

The Hong Kong, China Rowing Association - Coach Development Programme
2024-25 Coaching Weekend Practice Workshop I: Beach Sprint

To facilitate preparations for the 2024 Hong Kong Beach Sprint Championships, scheduled to be held in Mui Wo on December 14-15, the HKCRA will collaborate with World Rowing to organize a series of training activities. One of these activities is the "2024-25 Practical Weekend Workshop I: Beach Sprint," which will be led by Mr. Chris Perry, the Lead Development Expert for Asia, along with other coaches.

The workshop is designed to encompass both theoretical and practical sessions, ensuring that coaches acquire substantial hands-on experience in beach sprint racing.

Topic:	2024-25 Practical Weekend Workshop I: Beach Sprint
Date & Time:	5-6 October, 2024, Saturday & Sunday
Place:	Hong Kong Playground Association - Jockey Club Silver Mine Bay Camp, Mui Wo
Speakers:	Mr. Chris Perry, Lead Expert Development for Asia World Rowing, and respective coaches
Content:	<ul style="list-style-type: none">• Introduction to Beach Sprint Competition and• Setting up a beach sprint course and organising races• Safe management of water training sessions• Updated 2024 Rules of Racing for Beach Sprint• Launching, landing, capsize, and rescue drills and Coastal race techniques
Eligibility:	<ol style="list-style-type: none">1. 2024/2025 Ordinary Member of HKCRA and Registered Coach2. Participants should be in good health, capable of swimming 50m in light clothing and floating without assistance for three minutes3. Attended the online briefing session, which held date 13 July 2024
Qualification	Upon completion of the workshop, a limited number of places will be nominated to attend Coastal Rowing workshop or/and the Coastal Rowing Instructor I Course organized by World Rowing, with prerequisites of attending online briefings, and Practical Weekend Workshop , as well as completion of self-learning and certification requirements.
Language:	English and Cantonese
Places:	32 people
Application Fee:	HK\$200
How to apply:	Please register online through Google https://forms.gle/MGeT4jKBgdSKqhA68 on or before 9 Sept (Mon). In case of oversubscribed, selections will be made with considerations on relevant experience, activity engagement, affiliation distribution and gender balance.
Application Deadline:	9 September 2024 (Monday)

Should you have any enquiries, please contact Ms. Ling Lo, Head of Coaching & Development at 2696 2337.

Hong Kong, China Rowing Association
The Coaching Committee
5 September, 2024