

Programme Schedule (Tentative)

2023	Sun 25/6	Mon 26/6	Tue 27/6	Wed 28/6	Thu 29/6	Fri 30/6	Sat 1/7
8:00 - 9:00		BREAKFAST					
Morning		Opening Ceremony (SPCC) 10:00 - 10:45 Talk by Guest Speaker (SPCC) 10:45 - 11:45	Lecture (EdUHK) #Sports Performance 9:30 - 10:45 Sports Clinic Badminton Table Tennis Fencing Track&Field 11:00 - 12:30	Lecture (EdUHK) #Sports Nutrition 9:30 - 10:45 Sports Clinic Badminton Table Tennis Fencing Track&Field 11:00 - 12:30	Workshop (EdUHK) #Sports Psychology + #Sports Taping + #Fitness / Conditioning Program 9:30 - 12:30	Games Day (EdUHK) Badminton Table Tennis Fencing Basketball 9:30 - 12:30	Departure 9:00 - 10:00
13:00 - 14:00		LUNCH 12:30 - 13:30	LUNCH				
Afternoon	Arrival & Registration (EdUHK) 15:00 - 17:00	Workshop #Technology in Sports Performance (SPCC) + #Sports, Exercise, and Performance Psychology (SPCC) 14:00 - 17:00	Talk on "Olympism" 14:15 - 15:30 Sports Clinic Badminton Table Tennis Fencing Track&Field 16:00 - 17:30	Elite Athlete Sharing 14:15 - 15:30 Sports Clinic Badminton Table Tennis Fencing Track&Field 16:00 - 17:30	Talk on "Anti-Doping" 14:15 - 15:45 Sports Clinic Badminton Table Tennis Fencing Track&Field 16:00 - 17:30	Games Day (EdUHK) Badminton Table Tennis Fencing Campus-Run 15:00 - 17:00	
18:00 - 19:00	DINNER						
Evening	Orientation Activities (EdUHK) 19:30 - 21:00	Team Building Activities (EdUHK) 19:30 - 21:00	House Performance Rehearsal 19:30 - 21:00	House Performance Rehearsal 19:30 - 21:00	Local Tour / Dinner & Free Activities 19:00 - 22:00	Prize-Giving Ceremony, Farewell Dinner & Performance 18:00 - 22:00	
22:00	LIGHTS-OUT						