



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

# 青苗籃球培訓計劃

## Young Athletes Basketball Training Scheme

### 2025-2026

截止日期：6 Dec 2025



你提供的資料，只作中國香港籃球總會舉辦的活動報名事宜、統計、日後聯絡及活動意見調查之用，有關資料亦只限獲本會授權人員方可查閱作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。

The information provided by you will only be used for enrolment of sports activities organised by the Basketball Association of Hong Kong China, statistical reviews, future contact purpose and opinion survey. Only those who are authorised by this Association will have access to such information for the aforesaid purposes. For correction of or access to personal data collected by means of this form, please contact staff of the Association.



## 宗旨 Aims

## 參加資格 Requirements

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。  
Identify talents for further training through systematic and progressive training.

歡迎以下年齡及具備基本籃球技術的青少年參加（本計劃不適合初學者參加）：  
All teen boys and girls (aged as listed below) with basic basketball skills are welcomed to join. (NOT suitable for beginners):

|                      |                                            |                       |                                            |
|----------------------|--------------------------------------------|-----------------------|--------------------------------------------|
| 男子A組<br>Boys Group A | 8–11歲 (1/1/2015–31/12/2018)<br>Aged 8–11   | 女子C組<br>Girls Group C | 12–15歲 (1/1/2011–31/12/2014)<br>Aged 12–15 |
| 男子B組<br>Boys Group B | 12–14歲 (1/1/2012–31/12/2014)<br>Aged 12–14 | 女子D組<br>Girls Group D | 8–11歲 (1/1/2015–31/12/2018)<br>Aged 8–11   |

## 甄選 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，請於網上自行瀏覽及下載有關甄選日安排及名單、入選名單、入選家長信。  
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 and participants lists of selection day, selected participants list, notices to parents, will be posted on our website. Parents should check and download them by yourself.

| 甄選日期及時間<br>Date & Time                                             | 甄選地點<br>Venue                                                                              |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 2025年12月21日 (星期日) 09:00 – 20:00<br>21 Dec 2025 (Sun) 09:00 – 20:00 | 林士德體育館 / 將軍澳體育館<br>Osman Ramju Sadick Memorial Sports Centre / Tseung Kwan O Sports Centre |

## 各階段 訓練時期 及 課程內容 Training Period of each stage and Content

- 第 I 階段：2026年1月至3月 —— 改進及提高籃球基本技術（名額：每班30人）  
Stage I: Jan – Mar 2026 – Improve basic basketball skills (Quota: 30 people/ class)
- 第 II 階段：2026年3月至5月（其中包括分區挑戰賽）—— 加強籃球基本技術及比賽戰術運用（名額：每班24人）  
Stage II: Mar – May 2026 (Including Inter-District Competition) – Reenforce basic basketball skills and competition strategies (Quota: 24 people/ class)
- 第 III 階段：2026年6月至8月（其中包括強者之戰）—— 加強比賽戰術運用及比賽的訓練（名額：每班15人）  
Stage III: Jun – Aug 2026 (Including Final Competition) – Reenforce offense and defense strategies and competition trainings (Quota: 15 people/ class)
- 訓練營：2026年8月  
Training Camp: Aug 2026

訓練分三個階段進行，學員完成每個階段訓練後，須經評核方可晉升較高階段的訓練。評核內容以學員在籃球方面的潛質、技術和位置、上課表現、紀律及出席率為主。

There will be three stages of trainings, assessment and selection will be made before proceed to next stage. Assessment and selection, will be based on talent, skills, position, behavior, discipline and attendance of the participant.

## 教練 Instructor

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

## 修畢證明 Certificate

完成三個階段課程且出席率達80%及經評核合格的學員將獲頒證書  
A certificate will be issued to participant who (i) completed both stages with over 80% participation rate and (ii) passed the assessment.

## 報名辦法 Application

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12月23日 在本會網頁公佈入選名單，恕不另函通知。截止日期：2025年12月6日（以郵戳為準）。  
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). Results will be posted on our official website on 23 Dec 2025. Applicants will not be notified. Deadline: 6 Dec 2025 (based on postmark)

## 繳費方法 Payment Method

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 Limited”. 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12月28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 settle the payment and complete the online form (link and step will be post on our official website) on or before 28 Dec 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.

