

# Winter Olympic Stars Training Camp 冬奧之星訓練營

Organized by the Hong Kong Speed Skating Academy | 由香港速度滑冰學院主辦：

23/12/2022-25/12/2022

報名連結 Registration link: <https://hkspeedskating.org/winter-olympic-stars-training-camp-imsswtb>

報名期限 Registration deadline: 12/12/2022

## A. Introduction 介紹

The inaugural Hong Kong Cup - Short Track Speed Skating is the first-of-its kind in Hong Kong — a full Short Track Speed Skating competition with international game rules. The Olympic Stars training camp will directly precede the Hong Kong Cup - Short Track Speed Skating and will give competitors access to the best coaching from Olympians and Olympic coaches in preparation for the competition and beyond.

首屆 香港盃 - 短道速滑 是全港首次以國際規則舉行的短道速滑比賽。奧運之星訓練營將會在 香港盃 - 短道速滑 比賽之前舉行，讓所有訓練營參加者獲得奧運級別的專業培訓。今年訓練營有包含冬奧選手（朱定文）及冬奧教練（金善台及王闖）的教練團隊。

## B. Eligibility 參訓資格

Skaters must meet one or more of the following criteria:

- i) Registered or intending to register for the Hong Kong Cup as a competitor, OR
- ii) International skater, Hong Kong team or Hong Kong feeder team, OR
- iii) Participated in a Learn to Speed Skate program at Mega Ice or DB Ice Rink with the Hong Kong Speed Skating Academy for five or more sessions; able to skate with speed skates without assistance. Equipped with a skin suit, short track speed skating helmet, cut resistant gloves, and speed skates at the minimum.

參加者必須符合以下一項或多項的標準：

- i) 已註冊或有打算註冊為香港盃的參賽者，或
- ii) 已參加過國際賽事、或是香港隊成員、或是香港梯隊成員，或
- iii) 已參加過多過五堂課的初級培訓班（九龍灣溜冰場及愉景灣溜冰場）亦有基本滑冰能力。參加者必須擁有自己的短道速滑連身衣、短道速滑頭盔、防切割手套以及短道速滑冰刀鞋。

## C. Venue Details 場地資料

The Olympic Stars Training Camp and Hong Kong Short Track Speed Skating Cup will be held at Discovery Bay Ice Rink (G/F, DB Plaza, Discovery Bay, Lantau Island, Hong Kong). Warm-up and dryland practice will be held within the vicinity in the rink in locations not limited to: indoor artificial grass area in DB plaza, beach promenade, and DB plaza (outdoors). Afternoon seminars and tutorials will be held at DB Ice Rink's meeting room.

冬奧之星訓練營及香港盃會在愉景灣溜冰場舉行（香港新界大嶼山愉景廣場C座地下）。熱身活動及陸地訓練會在溜冰場內及溜冰場鄰近地方舉行，例如 愉景灣廣場假草地（室內）、海灘/海濱長廊及愉景灣廣場（室外）。下午舉行的課及研討會會在愉景灣會議室舉行。

## D. Coach Introduction



### 1) Kim Sun Tae 金善台

Kim Sun Tae represented South Korea at the 1998 Winter Olympics and is widely regarded as one of the most skilled Short Track coaches in recent years. Kim Sun Tae was the Korean national team head coach at the 2018 Winter Olympics and the Chinese national team head coach at the 2022 Winter Olympics. Coach Kim personally instructed numerous Olympic champions, including Victor An (6x Olympic champion and 6x World champion), Zhou Yang and many more.

金善台代表南韓參加 1998 年冬奧會在體育界被公認最優秀的國際教練員之一。金善台曾經擔任 2018 年韓國冬奧代表隊總教練及 2022 年中國冬奧代表隊總教練。金教練曾經親自指教出 安賢洙（六次冬奧冠軍及六次世界冠軍）、周洋等等優秀的冬奧冠軍。

### 2) Wang Chuang 王闊

Wang Chuang is the current coach of the Hong Kong Short Track Speed Skating team and head coach of the Hong Kong Speed Skating Academy. Coach Wang was previously the men's team coach for the Chinese national team at the 2022 Winter Olympics. Coach Wang has personally instructed Han Tianyu, Sidney Chu and many more.

