HKCRA), indoor rowing machines will lease to the schools, which are encouraged and facilitated to incorporate the sport of Indoor Rowing in Physical Education lessons and organize variety of indoor rowing activities, e.g., regular fitness training, indoor rowing competitions, award scheme for regular participation, fitness test, and sports talent identification, etc. in order to develop the interest of students in indoor rowing activities.</li></ul>
Support Offered	<ul style="list-style-type: none"><li>● Provide 4 sets of indoor rowing machines for school activities and trainings</li><li>● Arrange INRS Workshop for school teachers/staff to learn about the equipment maintenance, operation of indoor rowing machines, organization of competitions</li><li>● Provision of technical advice on training programme and indoor rowing development</li></ul>

### APPLICATION

Application Method	<ul style="list-style-type: none"><li>● Please submit the completed application form and proposal by email to <a href="mailto:kata.c@rowing.org.hk">kata.c@rowing.org.hk</a> <b>on or before 23 June 2017</b>.</li></ul>
Notification of Result	<ul style="list-style-type: none"><li>● Result will be announced to respective school by email <b>by mid of July 2017</b>.</li></ul>
Enquiries	<ul style="list-style-type: none"><li>● Should you have any enquiries on the Programme, please do not hesitate to contact our Sports Executive Ms. Kata CHAN, at 2699 7271 or e-mail to <a href="mailto:kata.c@rowing.org.hk">kata.c@rowing.org.hk</a></li></ul>

### PROGRAMME FEE

Borrowing of 4 indoor rowing machines including one-time inspection fee (requested by school), one-time maintenance fee included the change of parts (non-human damage only) and transportation fee:  
HKD \$4,500 ( for Half-Year Programme)  
HKD \$5,500 ( for One-Year Programme)



# 中國香港賽艇協會

## HONG KONG, CHINA ROWING ASSOCIATION

**\*\*Please put a “√” in the appropriate box and attach separate sheets if the space provided is insufficient.**

Please select the required lease period as below.	
<input type="checkbox"/>	A : September 2017 – February 2018 (Fee: HKD \$4,500)
<input type="checkbox"/>	B : March 2018 – July 2018 (Fee: HKD \$4,500)
<input type="checkbox"/>	C : September 2017 – July 2018 (Fee: HKD \$5,500)

1. Name and address of School

Name of School:

Address:

---

---

---

2. Contact person

Name:

Position:

Tel No.:

Fax No.:

E-mail:

---

---

---

---

---

---

3. Please explain how the objective of this project will be achieved? Will your school decide to include the sport of indoor rowing in the P.E. syllabus?

---

---

---

---

---

---

---

---

---

---



# 中國香港賽艇協會

## HONG KONG, CHINA ROWING ASSOCIATION

4. List of activities/competitions plan in the loan period:

Name of Programmes	Date	Venue	Expected No. of Participants	Form or Type of Students
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

5. Does your school have qualified coach or Indoor Rowing (IR) Instructor registered under to HKCRA to teach the indoor rowing and supervise the activities?

- Yes, Rowing Coach (Name : \_\_\_\_\_ Year of obtaining : \_\_\_\_\_)
- Yes, IR Instructor (Name : \_\_\_\_\_ Year of obtaining : \_\_\_\_\_)
- No

6. Is your school interested to join any “Indoor Rowing Instructors Course” provided by the HKCRA? If no, please explain how your school promotes the appropriate knowledge of indoor rowing and offer the training student to students / teachers?

- Yes  No

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Please elaborate how the rowing machines will be kept appropriately and mention where the storage place is? (Please provide photos for the storage place.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# 中國香港賽艇協會

## HONG KONG, CHINA ROWING ASSOCIATION

8. Does your school have any indoor rowing machines?  
 Yes, Model of Machines : \*Model C / D / E Qty : \_\_\_\_\_  
 No

9. Is your school interested to be the “2017 – 2018 Training Centre” at your district?

Responsibilities of the Training Centre: -

- Provide an activity room or assembly hall with capacity for 50 persons for organizing INRS Workshop in Sept or Oct 2017
- Open your school to other schools in the same district for regular indoor rowing training at the specified time slot.
- Cooperate with the HKCRA to organize indoor rowing competitions for the schools or any other organizations in the same district (The Training Centre is responsible to collect entry form participating schools or organizations, bear the fees for technicians, medals and transportation while the HKCRA will provide technical advices on race management.)
- Training Centre required providing storage place for 8 rowing machines (Please provide photos for storage place.)

Yes  No Reason (Please briefly explain): \_\_\_\_\_

10. Did your school apply for any “INRS Programme” in the past?

Yes, Successful in the past (Year of Application: \_\_\_\_\_)  
 Yes, Not successful in the past (Year of Application: \_\_\_\_\_)  
 No

11. Did your school take part in the following indoor rowing activities / competitions in the past?

Yes, Inter-School Indoor Rowing Competition (Year of Participation: \_\_\_\_\_)

Hong Kong Indoor Rowing Championships (Year of Participation: \_\_\_\_\_)

Festival of Sport – Indoor Rowing Sprint Challenge (Year of Participation: \_\_\_\_\_)

LCSD SSP School Visit (Year of Participation: \_\_\_\_\_)

LCSD SSP Outreach Programme (Year of Participation: \_\_\_\_\_)

No

~ END ~