

截止日期 Deadline :
12 July 2025



幼苗籃球培訓計劃

Primary Athletes Basketball Training Scheme
2025-2026



中國香港籃球總會 主辦



康樂及文化事務署
Leisure and Cultural
Services Department



資助



贊助

宗旨 Aims

- 增加兒童對籃球運動的興趣及培養其良好的體育精神
- To arouse children interest to basketball and foster their sportsmanship.
- 透過有系統的循序漸進式訓練，發掘有潛質的學員接受進一步培訓
- To identify athletes with potential for further training through systematic and progressive training.

參加資格 Requirements

歡迎 8 – 11 歲及具備基本籃球技術的兒童參加 (本計劃不適合初學者參加)
All children aged from 8 to 11 years old with basic basketball skills are welcomed to join.
(NOT suitable for beginners)

課程內容 Programme Details

甄選 —— 籃球技術測試

Selection — Basketball skills tests

訓練 —— 加強籃球基本技術及比賽戰術運用和訓練

Training — Improve basic basketball skills, cooperation & teamwork skills

比賽 —— 區際比賽暨技術挑戰賽

Game Day – Inter-District Competition and Challenge Games

甄選詳情 Selection

參加者必須出席甄選日，並於當天出示有個人照片的證明文件（例如身份證、學生手冊、回鄉證或護照，證件上必須有出生年、月、日），無法提供有效身份證明文件者或將喪失參加資格。被接納甄選的參加者將被安排接受籃球技術測試，請於網上自行參照及下載有關甄選安排、入選名單、入選繳費通知及家長信。

Selection day must be attended. Please bring along personal identification document with photo and date & year born on it (such as HKID card, school student handbook or passport). Those who failed to show proper ID document would be disqualified. Accepted applicant would take a basketball skills test. Details, including arrangement, selected participants list, payment notice and notices to parents, will be posted on our website. Parents should check and download them by yourself.

甄選地點 Venue	甄選日期 Date	甄選時間 Time
九龍灣體育館 Kowloon Bay Sports Centre	2025年7月20日 (星期日) 20 July 2025 (Sun)	上午9時至下午7時 9AM – 7PM

訓練詳情 Training

班號 Class Code	訓練場地 Training Venue	訓練日期 Training Dates	星期 Day	班別 Class	時間 Time
PA1	小西灣體育館 Siu Sai Wan Sports Centre	6, 13, 20, 27/9 ; 4, 11/10 ; 22, 29/11 ; 6, 13/12	六 Sat	女子 Girls	3pm – 4:30pm
				男子 Boys	4:30pm – 6pm
	駱克道體育館 Lockhart Road Sports Centre	23, 30/11	日 Sun	女子 Girls	4pm – 5:30pm
				男子 Boys	5:30pm – 7pm
PA2	東啟德體育館 Kai Tak East Sports Centre	7, 14, 21, 28/9 ; 5, 12, 19, 26/10 ; 2, 9, 23, 30/11	日 Sun	女子 Girls	12pm – 1:30pm
				男子 Boys	1:30pm – 3pm
PA3	將軍澳體育館 Tseung Kwan O Sports Centre	28/9 ; 1, 9, 15, 16, 22, 23/11	六/日 Sat/Sun	女子 Girls	4pm – 5:30pm
	彩榮路體育館 Choi Wing Road Sports Centre	4, 11, 18, 19/10	六/日 Sat/Sun	男子 Boys	5:30pm – 7pm
				女子 Girls	1pm – 2:30pm
				男子 Boys	2:30pm – 4pm
PA4	調景嶺體育館 Tiu Keng Leng Sports Centre	8/11	六 Sat	女子 Girls	4pm – 5:30pm
	荃景圍體育館 Tsuen King Circuit Sports Centre	7, 14, 21/9	日 Sun	男子 Boys	5:30pm – 7pm
				女子 Girls	1pm – 2:30pm
	大窩口體育館 Tai Wo Hau Sports Centre	5, 12, 19, 26/10	日 Sun	男子 Boys	2:30pm – 4pm
				女子 Girls	4pm – 5:30pm
	楊屋道體育館 Yeung Uk Road Sports Centre	2, 9, 16, 23, 30/11	日 Sun	男子 Boys	5:30pm – 7pm
				女子 Girls	11am – 12:30pm
				男子 Boys	12:30pm – 2pm

班號 Class Code	訓練場地 Training Venue	訓練日期 Training Dates	星期 Day	班別 Class	時間 Time
PA5	源禾路體育館 Yuen Wo Road Sports Centre	6, 13, 20, 27/9	六 Sat	女子 Girls	3pm – 4:30pm
				男子 Boys	4:30pm – 6pm
	圓洲角體育館 Yuen Chau Kok Sports Centre	4, 11, 19, 25/10 ; 1, 8, 15, 22/11	六/日 Sat/Sun	女子 Girls	4pm – 5:30pm
				男子 Boys	5:30pm – 7pm

比賽地點 Venue	比賽日期 Date
官涌體育館 Kwun Chung Sports Centre	2025年12月14日 (星期日) 14 Dec 2025 (Sun)

本會有權就活動場地、教練、上課日期及時間等作出調配，參加者不得異議。
Our association reserves all rights to amend the schedules, venue ,terms and conditions.

