

## **LCSD PILOT FUNDING SCHEME FOR YOUTH SPORTS EXCHANGE**

### **Selection for Youth Exchange Training Program 2024**

#### **INTRODUCTION**

The Hong Kong Leisure and Cultural Services Department (LCSD) has approved funding to HKCRA under its “*Funding Scheme for Youth Sports Exchange*”. The scheme aims to promote international sports exchange programmes for Hong Kong youth squads with counterparts on the Mainland or in other countries. Such exchanges aim to broaden the horizons of youth athletes, develop networks, enhance training and technical skills, and promote cultural understanding.

Looking ahead to the next Olympic Games, we aim to inspire potential athletes by enhancing their vision and self-confidence. To this end, HKCRA is planning an exchange visit to the Singapore, from 1 to 7 February 2025. During this visit, participants will have the unique opportunity to train with the Singapore Rowing Youth Development group and explore local sports facilities. This experience aims to provide valuable insights into the local culture and training methods.

A total of 16 athletes will be selected to take part in the exchange, and two coaches will accompany the group.

#### **SELECTION TESTING INFORMATION**

| Test                       | Date                      | Time        | Venue                        |
|----------------------------|---------------------------|-------------|------------------------------|
| Ergometer 2km              | 21 December 2024<br>(Sat) | 0700 - 1200 | Jockey Club<br>Shatin Rowing |
| Single Scull 4.3km (1-lap) | 22 December 2024<br>(Sun) | 0700 - 1000 | Centre                       |

#### **ELIGIBILITY REQUIREMENTS**

To be considered for the programme, candidates must meet the following eligibility requirements:-

- Shall be a member of the following youth training squads/groups recognized by the HKCRA – Development Squad (including HKSI Potential Athletes), or Young Athlete Training Scheme (YATS). (HKSI Scholarship Athletes, and athletes who have already officially represented Hong Kong, are NOT eligible to take part).
- Not turn age 19 before 1st January 2025;
- Hold a Hong Kong Identity Card or Hong Kong Passport;
- Join as an Ordinary member of HKCRA (<http://www.rowing.org.hk/join-as-member/>)
- Commit to the intensive training program for 2024ARJC Squad, which might include travel outside of Hong Kong for competition and training when required.
- Agree to comply with all athlete training, testing and anti-doping requirements asset out by the HKCRA from time to time.

## **SELECTION CRITERIA**

The following criteria may be taken into consideration: -

- Length of prior rowing experience and weekly training commitment. (In general, 12 hours per week of training would be considered as a minimum).
- Performance on a Concept 2 rowing ergometer over 2000m, compared against local age-group records/norms.
- Individual performance in a single scull over a 4.3km (One Lap) time trial.
- Basic skill and safe handling assessment in single scull.
- Anthropometric characteristics, e.g. height to weight ratio etc.
- Any medical, injury or health issues that might adversely affect participation.

## **TRAINING REQUIREMENTS**

- All athletes will be expected to join training sessions run under designated coaching/technical staff. Training will be based at the Hong Kong, China Rowing Association and/or Hong Kong Sports Institute in Shatin.
- The Technical Director will use objective assessment results in making selections. He may however also use his own professional experience and judgment in assessing components such as technical development, responsiveness to coaching, interaction with team-mates and coaches, psychological strengths, and crew compatibility.
- Attendance, attitude and overall commitment to training will be taken into consideration.
- Rowers failing to make themselves available for assessments/testing do so in the knowledge that they may jeopardize their chances of selection.
- Unless prior notification is given, it will be assumed that athletes are able to perform optimally during all tests and time-trials. If an athlete cannot participate due to medical reasons, certification from an approved doctor is required.

## **PARENTAL CONSENT AND CHILD PROTECTION**


All participants must have the full consent of a parent or legal guardian to take part in the programme. All activities will be conducted within the Association's guidelines and codes for child protection and unacceptable conduct.

## **APPEALS**

Any appeals relating to selection will be handled in accordance with the Association's published Appeals Procedure.

## **REGISTRATION**

Complete the registration via below link or scan QR code **on or before 19<sup>th</sup> December 2024 ,12nn.**

| <b><u>Link</u></b>  | <b><u>QR Code</u></b>   |
|---|---|
| <a href="https://forms.gle/D4Uny9fdM8WgXcCz5">https://forms.gle/D4Uny9fdM8WgXcCz5</a> |  |

Should you require any further information, please feel free to contact our Head of Coaching & Development, Ling Lo on 3841 7353 or Technical Director, Kenny Wu.