王闊是香港短道速滑代表隊的現任主教練及香港速度滑冰學院現任客席總教練。王教練曾擔任 2022 中國國家男子代表隊的教練。王教練曾經親自指教出 韓天宇、朱定文等等優秀的冬奧運動員。

### 3) Sidney Chu 朱定文

Sidney Chu is the current executive director of the Hong Kong Short Track Speed Skating Academy and represented Hong Kong at the 2022 Winter Olympics. 朱定文是香港速度滑冰學院現任執行主任，曾代表中國香港參加 2022 北京冬奧會。

## E. Training Details

23/12/2022 Friday	24/12/2022 Saturday	25/12/2022 Sunday
<b>8:00AM-12:00PM</b> (4 hrs) <u>8:00AM-8:30AM</u> Warmup 熱身 <u>8:30AM-10:00AM</u> On-Ice Practice 冰上訓練 <u>10:00AM-10:30AM</u> Rest and Stretch 休息/整理活動 <u>10:30AM-12:00PM</u> Dryland practice 陸地訓練	<b>8:00AM-12:00PM</b> (4 hrs) <u>8:00AM-8:30AM</u> Warmup 熱身 <u>8:30AM-10:00AM</u> On-Ice Practice 冰上訓練 <u>10:00AM-10:30AM</u> Rest and Stretch 休息/整理活動 <u>10:30AM-12:00PM</u> Dryland practice 陸地訓練	<b>8:00AM-12:00PM</b> (4 hrs) <u>8:00AM-8:30AM</u> Warmup 熱身 <u>8:30AM-10:00AM</u> On-Ice Practice 冰上訓練 <u>10:00AM-10:30AM</u> Rest and Stretch 休息/整理活動 <u>10:30AM-12:00PM</u> Dryland practice 陸地訓練
<b>4:00PM – 5:00PM</b> (1 hrs) <b>Sun Dan Dan, OLY (2x Olympic medallist) and Sidney Chu, OLY</b> Athlete Pathways <b>孫丹丹 (2x 冬奧亞軍) 及 朱定文</b> 運動員途徑研討會	<b>4:00PM – 5:30PM</b> (1.5 hrs) <b>Sidney Chu, OLY and Wang Chuang</b> Sharpening Tutorial <b>朱定文/王闊</b> 磨冰刀教程	<b>1:30PM – 3:00PM</b> (1.5 hrs) <b>Kim Sun Tae, OLY</b> technique seminar (China 2022 Olympic Team Head Coach) <b>金善台</b> (中國 2022 冬奧隊總教練) 技術動作研討會

\*Hong Kong Cup will be held on Monday 26/12/2022 9:00AM-6:00PM

\*香港盃會在星期一 26/12/2022 9:00AM-6:00PM 舉行



## F. Fees 學費

	Fee 學費
Per day 分日計	<b>\$520HKD/day 日/person 參加者*</b> *Each day include 5 to 5.5 hours of mixed on-ice and off-ice tutorial and instruction with star coaches *包含 5 至 5.5 小時冰上及冰下的教訓
3-day camp package 三日全程套餐	<b>\$1480HKD/person 參加者*</b> = \$493HKD/day 日

\*\*Please find registration instructions on [www.hkspeedskating.org](http://www.hkspeedskating.org)

\*\*請在官網尋找報名指示

## G. Student expectations

- Students are expected to bring professional Short Track Speed Skating gear to each practice. Including cut-resistant gloves, skinsuit, helmet and speed skates.  
學員在每次訓練必備專業短道速滑器材，包括防切割手套、連身衣、頭盔及短道速滑冰刀鞋。
- Students are encouraged to partake in *both* morning and afternoon sessions, however, if a student is unable to make a session, the individual session is not refundable or able to be made-up.  
鼓勵所有學員參加早上及下午的訓練課。如果學員無法參加任何一堂課的話，不允許退款或補個別一天的課
- Coaches, students and parents must abide by Academy policies found on the website, including but not limited to the: 1) Code of Conduct, 2) Release of Liability, 3) Anti-Discrimination and Anti-Harassment policy, 4) Photo and Video Disclaimer.  
教練、學員及家長/監督人必須遵守本學院官網上發布的政策，包括：1) 行為守則，2) 免責條款，3) 反歧視反騷擾政策，4) 照片/視頻版權免責聲明。

## H. Registration

All participants must register online at the Academy website before **December 12<sup>th</sup>, 2022**: <https://hkspeedskating.org/winter-olympic-stars-training-camp-imsswtb>

Participants will be prompted to choose the day-by-day registration or full camp package and will begin to input participant information.

