

Hong Kong Speed Skating Academy
2023 Summer Training Camp (Mainland China)

July 16-July 30, 2023

Training location: Daqing Speed Skating Hall (Heilongjiang).

Official Accommodation: An official hotel arranged by Daqing City Speed Skating Hall

Official Meals: Meals arranged by Daqing City Speed Skating Center

Introduction: Daqing Speed Skating Hall is a modern comprehensive sports venue, including international standard short track speed skating rink, physical training center, track and field stadium and other professional training venues.

The purpose of the training camp is to strengthen the physical function of athletes, improve special skills, and improve personal skating ability. Explore the potential of athletes, better cultivate athletes' self-reliance, hard work, and positive spirit, so that athletes can deeply experience professional training life.

Training camp coach: Wang Chuang

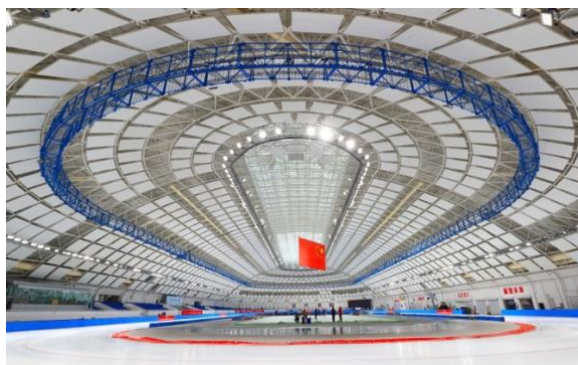
Requirements: 6 years old or above, already have the ability to slide normally on the standard track, and be able to smoothly slide on curve cross-step.

Accommodation Requirements:

- Students between the ages of 6 and 9 who want to stay in an official hotel arranged by the Daqing Speed Skating Hall need to be accompanied by a parent/guardian. **Parents are allowed to stay together at official hotels.**
- Students over the age of 9 can stay without a parent/guardian.

Registration deadline: June 2*

*The following registration form is required to be submitted to the info@hkspeedskating.org



Training plan

Coach Wang Chuang will lead the academy athletes to train for 3-4 hours a day, and the daily training plan includes a land training session and an ice training session. Parents can watch the daily workouts. Athletes must have their own equipment: including helmets, short track speed skating suits, cut-resistant gloves, short track speed skate shoes, sharpening jigs (if available), sharpening stones (if available), training belts (if available) and other training essentials (water bottles, sportswear, etc.). There is no training scheduled on Sundays, and students and parents are free to visit local attractions on that day.

Code of conduct

For everyone's safety, athletes and parents need to adhere to coach instruction at all times. Because there are teams from other regions training in the Daqing Speed Skating Hall, in order to ensure the safety of the athletes, it is necessary to carefully follow the things assigned by the coach (such as about the time and place of the meeting, training-related things, etc.). If an athlete becomes aware of anything suspicious, or something related to athlete safety or training, they must notify the coach immediately.

During training, in order to ensure the efficiency of training and the safety of children, athletes must follow the instructions of the coach, assemble at the assembly point on time and on time, and the athletes must maintain a respectful and calm attitude towards other parents, coaches, athletes, and staff in the training center at all times. Athletes staying at the official hotel of Daqing Speed Skating Stadium need to pay more attention to their behavior and obey the instructions of their coaches. Parents are requested to carefully explain the code of conduct of the training camp so that young athletes can have a deep understanding.

Room and Board

- Standard double room, single room cannot be booked unless required. Will share a room with other Academy athletes.

- Daqing Speed Skating Hall can enjoy three meals a day (buffet style).

Please clearly indicate your food allergies in the table below.

- Athletes who stay in other hotels by themselves are required to arrange their own rest and meal time.

Expenses

All-inclusive package Room and board: \$350HKD/person/day Training fee: \$460HKD/person/day	10,420HKD* *14 board days + 12 training days in total
Training packages Training fee: \$460HKD/person/day	5,520HKD* *12 training days in total
"Parent" package Room and board: \$350HKD/person/day	4,900HKD*

***Airfare and transportation expenses are not included**

****Meals are non-refundable, please arrive at the dining area on time, latecomers are not guaranteed to be served. (The other does not eat self-error).**

Please submit your camp fees using PayMe or cheque within one week of submitting your entry form.

You can use the balance of your previous application fee. PayMe : Wendy (9306-9886)

Important

1. Due to the need for detailed and accurate information, the college will not be refunded if the following circumstances occur:
 - a. Late joins or early departures from camp are discouraged, and late-joining/leaving early-leavers are not entitled to a refund.
 - b. If an athlete is unable to attend a training session for a given day due to personal reasons (e.g. illness, personal transportation problems, incomplete equipment, etc.), the athlete is not entitled to a refund of the training fee for that day.
 - c. The Academy reserves the right to expel an athlete from the camp if the coach finds that the athlete or parent is not complying with the Academy's policies (such as the Camp Code of Conduct, the Academy Code of Conduct, the Anti-Discrimination and Anti-Harassment Policy) or even after repeated warnings and no acceptable improvement. Athletes are not entitled to a refund.
 - d. Unless there are special circumstances (need to communicate with the coach and obtain the coach's approval), athletes do not have the right to cancel or change the registration information after the registration deadline. Athletes are not



entitled to a refund after the registration deadline has passed, except in exceptional circumstances.

2. Coaches, students, and parents/supervisors must comply with the policies posted on this student website, including: 1) Code of Conduct, 2) Disclaimer, 3) Anti-Discrimination and Anti-Harassment Policy, 4) Photos/ Video Copyright Disclaimer.
 - a. Athletes/parents/guardians must acknowledge that ice skating carries certain hazards, including the risk of injury and accident, property damage, serious bodily injury and death. All sports are dangerous, and injuries can be caused by the negligence of both beginners and experienced skaters. In addition, athletes/parents/guardians must acknowledge that there are many unpredictable factors and dangers associated with participating in activities held outside Hong Kong, including serious cultural misunderstandings, property damage, disappearances and serious bodily harm. Therefore, prospective students and parents should assess the above risks in advance. The Hong Kong Speed Skating Academy Limited, the instructors, the operators, owners and management of the ice rink shall not be liable for any injuries or accidents caused by the class.
 - b. Athletes/parents/supervisors must comply with local regulations and regulations of Daqing Sports Center and Speed Skating Hall.
3. This WeChat group serves as an announcement and to share videos, photos and important matters about the training.