## 費用 Fees

- 第一階段 — HK\$200 \*另加收乙件T恤費HK\$40 (選擇性購買)
- Stage I training — HK\$ 200 \*The fee for uniform is \$40 (not compulsory).
- \*\*\*落選者支票將以回郵信封退回\*\*\*
- \*\*\*Cheque will be returned to unsuccessful applicants with return envelope\*\*\*
- 第二及第三階段 — 各HK\$280元
- Stage II & III training — HK\$ 280 for each Stage

## 第一階段 訓練時間

### Stage I Training Schedule

| 訓練場地<br>Training Venues                    | 班別<br>Class | 訓練日期<br>Training Dates                   | 星期<br>Day                | 時間<br>Time                          |
|--------------------------------------------|-------------|------------------------------------------|--------------------------|-------------------------------------|
| 良田體育館<br>Leung Tin Sports Centre           | A1          | 2,*3,6,9,*10,13,16,*17,<br>*24,30/1/2026 | 二/五/*六<br>Tue/Fri/*Sat   | 6:00pm — 7:30pm<br>*5:00pm — 6:30pm |
|                                            | B1          | 3, 6, 10, 13/2/2026                      |                          | 7:30pm — 9pm<br>*6:30pm — 8pm       |
| 荃灣西約體育館<br>Tsuen Wan West Sports Centre    | A2          | 3,10,17,24,31/1/2026                     | 六<br>Sat                 | 6pm — 7:30pm                        |
|                                            | B2          | 7,21,28/2/2026                           |                          | 7:30pm — 9pm                        |
| 大窩口體育館<br>Tai Wo Hau Sports Centre         | A2          | 4,11,18,25/1/2026                        | 日<br>Sun                 | 4:00pm — 5:30pm                     |
|                                            | B2          | 1,8/2/2026                               |                          | 5:30pm — 7:00pm                     |
| 荔枝角公園體育館<br>Lai Chi Kok Park Sports Centre | D1          | *2,5,*9,12,*16,19,<br>*23,26,*30/1/2026  | 一/*五<br>Mon/*Fri         | 7:00pm — 8:30pm                     |
|                                            | C1          | 2,*6,9,*13,*27/2/2026                    |                          | 8:30pm — 10pm                       |
| 大角咀體育館<br>Tai Kok Tsui Sports Centre       | D2          | 8,15,22,29/1/2026                        | 四<br>Thu                 | 6:00pm — 7:30pm                     |
|                                            | B3          | 5/2/2026                                 |                          | 7:30pm — 9:00pm                     |
| 官涌體育館<br>Kwun Chung Sports Centre          | D2          | 3,10,17,24,31/1/2026                     | 六<br>Sat                 | 6:00pm — 7:30pm                     |
|                                            | B3          | 7,14,21,28/2/2026                        |                          | 7:30pm — 9:00pm                     |
| 摩士公園體育館<br>Morse Park Sports Centre        | D3          | *4,6,*11,13,*18,20,<br>*25,27/1/2026     | 二/*日<br>Tue/*Sun         | 7pm — 8:30pm<br>*1pm — 2:30pm       |
|                                            | C2          | *1,3,*8,10,*22,24/2/2026                 |                          | 8:30pm — 10pm<br>*2:30pm — 4pm      |
| 美林體育館<br>Mei Lam Sports Centre             | A3          | ^3,7,*11,14,*18,<br>21,*25,28/1/2026     | 三/^六/*日<br>Wed/^Sat/*Sun | 6:00pm — 7:30pm                     |
|                                            | B4          | *1,4,*8,11,*22,^28/2/2026                |                          | 7:30pm — 9:00pm                     |
| 將軍澳體育館<br>Tseung Kwan O Sports Centre      | D4          | 6,*10,13,*17,20,<br>*24,27,*31/1/2026    | 二/*六<br>Tue/*Sat         | 6:00pm — 7:30pm                     |
|                                            | B5          | 3,10,*14,*21,24,*28/2/2026               |                          | 7:30pm — 9:00pm                     |
| 黃竹坑體育館<br>Wong Chuk Hang Sports Centre     | A4          | *3,5,*10,12,*17,19,<br>*24,26,*31/1/2026 | 一/*六<br>Mon/*Sat         | 7:00pm — 8:30pm                     |
|                                            | B6          | 2,*7,9,*14,*21/2/2026                    |                          | 8:30pm — 10pm                       |

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。

We reserve all rights to revise venue or time of all classes or instructor list if necessary.

