



HONG KONG CHINA SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

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National Swimming Training Squad (NST) **Admission Guideline**

參加港隊訓練的入隊指引

1) Basic Entry Requirements / 入隊基本資格:

- Registered members of HKGSA (SW Discipline), and
中國香港游泳總會游泳組的註冊會員, 及
- HKSAR passport holder, and
香港特別行政區護照持有人, 及
- Age 12 or above
年齡十二歲以上

2) 3-month Morning Training Trial Admission / 入選 3 個月早水訓練

2.1 Medalist in any of the Hong Kong Age Group Championships or equivalent competitions as recognized by HKGSA and achieved the following Hong Kong Point Score (the results will only be valid if the application is made within 3 months after the competitions):

2.1 分齡錦標賽前三名或獲泳總承認之同等成績及在香港計分表達到以下分數可申請接受最少三個月早水訓練。(需在賽後 3 個月內申請，成績方為有效):

Age 年齡	Long or Short Course Point Score 長池或短池游泳得分	
	Boy / 男	Girl / 女
Age 12 yrs 年齡 12 歲	74	75
Age 13 yrs 年齡 13 歲	76	78
Age 14 yrs or above 年齡 14 歲或以上	78	80

The HKSI coach can nominate a potential swimmer who has not yet achieved the point score for admission into the morning training by submitting a written recommendation letter to the NST Head Coach and HKGSA explaining the reasons for nomination. The potential swimmer could be accepted for training after receiving the permission from both.

體院教練有權破格推薦暫時分數未到，但是被認為極具潛力的運動員接受早水訓練，唯必須書面向泳總及總教練解釋破格推薦的原因，並在得到泳總及總教練同意之後才可錄取該運動員。



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2.2 All NST application must include the swimmer's results of Long and Short Course competition within a year for NST coaches' reference.

2.2 運動員所屬泳會需提供申請隊員一年的長池及短池賽果，供港隊教練參考。

2.3 The 200m Individual Medley Result (Long or Short Course) must also be attached to the application

2.3 運動員所屬泳會還需提供運動員長池或短池之 200 米混合泳的成績。

3) NST Admission / 入選港隊

3.1 Swimmer's performance, attendance, all competition results and self-care ability during the 3-month training trial period would be taken into consideration for enrollment to NST full day training. (Exceptional performance swimmer with a minimum point score of 90 may be eligible for early admission to NST.)

3.1 在早水試訓期間，運動員的表現，出席率，及所有比賽成績及自理能力會作為進入港隊之考慮因素。(表現特別好成績特別突出的可以提前入隊，但至少取得 90 分以上)。

3.2 After completing the 3-month trial period of morning training and based on the swimmer's performance, the supervising NST coach will decide whether the swimmer can:

- A. be admitted to the full day NST training, or
- B. continue to be trained in the NST morning session, or
- C. return to his/her own swimming club's training.

3.2 主管教練有權在運動員跟足三個月早水後，根據運動員的表現，決定運動員：

- 1. 可參加全天訓練 或
- 2. 繼續跟早水訓練 或
- 3. 返回所屬泳會。



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4) Bylaws / 附例

4.1 After the confirmation of enrollment to the NST 3-month trial training by HKGSA, the swimmer, with legitimate reasons, may tender request to the Head Swimming Coach to postpone commencing the NST trial morning training sessions.

4.1 在泳總確認早水訓練申請資格後，如有合理原因，可向總教練提出延遲開始日期。

4.2 After the application acceptance, the swimmer is required to attend at least a 3-month morning training as well as submitting the other usual training record signed by his/her respective club's coach every week.

4.2 當申請被接納後，運動員除要接受最少 3 個月的早水訓練外，還需每週提交所有其他恆常訓練記錄並由泳會負責教練簽署確認。

4.3 HKGSA reserves the rights to penalize a swimmer for being absent from training.

4.3 隊員無故缺席訓練，中國香港游泳總會有權作出適當的處分。

4.4 Appointed supervising NST coach has the right to assess the performance of the swimmers from time to time. If the 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 athlete. New application for re-entry is required.

4.4 主管教練定期或不定期評估隊員程度，如隊員長期表現未如理想，中國香港游泳總會有權隨時要求隊員退隊，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。