

HKGSA REGIONAL SWIMMING TRAINING SQUAD
中國香港游泳總會地區青年游泳訓練組
REGIONAL SQUAD MEMBER ENTRY REQUIREMENT, PROCEDURE
& GENERAL RULES AND REGULATIONS
地區游泳訓練組運動員參加資格、程序及一般守則

Basic Requirements / 基本資格：

1. Registered members of HKGSA (SW Discipline).
中國香港游泳總會分齡游泳組的註冊會員。
2. **Age between 10-18.**
年齡界乎十歲至十八歲。
- 3.
4. Fulfill the General Residency Requirement of HKGSA.
合乎中國香港游泳總會一般性居留條件。
5. Must be healthy and physically fit to participate in training activities.
健康及體能良好並適宜參與訓練。
6. Have actively taken part in HKGSA's swimming competitions.
積極參與中國香港游泳總會舉辦的游泳比賽。
7. Should maintain good attitude and discipline.
有良好的態度、品行、操守。
8. Have taken part in HKGSA's sanctioned swimming competitions and achieved the required admission time.
參加中國香港游泳總會舉辦或認可的游泳比賽，並達到入伍認可時間。

Admission / 入隊要求：

1. Able to meet **at least ONE Championships and ONE Division I** qualifying standard in **TWO different events (Long Course or Short Course)**, or elite swimmers as recommended by Head Coach of HKGSA.
於兩個不同的長池或短池項目最少符合一個錦標賽及一個第一組達標時間，或經由中國香港游泳總會總教練推薦之精英運動員。
2. Results in Long Course events take a higher priority than the results in Short Course events.
於長池項目達標之成績將被優先考慮。

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3. Results in 200m Individual Medley or 400m Freestyle and meet Division I qualifying standard take a higher priority.
於 200 米混合泳或 400 米自由泳符合第一組達標時間之成績將被優先考慮。
4. Results in top 8 of local championships take a higher priority.
於本地錦標賽取得前八名之成績將被優先考慮。
5. All application must include the swimmer's results of Long and Short Course competition within half to a year for reference. HKGSA has jurisdiction to request swimmer to renew the results.
運動員所屬泳會需提交申請隊員半年至一年的長池及短池賽果供教練參考。泳總有權要求運動員所屬泳會更新該泳員之成績。

Trial Period / 試訓期：

1. Athletes satisfying the basic and admission requirements will be given a three-month trial period.
符合基本資格及入隊要求之運動員將會給予三個月試訓期。
 2. Within the trial period, athletes will be assessed by the respective Regional Squad Coach based on the following criteria:
於試訓期間，所屬地區訓練組教練將根據以下準則對運動員作出甄選：

• Swimming Performance (游泳表現)	30%	}	100%
• Attendance Rate (出席率)	40%		
• Athletes' training attitude and Coach Comment (運動員訓練態度及教練評語)	30%		
- Passing Mark (合格分): 60 (Marks/分)
3. Athletes who fail to pass the assessment during the trial period will not be accepted to the Squad.
未能於試訓期之評核試合格的運動員將不獲取錄。

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Assessment / 評核試：

All squad members must pass the requirements of assessment in order to continue.

Contents of assessment are listed below:

所有隊員必須通過評核試方能繼續參與。評核試內容如下：

1. Should reach AG LC Championships qualifying standard in their main stroke for 2 events AND Division I qualifying standard for 200m Individual Medley & 400m Freestyle.

於其主泳式的兩個項目符合長池分齡錦標賽達標時間及第一組二百公尺個人四式和四百公尺捷泳達標時間。

2. All squad members are required to participate in assessment held half a year by HKGSA.

隊員需參與每半年一次由中國香港游泳總會舉辦之評核試。

3. Assessment will be held after AG LC Championships and AG SC Championships respectively.

評核試將於分別於每年長池分齡錦標賽及短池分齡錦標賽後舉行。

4. Should reach the following time in swimming twelve 100m Individual Medley during the assessment:

在評核試中，於以下指定時間內成功游畢來回一百公尺個人四式十二次：

Age / 年齡	Qualifying Time (Boys) 男子組達標時間	Qualifying Time (Girls) 女子組達標時間
11-12	1:45.00	1:45.00
13-14	1:35.00	1:40.00
15 & Over	1:30.00	1:35.00