參加者必須在 **12 月 12 日之前** 在本學院網上報名。參加者可以在網上選擇參加訓練營的個別日期或全程參加。

## I. Accommodation

The Hong Kong Speed Skating Academy has collaborated with the Auberge Discovery Bay Hotel for a discounted rate for training camp participants and Hong Kong Cup competitors, accessible by a 10 minute shuttle bus to DB Plaza and DB Ice Rink.

Discounted rates are on average \$200HKD less than the official online booking price for Mountain View Rooms for 23-26 December. All interested participants should email Angel Wong to check availability and proceed with reservation:



[angel.yw.wong@aubergediscoverybay.com](mailto:angel.yw.wong@aubergediscoverybay.com). Deadline to make a reservation with the discounted rates is **November 7<sup>th</sup>, 2022**.

香港速度滑冰學院與香港愉景灣酒店，為冬奧之星訓練營參加者及香港盃參賽者提供住宿優惠折扣。由酒店可搭乘 10 分鐘穿梭巴士到達愉景廣場及愉景灣溜冰場。

12 月 23 日至 26 日期間，山景客房的折扣價平均比官網價格低 200 港幣。所有有興趣的參加者應發送電子郵件至 Angel Wong 進行預訂：

[angel.yw.wong@aubergediscoverybay.com](mailto:angel.yw.wong@aubergediscoverybay.com)。折扣價的截止日期為 2022 年 11 月 7 日。

#### **J. Sale and Refund Policy**

- Participation entrance must be purchased online through the official Academy website ([www.hkspeedskating.org](http://www.hkspeedskating.org)).

學員必須在本學院網站線上支付及報名：[www.hkspeedskating.org](http://www.hkspeedskating.org)

- Purchase of day-by-day or whole camp package for the Winter Olympic Stars Training Camp is not interchangeable with Learn to Speed Skate or other programs held by Hong Kong Speed Skating Academy.

報名參加冬奧之星訓練營後，不能與本學院的初級培訓班或其他溜冰場的課程互換。

- Class curriculum and time is subject to change at any time, please keep updated with the Academy email and WhatsApp to be informed about changes.

訓練營內容及時間表可以隨時有變動，請留意本學院發出的電子郵件和 WhatsApp 信息。

- All sales are final after December 15. 12 月 15 日之後，所有銷售是最終的銷售。

- In case of a typhoon signal 8 or above, red rainstorm or black rainstorm two hours before the start of each class, classes will be cancelled. Enrolled students will be notified via email about class cancellation; a notice shall also be posted on the website and on the Academy's social media. Enrolled students will receive a refund for that day.

如上課前兩小時出現 8 號或更強的颱風警告信號、紅色暴雨或黑色暴雨警告，課程將被取消。已註冊的學生會通過電子郵件收到關於取消課程的通知；通知也應發佈在網站及學院的社交媒體上。已報名參加的學員會收到全額退款。

- If, during the duration of the class, any participant fails to abide by the Participant Code of Conduct (located on [www.hkspeedskating.org](http://www.hkspeedskating.org), About Us > Our Policies), the participant is not entitled to any refund and will be asked to leave the training camp.

如參加者上課時不遵守行為守則（可在本學院政策網頁查詢），參加者無權獲得任何退款以及撤銷參加訓練營的資格。

#### **K. Contact**

For questions, queries, and concerns, please email:

如有任何問題、疑問和疑慮，請發送電子郵件至：

[info@hkspeedskating.org](mailto:info@hkspeedskating.org) or [sidneychu@hkspeedskating.org](mailto:sidneychu@hkspeedskating.org)