每班男女子各30人
30 male and 30 female participants per class

由中國香港籃球總會安排資深教練任教
Experienced coaches will be assigned by Basketball Association of Hong Kong, China

即日起至2025年7月12日（以郵戳為憑）
From now until 12 July 2025 (based on the post chop date)

申請者須填妥報名表格連同回郵信封（請貼上HK\$2.2郵票）寄到「香港銅鑼灣大球場徑1號奧運大樓1006室“中國香港籃球總會”收」或親臨本會遞交。辦公時間：星期一至五（09:30 – 13:00，14:00 – 17:30），星期六（09:30 – 13:00）。本會將於2025年8月1日在本會網頁公佈入選名單，恕不另函通知。
Each applicant is required to complete the application form with a hk\$2.2 stamped self-addressed envelope. You may either mail the above documents to Room 1006, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, specifying “Basketball Association of Hong Kong, China” or bring required documents to our office. Office Hour: Mon to Fri (09:30 – 13:00, 14:00 – 17:30), Sat (09:30 – 13:00). The qualified name lists for training will be posted on our website on 1 Aug 2025. No correspondence will be sent.

1. 支票 Cheque
於遞交報名表格時，連同劃線支票港幣貳佰圓正(HK\$200) 抬頭：「中國香港籃球總會有限公司」寄到「香港銅鑼灣大球場徑1號奧運大樓1006室“中國香港籃球總會”收」或親臨本會遞交。切勿郵寄現金。
Crossed cheque HK\$200.00 made payable to “Basketball Association of Hong Kong, China Ltd.”. You should send together with the application form. Please do not send cash by mail.

2. 銀行轉帳 Bank Transfer
入選者必須於 2025 年 8 月 9 日或之前完成轉帳並填妥指定網上表格(有關連結請瀏覽本會網頁)，否則該名額將由後補人士補上。（本會不會另函通知）
Selected applicants must settled the payment and complete the online form (link and step will be post on our official website) on or before 9 Aug 2025. Selected applicants who fail to pay the required fees within the specified period will be regarded as waiving their rights without prior notice. The remaining quota will go to the applicants on the waiting list.

每位HK\$200
HK\$200 each

入選者可獲贊助商SUPERNOVA贊助球衣一套。
SUPERNOVA will sponsor a jersey to all selected participants.

完成整個課程（包括甄選、訓練及比賽），且出席率達80%者，可獲頒發出席證書
Participants will be awarded a certificate after completing the course (including selection day, training course & game day) with attendance rate higher than 80%.

中國香港籃球總會 Basketball Association of Hong Kong, China
地址: 香港銅鑼灣掃桿埔大球場徑1號奧運大樓1006室
Address: Room 1006, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
電話 Telephone: 2504-8181 / 2504-8179 傳真 Fax: 2504-2112
網址 Website: <http://www.basketball.org.hk>



中國香港籃球總會 主辦

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幼苗籃球培訓計劃2025-2026報名表格

Primary Athletes Basketball Training Scheme 2025-2026 Application Form

截止日期 Deadline : 12 July 2025

中文姓名

Name in Chinese

英文姓名

Name in English

出身年份

Year of Birth

性別

Gender

男 M / 女 F

支票號碼

Cheque No.

銀行名稱

Name of Bank

聯絡電話

Telephone No.

住址

Address

#請以正楷填寫 Please write in BLOCK letters.

選擇受訓班別 Class Preferred

(請填上相關編號 Please state the relevant Code)

首選 1st

次選 2nd

三選 3rd

球衣：請於適當空格內加上 ✓ 號

Jersey: Please ✓ in the appropriate box.

將於上課時由教練派發*

*Distributed in the class.

胸圍尺寸(只供參考)

胸圍尺寸：兩側腋下1吋之間的水平距離

*單位是用cm來量度 *衣服尺寸有5%偏差

	✓							
尺碼	3XS	2XS	XS	S	M	L	XL	2XL
衣長	52	56	60	64	67	69	72	74
胸寬	82	86	90	94	98	102	106	110
褲長	33	35	37	39	41	44	45.5	47

附註

Remarks

1. 閣下所提供的資料只用於主辦機構所舉辦的上述活動報名及宣傳之用；在遞交申請後，如欲更改或查詢你申報的個人資料，可電郵到 hkbba@basketball.org.hk 與本會職員聯絡。

The information provided by you will only be used for the enrollment and promotion of recreation and sports activities organized by our Association and co-organizing parties. If you need to revise the personal data you have submitted before, please contact by email (hkbba@basketball.org.hk).

2. 一經本會接納報名，所交款項概不退還。

Once application is accepted, no refund will be entertained.

家長 / 監護人聲明 Guardian Declaration

本人 (家長/監護人姓名) 為參加者之 (關係)，現同意他/她報名參加上述活動。他/她身體現況良好，亦無任何健康問題，功能受損或殘障情況，並適宜參與該活動，若因健康或體能欠佳而引致受傷或其他意外，概與中國香港籃球總會及教練無關。參加者並無權向中國香港籃球總會或任何相關教練或工作人員提出索償或追討責任。

I (Name of parent/ guardian), am the (relationship) of the above applicant, I agree him/her to attend the above training scheme. He/She is physically fit without any physical defect, and suitable to participate in the above mentioned training scheme. The Basketball Association of Hong Kong, China and instructor(s) shall not be liable for any injury that may arise from participating the training scheme.

家長姓名

Name of Parent

家長/監護人聯絡電話

Telephone No.

家長簽署

Signature of Parent

日期

Date