



INTERNATIONAL SPORTS WORKSHOP 2014 BACKGROUNDER

“To Inspire, To Excel”

29 June – 5 July 2014

1. The Workshop

The International Sports Workshop, entitled “To Inspire, To Excel”, will take place in Hong Kong in the summer of 2014. It aims to provide young athletes with an enriching programme on sports education. We hope that this workshop will not only provide a platform for students from around the world to refine their physical skills, but also serve to promote sportsmanship and cultural exchange.

Following on the success of the Sports Conference in 2009, St. Paul’s Co-educational College (SPCC) is proud to host once again the sporting event, which is renamed as International Sports Workshop (ISW). It is the seventh international conference organised by SPCC amongst others in different fields since 2006.

The title of the Workshop, “To Inspire, To Excel”, highlights the unique devotion and aspiration of sportsmen in perfecting their skills and raising their levels. The Workshop will help to cultivate in young athletes desirable sporting etiquettes and a sense of responsibility and commitment. We also hope it will foster an understanding of and respect for different cultures in organising sporting events.

2. Programme and Format

The conference features a line-up of both indoor and outdoor activities, all designed for an enriching experience in sports education. These will include guest lectures, sports clinics, athletes sharing and competition sessions. Sightseeing tours to local attractions will also be arranged specially for participants from abroad.

Participants will be divided into four colour houses and have to sign up for two sports among a choice of six: namely, swimming, basketball, badminton, fencing, table-tennis and volleyball.

Various sports clinics are organised for participants to polish their already learned skills. The four colour houses will then compete against each other on the selected sporting activities. Renowned athletes of Hong Kong will be invited to sharing sessions with participants.

The mode of communication for this conference will be English.

3. Coaches and Speakers

World-class athletes are being approached as guest coaches and speakers for the Workshop. They include multiple Olympic gold medallist and world champion in diving Fu Minxia, two Hong Kong-born Olympic medallists: 1996 Atlanta Olympics gold medal-winning windsurfer Ms Lee Lai Shan and 2012 London Olympics bronze medallist in cycling Ms Lee Wai Sze, and renowned athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD).

Celebrated leaders and veterans in the sports industry as well as sports promoters, nutritionists and psychologists are being invited as guest speakers and to conduct various sports clinics.

4. Participants

About 140 secondary school students of about 14-17 years old are being invited to attend the workshop.

5. Participation Fees

Sponsored by the Council of St. Paul's Co-educational College Charitable Trust, we manage to set a reduced participation fee of only HK\$4,000 (or US\$513) per student. Accompanying teachers are to pay the same fee as student participants.

The fee will cover virtually all the expenses during the conference, including board and lodging, meals, guest lectures, sports clinics and visits, and local transportation. We expect participants to bear only the costs of air passage, travel and medical insurance, and their own personal expenses.

Registration Form should be submitted before 28 February 2014 together with a non-refundable deposit of HK\$5,000 (or US\$641) per school. The balance should be settled before 31 March 2014. Payment can be made by bank draft or remittance.

Bank draft should be made payable to “St. Paul’s Co-educational College”.

Remittance must be effected in full after deduction of charges:

Name of Bank: The Hongkong and Shanghai Banking Corporation Limited

Branch: Hong Kong Main Office

Address of Bank: 1 Queen’s Road Central, Hong Kong

SWIFT: HSBCHKHCHK

Account No: 004-002-245546-004

Account Name: St. Paul’s Co-educational College Grant Account

6. Accommodation

Chong Yau Pak Wan Residence Hall, St. Paul’s Co-educational College, 33 MacDonnell Road, Hong Kong

7. Enquiries

On Programme

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On Logistics

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国际运动工作坊 2014 International Sports Workshop 2014

"To Inspire, To Excel"

2014年6月29日至7月5日

简介

1. 工作坊背景

是次以“To Inspire, To Excel”为主题的国际运动工作坊将于2014年夏季于香港举行，旨在为青年运动员提供一次充实的体育学习机会。我们期望是次工作坊不单能提升学生的运动技术水平，更有助推动体育精神及文化交流。

继2009年第一次的运动会议，圣保罗男女中学将再次主办这项运动项目，并改名为国际运动工作坊。这是自2006年起，圣保罗於不同领域举办之第七次国际会议。

工作坊主题“To Inspire, To Excel”点出运动员不断提升水平及完善技术的付出和决心。工作坊亦有助培养青年运动员正确的运动礼仪和守则，对运动更有责任及投入感；并对各地不同的运动文化背景有更深入的了解。

2. 工作坊模式及内容

工作坊包含一系列室内及户外活动，如讲座、技术改良训练，精英运动员分享及竞赛项目，务求提供一次充实的体育学习机会。大会更特意为海外参加者安排游览本港名胜。

参加者将以颜色分为四舍，并从剑击、篮球、羽毛球、游泳、乒乓球及排球等六个项目中选择参加两项。

各参加者均已掌握基本技术，经改良训练后，能力将得到提升。参加者将分别代表四个颜色舍进行比赛。届时，香港的精英运动员亦会到场向参加者分享心得。

工作坊将以英语进行。

3. 教练及主讲嘉宾

我们将邀请世界级的运动员作客席教练及讲者，包括：多届奥运金牌得主及世界跳水冠军伏明霞；两位香港出生的奥运奖牌得主 -- 1996年亚特兰大奥运金牌滑浪风帆选手李丽珊和2012年伦敦奥运铜牌单车运动员李慧诗；及香港残疾人奥委会暨伤残人士体育协会之著名运动员。

体坛领袖及名人，以及运动推广专才、营养师及心理专家会获邀出席担任主讲嘉宾及指导运动技术改良训练。

4. 参加者

约 140 名 14 至 17 岁的中学生获邀参与是次工作坊。

5. 参加费用

由于圣保罗男女中学校董会赞助是次工作坊，每位学生之参加费用约为港币 4,000 (约 513 美元)。同行教师之参加费用与学生参加者相同。

参加费用将涵盖工作坊期间的所有主要开支，如住宿、膳食、讲座、运动技术改良训练、参观及本地交通。我们预计参加者只需另行支付机票、旅游及医疗保险、以及个人开支等款项。

登记表格连同每校港币 5,000 (约 641 美元) 之订金 (订金恕不发还) 则须于 2014 年 2 月 28 日前交回。余额须于 2014 年 3 月 31 日前缴清。汇票或汇款皆可。

汇票抬头为「St. Paul's Co-educational College」。汇款必须于执行后全数转出：

银行名称： 香港上海汇丰银行有限公司

分行： 香港总行

银行地址： 香港皇后大道中 1 号

SWIFT： HSBCHKHCHK

帐户号码： 004-002-245546-004

帐户名称： St. Paul's Co-educational College Grant Account

6. 住宿

香港麦当劳道 33 号圣保罗男女中学庄邱碧云太夫人舍堂

7. 查询

活动内容

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