**香港舉重健力總會有限公司註冊健力教練培訓班**

**HKWPA coach course for basic level coach registration**

在香港，健力運動逐漸普及，很多教練在健身院教導健力三項動作，此培訓班旨在教授教練達到基礎教學練水準，能在社區中教導正確健力技術，香港市民可在本會網頁中找尋合資格註冊教練。

Powerlifting is getting more popular in Hong Kong. Many coaches are teaching the 3 lifts of Powerlifting in private gyms. This course targets to educate coaches to acquire basic coaching techniques to teach the 3 lifts properly in the community. Hong Kong citizens can search our website to find coaches who are properly trained.

入學本班要求:

* 為本會永久會員
* 曾代表香港作為運動員或隨隊工作人員參加國際級健力或臥推舉賽(須付比賽証書或列印網頁上成績証明)
* 無犯罪紀錄，須在報告名時提交無犯罪紀錄聲明( 之前曾提交無須再交 )
* 有相關教練資歷或經驗會作為優先考慮取錄參考(須提供証明)

Eligibility:

* Permanent member of HKWPA
* Has participated in international level Powerlifting or Bench Press championship as lifter or as official, representing Hong Kong team( proof of participation needs to be enclosed)
* No previous criminal record(declaration form needs to be completed upon registration, those who have submitted before do not need to submit again )
* Relevant coaching qualification and coaching experience would be an advantage( proof of qualification and experience required)

暫定日期: 10/9/2021星期五、17/9/2021星期五、18/9/2021星期六，下午六時至九時( 首5名參加者)

如多過5人參加，將加開時段

Tentative dates : Sept 10, 2021 (Friday), Sept 17, 2021 (Friday), Sept 18, 2021 ( Saturday) 6-9 pm( for first 5 participants)

If there are more than 5 participants, more time slots will be opened.

實習教練: 最少3節，最多5節

Practical coaching for at least 3 sessions, maximal 5 sessions

日期Dates: 20/9, 23/9, 24/9, 27/9, 28/9, 29/9, 30/9, 4/10, 5/10, 6/10, 7/10, 8/10,11/10, 12/10, 13/10, 15/10, 18/10, 19/10, 20/10, 21/10,22/10,25/10, 26/10,27/10,28/10,29/10,1/11, 2/11; 7-9pm

(有30日期選擇，先到先得。30 days to choose, first come first serve)

地點: 灣仔運動場舉重室

Venue: Wanchai Sports Ground, Weightlifting room

課程內容:

1. 教練品德
2. 力量運動原理
3. 基礎訓練計劃
4. IPF三舉賽例
5. 如何指導三舉

Course content:

* 1. Coach conduct
	2. Principles of strengthening exercise
	3. Basic training plan design
	4. IPF rules and regulation for the 3 lifts
	5. How to coachthe 3 lifts

語言:粵語，輔以英語

Language: Cantonese, supplemented by English

註冊費;

全期$6000括首兩年教練費，在本會網頁教練專欄上載相片及履歷、教練T恤、香港代表隊T恤、教練手冊

現為本會教練作為延續性學習，無需實習: $2000

旁聽學員，未符合本班要求或未能交齊要求檔，不設實習:$3000

旁聽學員可在12個月內補回實習教練，並交回餘下未交費用，成為註冊教練

Registration fee:

$6000 for the whole course, including first year registration fee, uploading photo and resume in HKWPA website coach corner, coach T shirt, Hong Kong team T shirt, coach registration booklet

Current HKWPA registered coach participating for continuous education and do not need practical coaching: $ 2000

Sit in participants( not fulfil criteria of registered coach or fail to submit required documents, practical coaching will not be arranged) : $3000

Those sit-in participants can complete practical coaching and pay full fee within 12 months to get full registration.

實習教練在督導下教班，每節將獲發$214教練費，如實習5節後仍未達要求水準，學員須從新上教練班

Coach fee of $214 per session will be paid to coaches under supervision for practical coaching. If after 5 sessions of practical coaching and the performance is not up to required standard, the participant needs to retake the course in future.

招生人數: 最少5人，最多10人，滿10人後，其他參加者只可旁聽，不會安排實習。

旁聽學員: 最多10人

總人數: 最多15 人

No of participants to be recruited for full course: minimum 5, maximum 10. After 10 participants are registered, other participants can only sit in and practical coaching will not be arranged.

Sit in participants: maximum 10

Total No of participants: maximum 15

教練續註冊: 教練須每兩年從新註冊，費用$400,須要參加最少兩項延續發展活動，活動包括教班、任教或參加教練學習項目都為認可發展活動。

Coach re-registration: Registration needs to be renewed every 2 years at a fee of $400.Minimal 2 coaching continuous development activities are required to re-register. Coaching in LCSD Powerlifting classes, teaching or attending HKWPA coaching education programs are recognized as development activities.

截止報名日期: 2021年8月9日

Registration deadline: 9/8/2021

報名方法:

請交回

1. 報名表，連同參加國際賽証同及相關教練資歷及經驗証明
2. 無犯罪記錄申表書
3. 相片電子檔，高解像度較合適
4. 上限為一頁A4紙的個人履歷，可用英文、中文或雙語，相片可加入履歷表內，以用作存放本會網頁。旁聽學員無須提交。

Course registration:

Please send back

1. Course registration form together with proof of international championship participation, relevant qualifications and coaching experience)
2. Declaration of no criminal record
3. Soft copy of photo, high resolution photo is preferred
4. Soft copy of resumes limited to one A4 page to be uploaded to website. The content can be in Chinese, English or bilingual. The photo can be incorporated in the 1-page resumes. Sit in students do not need to submit their resumes.

符合資格人仕及提交所有檔後，取錄方法為先剄先得。文件都完全提交者只可旁聽。確定提交有效文件及交費後才完成本班註冊。

只有永久會員，並曾參加國際比賽，並沒有犯罪紀錄，方可符合教練註冊。

Admission to this course is on first come first basis for eligible participants after submission of all required documents. Those with documents outstanding can only sit in. Registration is completed after confirming documents are valid and full payment.

Only permanent members who have international competition experience and with no criminal record are eligible for coach registration.