

親愛的中國香港賽艇協會會員,

為有效準備今年 12 月 14-15 日在梅窩舉行的 2024 香港沙灘衝刺錦標賽，中國香港賽艇協會(賽協)將與國際賽艇聯合會合作一系列的培訓活動如下:

1. 線上簡介會

日期 : 2024 年 7 月 17 日(星期三)

時間 : 晚上 7:30 至 9:00

講師 : 白勵 先生 國際賽艇聯合會首席發展專家

語言 : 英文

這個線上簡介會將介紹沙灘衝刺賽運動，並概述國際賽艇聯合會在發展、教練培訓和本地技術培訓方面的相關計劃，所有賽協會員均可報名參加。

2. 實踐週末工作坊*

日期: 2024 年 10 月 5-6 日，星期六及日

地點: 梅窩和烏溪沙(詳情待定)

這個為期兩天的實踐週末工作坊將涵蓋以下主題:

• 沙灘衝刺賽入門訓練	• 設置沙灘衝刺賽道和組織賽事
• 安全管理水上訓練	• 2024 年沙灘衝刺賽最新規則
• 划船、泊岸、翻艇自救及救援技巧	
• 海岸賽艇比賽技巧	

*參加者須身體狀況良好並能夠穿著輕便衣服游泳 50 米及能浮游不少於 3 分鐘。

3. 國際賽艇聯合會資歷認證

上述工作坊完成後，將推薦有限名額參加國際賽艇聯合會海岸賽艇單元或/和海岸賽艇一級教練課程。先決條件包括參加線上簡介會和實踐週末工作坊，以及完成自學和認證要求(將在線上簡介會中詳述)。

第 1 項活動的報名現已開始。請透過賽協會員系統 (Just Go) 報名 <https://hkera.justgo.com/Workbench/i/r/EventsAndBookings/>，截止日期為 7 月 10 日。如報名人數過多，我們將根據參加者相關經驗及其活躍度、屬會分佈和性別平衡等，予以考慮。

我們鼓勵所有賽協會員把握是次寶貴的學習機會，為 2028 年洛杉磯奧運會沙灘衝刺賽做好準備。

如有任何查詢，歡迎致電 2696 2337 與教練及發展部主管羅慧玲小姐聯絡。

中國香港賽艇協會

2024 年 6 月 30 日

30 June 2024

Dear HKCRA Members,

We are excited to announce a series of educational activities in preparation for the 2024 Hong Kong Beach Sprint Championships on 14th -15th December 2024 at Mui Wo. In conjunction with World Rowing, HKCRA is offering the following opportunities:

1. Zoom Seminar

Date : 17th July, 2024, Wednesday

Time : 7:30 PM - 9:00 PM

Presenter : Mr. Chris Perry, World Rowing Development Lead Expert

Language: English

**This online seminar will provide an introduction to the Beach Sprint discipline and an overview of related World Rowing development, coach education, and National Technical Official (NTO) Education. Enrolment is open to all HKCRA members.

2. Practical Weekend Workshop

Date : 5th - 6th October, 2024, Saturday & Sunday

Location : Mui Wo and Wu Kai Sha

This face-to-face Workshop will cover the following topics:

- Introduction to Beach Sprint Competition and Training
- Safe management of water training sessions
- Launching, landing, capsize, and rescue drills
- Coastal race techniques
- Setting up a beach sprint course and organising races
- Updated 2024 Rules of Racing for Beach Sprint

**Participants should be in good health, capable of swimming 50m in light clothing and floating without assistance for three minutes.

3. World Rowing Certification Opportunities

Following the above seminars, a limited number of spots are available for the World Rowing Coastal Race Module and/or Level 1 Coastal Coaches Course. Prerequisites include participation in the preceding Zoom and Practical Weekend Workshop, as well as completion of self-learning and certification requirements that will be outlined in the Zoom Seminar.

Enrollment for Activity 1 is now open. To secure your spot, please register before 10th July 2024 via the website <https://hkera.justgo.com/Workbench/i/r/EventsAndBookings/>. If demand exceeds capacity, priority will be given based on relevant experience, current rowing activity, club distribution, and gender balance. We encourage all HKCRA members to take advantage of these valuable learning opportunities as we prepare for the exciting inclusion of Beach Sprint events at the 2028 Los Angeles Olympics.

Should you have any questions, please do not hesitate to contact our Head of Coaching & Development, Ms Ling LO, at 2696-2337 or via the email above.

Hong Kong, China Rowing Association