備註：  
Remark: A1至A4班只接受8至11歲男子青少年參加；B1至B6班只接受12至14歲男子青少年參加；  
C1及C2班只接受12至15歲女子青少年參加；D1至D4班只接受8–11歲女子青少年參加。  
Class A1 — A4 are suitable for teen boys aged 8–11; Class B1 — B6 are suitable for teen boys aged 12–14;  
Class C1 — C2 are suitable for teen girls aged 12–15; Class D1 — D4 is suitable for teen girls aged 8–11.

## 查詢 Enquiry

電話 Telephone：2504 8181 / 2504 8179  
網址 Website：http://www.basketball.org.hk

## 備註 Remarks

1.每人只可填交一份報名表格；如有重複遞交申請或虛報資料者，將被取消參加資格，所繳費用概不發還。2.如發現申請者資格不符合該班的要求，本會有權取消其申請資格。3.參加者必須在本報名表格提供所需的個人資料。如你未能提供所需的個人資料及附有有效的證明文件，本會可能因無法處理有關申請而取消其參加資格。4.入選學員報名之課程或班別不得更改、延期或轉讓，已繳費用一概不會發還。支票未能兌現者，其資格將由後補替之，落選者支票會於成績公佈兩星期後，憑閣下之回郵信封退回。如有郵遞失誤，本會恕不負責。5.如訓練班因天氣或其他因素被迫取消，本會不作另行安排及退款。6.本會保留修改章程的權利，參加者不得異議。1. Each person could only send one application form. Participants who duplicated their applications or filled incorrect personal data will be disqualified, and fees paid will not be refunded. 2. If any participant is found as not fitting our requirements, BAHKC reserve all rights to cancel his or her eligibility.

3. Applicant must fill in all fields in this application form, with requested supporting documents. Those who failed to comply may be disqualified. 4. There is no refund of cheque once the applicant has been selected. Fees and places on course cannot be transferred from one applicant to another. If the applicant presented dishonored cheque, the applicant should be disqualified and reserved applicant will substitute to the class. The cheque of unsuccessful applicant will be sent you by mail after 14 days of posting the result. Basketball Association of Hong Kong, China will not be responsible for any loss of receipt, if there is any, due to mail delivery failure. 5. If classes must be cancelled due to irresistible reasons such as weather, BAHKC will not arrange made up class or refund. 6. BAHKC reserve all rights to revise this prospectus.

# 青苗籃球培訓計劃 2025-2026

## Young Athletes Basketball Training Scheme 2025-2026

編號：  
(由主辦單位填寫)

### 報名表格 Application Form

填寫報名表格前請詳閱章程內容 | \*每人限交一份報名表格 | 截止日期：2025年12月6日 (以郵戳為準)

Please read through the prospectus before submitting your application.

\*Each person could only send one application form. Application deadline: 6 Dec 2025 (based on postmark)

報讀班別：請於適當的方格內加上✓號 (只可選擇一個班號)

Please select a class to participant. Please put ✓ in appropriate area. (Choose ONE class only)

A組 – 男子8–11歲： ☐ A1 ☐ A2 ☐ A3 ☐ A4

Group A – Boys Aged 8–11:

(1/1/2015 – 31/12/2018)

B組 – 男子12–14歲： ☐ B1 ☐ B2 ☐ B3 ☐ B4 ☐ B5 ☐ B6

Group B – Boys Aged 12–14:

(1/1/2012 – 31/12/2014)

C組 – 女子12–15歲： ☐ C1 ☐ C2

Group C – Girls Aged 12–15:

(1/1/2011 – 31/12/2014)

D組 – 女子8–11歲： ☐ D1 ☐ D2 ☐ D3 ☐ D4

Group D – Girls Aged 8–11:

(1/1/2015 – 31/12/2018)

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

聯絡電話

Telephone No.

住址

Address

球衣：請於適當空格內加上✓號 (\*如有訂購，球衣將於上課時由教練派發)

| 尺碼 | <input type="checkbox"/> 5XS | <input type="checkbox"/> 4XS | <input type="checkbox"/> 3XS | <input type="checkbox"/> 2XS | <input type="checkbox"/> XS | <input type="checkbox"/> S | <input type="checkbox"/> M | <input type="checkbox"/> L | <input type="checkbox"/> XL |
|----|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| 衫長 | 52                           | 56                           | 60                           | 64                           | 68.5                        | 71                         | 73.5                       | 76                         | 78.5                        |
| 胸圍 | 35                           | 38                           | 41                           | 44                           | 46.5                        | 49                         | 51.5                       | 54                         | 56.5                        |

### 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

支票號碼

Cheque No.

銀行名稱

Name of Bank