



HONG KONG CHINA SKATING UNION LIMITED

中國香港滑冰聯盟有限公司

Member of International Skating Union, Asian Skating Union
and Sport Federation & Olympic Committee of Hong Kong, China
國際滑冰聯盟，亞洲滑冰聯盟及中國香港體育協會暨奧林匹克委員會會員

2025(4月至9月)中國香港滑冰聯盟短道速滑梯隊訓練計劃 (補充通知)

致 中國香港滑冰聯盟會員(短道速滑)：

在上週(2025年3月8日)舉行之簡介會上本會收到了各位會員及家長們的提問和建議，本會對短道速滑梯隊訓練作以下補充。

為讓各隊員能適時安排日程及提前規劃，每月的梯隊訓練安排本會將儘早向梯隊成員提供。同時考慮到協會教練需為2026年冬季奧運會安排及備戰，在2025年7月15日至8月30日期間本會將不提供本地的梯隊訓練。本會如在暑假期間安排港外訓練，梯隊成員可自願決定是否付費參與。在2025年7月15日至8月30日此期間，梯隊成員不需要計算訓練時數。

另外，本會為鼓勵梯隊成員積極參加更多港外訓練，特別是強度高的密集訓練。如梯隊成員能在新年、復活節、暑假或寒假期間提供港外訓練證明(至少7天或以上)，隊員將可豁免時數不足的警告信。隊員必須於出發港外訓練前填寫「**短道速滑梯隊成員港外訓練申請書**」，並在完成港外訓練後遞交「**短道速滑梯隊成員港外訓練教練回條**」及相關證明作實，如登機證或住宿記錄。未有事前申請及遞交教練回條之港外訓練將不會獲得豁免。

本會希望再次向各位會員、隊員及家長們澄清，梯隊訓練時數的70%出席率只為最低要求，本會鼓勵所有梯隊成員達到100%的出席率。

附件 - 1) 「短道速滑梯隊成員港外訓練申請書」

附件 - 2) 「短道速滑梯隊成員港外訓練教練回條」

如想申請港外訓練並免除本會的警告信，請事前申請、完成後遞交回條及證明。



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2025(April to September) HKSU Short Track Feeder Team Training Scheme
(Supplementary Notice)

To HKSU Members (STSS):

At the briefing held on March 8, 2025, HKSU received questions and suggestions from members and parents. We hereby provide the following supplementary information for the 2025 (April to September) Short Track Speed Skating Feeder Training.

To allow all team members to arrange their schedules in a timely manner and plan, HKSU will provide the training schedule for each month as early as possible. Additionally, considering that the coaches need to prepare for the 2026 Winter Olympics, there will be no local training provided from July 15 to August 30, 2025. If HKSU arranges out of Hong Kong's training during the summer, Feeder team members may voluntarily decide whether to participate at their own expenses. During the period from July 15 to August 30, 2025, no training hours is required for the Feeder Team Members.

Moreover, to encourage team members to actively participate in more out of Hong Kong's training, especially high-intensity intensive training, if team members can provide proof of out of Hong Kong's training (for at least 7 days or more) during the New Year, Easter, summer, or winter holidays, they will be exempt from receiving warning letters for insufficient hours. Team members must complete the "Short Track Speed Skating Team Member Out of Hong Kong's Training Application" before departing for out of Hong Kong's training and submit the "Reply Slip of Coach for Out of Hong Kong's Training of STSS Feeder Team Member" along with relevant travel documentation, such as boarding passes or accommodation record, after completing their out of Hong Kong's training. Any Out of Hong Kong's training that is not pre-approved through the application and submission of the coach acknowledgment will not be eligible for exemption.

HKSU would like to clarify again for all STSS members, team members, and parents that 70% of attendance is only minimum requirement of Feeder training and we encourage all feeder team members to aim for 100% attendance.

Attachment – 1) "Short Track Speed Skating Team Member Out of Hong Kong's Training Application"
Attachment – 2) "Reply Slip of Coach for Out of Hong Kong's Training of STSS Feeder Team Member"
If you wish to apply for out of Hong Kong's training and be exempt from our warning letter, please apply in advance and submit the Coach's Rely Slip and proof after out of Hong Kong's training.

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Short Track Speed Skating Team Member Out of Hong Kong's Training Application

短道速滑梯隊成員港外訓練申請書

I, _____ (Full name of Feeder Team member), hereby apply for approval to conduct out of Hong Kong's training on the following dates.

本人_____ (梯隊成員名稱)，現申請於以下日子進行港外訓練，特請批准。

Training Location: 訓練地點：	
Name of Coach: 教練名稱：	
Coach's Contact Number: 教練聯絡電話：	
Coach's Contact Email: 教練聯絡電郵：	
Start of training date: 訓練開始日期：	
End of training date: 訓練完結日期：	
Expected training days: 預計訓練日數：	
Training hours per day: 每日訓練時數：	

Name of Team member:

梯隊成員名稱：

Team member's Contact Number:

梯隊成員聯絡電話：

Team Member (Guardian) Signature:

梯隊成員(監護人)簽署：

Team Member's Contact Email:

梯隊成員聯絡電郵：



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Reply Slip of Coach for Oversea Training of STSS Feeder Team Member

短道速滑梯隊成員港外訓練教練回條

I, _____ (Full name of coach), hereby certify:
本人 _____ (教練名稱)，特此證明：

Full Name of Skater 運動員名稱：	
Training Location: 訓練地點：	
Start of training date: 訓練開始日期：	
End of training date: 訓練完結日期：	
Training hours per week: 每週訓練時數：	
Total training hours: 總訓練時數：	
Total training days: 總訓練日數：	

Name of Coach:
教練名稱：

Name of Skater:
運動員名稱：

Coach's Contact Number:
教練聯絡電話：

Skater's Contact Number:
運動員聯絡電話：

Coach's Contact Email:
教練聯絡電郵：

Skater's Contact Email:
運動員聯絡電郵：

Coach Signature:
教練簽署：

Skater (Guardian) Signature:
運動員(監護人)簽署：