5. Training attitude and coaches' comment.

運動員訓練態度及教練評語。

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Entry Procedure / 報名程序：

1. Regional Squad is open for Club's nomination all year round.
地區青年游泳訓練組全年均接受屬會提名。
2. Complete the Regional Squad Member Application & Nomination Form.
填妥地區訓練運動員申請及提名表格。
3. Club representative should send the following items to HKGSA office either by mail or in person:
屬會需以郵寄方式或親身遞交以下資料到中國香港游泳總會辦事處：
 - Completed application & nomination form
填妥的申請及提名表格。
 - Athletes Record Sheet with supporting official results copy
運動員比賽紀錄表連同有關比賽之成績副本。
4. Successful applicant should receive a written notification and training schedule from HKGSA through respective club.
中國香港游泳總會將給予合資格運動員所屬之屬會有關的取錄/候補通知書及訓練時間表。
5. The number of Squad members, who registered under the same affiliated club with the Squad Coach, shall not exceed 50% of the total number of Squad members in the concerned Squad.
各區教練的所屬泳會之泳員，不得多於該區區隊總人數的 50%。
6. If the number of Squad members, who registered under the same affiliated club with the Squad Coach, reached 50% of the total number of the Squad members, priority will be given to swimmer who registered different affiliated club from the concerned Squad Coach according to their application order.
如該區區隊已有 50%泳員是教練所屬之泳會，本會將根據泳員申請次序，優先取錄非教練所屬泳會之泳員。

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7. If vacancy still exists, swimmer who fulfilled the entry requirements and registered with the same affiliated club with the concerned Squad Coach can also be accepted.

如仍有空缺，教練所屬泳會之泳員，並符合參加資格者，亦會被接受。

8. Training fee of \$100 per month should be submitted via the Club to HKGSA office on a 3-month prepay basis before the first lesson of every 3 months (i.e., Jan-Mar, Apr-Jun, Jul-Sep, Oct-Dec). Fees paid will not be refunded.

於每三個月首課前預先繳付其後三個月之訓練費每月一百元正予泳總辦事處(一至三月、四至六月、七至九月、十至十二月)。所繳費用一經接納，概不發還。

General Rules & Regulations / 一般守則：

1. Should have at least 70% attendance per month.

每月出席率必須達到七成或以上。

2. Must submit the Leave Application Form to Squad Coach at least 1 days in advance for temporarily leave for whatever reasons. In case of emergency, Leave Application Form should be handed to Squad Coach within 2 days.

隊員如因任何理由，不能上課，請於最少 1 日前遞交請假書予地區訓練組負責教練。如因特殊情況不能出席，必須在事後 2 日內補交請假書予地區訓練組負責教練。

3. Members could only take maximum 6 months study leave for public exam, e.g. HKDSE with prior approval from HKGSA.

隊員若因公開考試例如：香港中學文憑考試，而暫停參與地區訓練為期最多 6 個月，並須得到中國香港游泳總會預先批准。

4. HKGSA reserves the rights to penalize any absence of members without any acknowledgment.

隊員無故缺席，中國香港游泳總會有權作出適當的處分。

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5. Appointed Coach has the right to conduct scheduled or unscheduled evaluation on each member. If the performance (i.e., attendance, training attitude and swimming performance) of a member is consistently unsatisfactory, HKGSA reserves the right to expel that member from the team and releases the vacancy for other eligible athletes. New application for re-entry is required.
授權教練有權定期或不定期評估隊員程度，如隊員長期表現（包括：考勤、訓練態度、成績表現）未如理想，中國香港游泳總會有權隨時要求隊員退出，將有關資源讓給其他合資格者。如要歸隊訓練，必須重新申請。

6. If swimmer with less than 70% attendance more than two months, also with unsatisfactory performance, coaches reserve the right to expel that member from team.
出席率連續兩個月未能達到 70% 的要求，加上訓練態度不認真，或未能跟上訓練水平，教練可以終止其訓練並要求離隊。

7. No club transfer is allowed during the period of Regional Squad training and shall leave Squad for 6 months after the club transferal has taken place and new application by new club after the suspension period is required.
於參與地區青年游泳訓練組期內不得轉會，運動員須於轉會生效後停止訓練六個月，之後必須由新屬會重新提名。

8. With at least 3-month consecutive 70% attendance for counting points in Annual Club Assessment and no points will be given to new club after the transferal for one year according to the athletes' transfer rule.
運動員最少連續三個月達到七成或以上出席率，其屬會方能在該年度的全年屬會評分中取得有關分數。另根據運動員轉會條例，在轉會後一年內，有關得分將不計算在新屬會的全年屬會評分中。

9. A Health Declaration Form should be submitted to Squad Coach after outside training and / or competitions.
任何曾出外比賽及/或訓練的隊員歸隊後必須填寫健康申報表並交予負責教練。

10. General information of members (e.g. Name, Age, Sex, photo, etc.) may be posted on the website of HKGSA for publication purpose.

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地區游泳訓練組運動員參加資格、程序及一般守則
隊員的一般資料或會上載於中國香港游泳總會的網頁。

11. Should follow strictly the related Rules & Regulations for Athletes and World Aquatics Rules.

必須遵守泳總所有有關運動員的規則及世界泳聯的條例。

HKGSA has jurisdiction over all matters not assigned by the rules above, participants have no objection right on this issue.

中國香港游泳總會保留修改本章程的權力，參加者不得異議。