

LEARN TO SPEED SKATE @ DB ICE RINK 短道速度滑冰培訓班 @ 愉景灣溜冰場

Program Information 培訓班介紹
2023 - 2024

VISITING HEAD COACH: WANG CHUANG

客席總教練：王闖

SENIOR COACH: ZHOU XING

高級教練：周星

EXECUTIVE DIRECTOR: SIDNEY CHU

執行主任：朱定文

Hong Kong Speed Skating Academy x DB Ice Rink
Learn more at www.hkspeedskating.org

Hong Kong
Speed Skating
Academy
香港速度滑冰學院



I. INTRODUCTION 簡介

a. What is Short Track Speed Skating? 短道速滑由來及

介紹

Short track speed skating is a form of competitive ice speed skating. In competitions, multiple skaters (typically between four and six) skate on an oval ice track with a length of 111.12 metres (364.6 ft). In 1967, the International Skating Union (ISU) adopted short track speed skating, although it did not organize international competitions until 1976. Short track speed skating was introduced as a demonstration sport at the 1988 Winter Olympics in Calgary, Alberta in Canada. It was upgraded to a full Olympic sport in 1992 and has been part of the Winter Olympics ever since.

The events are the same for both men and women: 500 meters, 1000 meters, 1500 meters, plus the relay event (5000 meters for men, 3000 meters for women). Starting with the 2018-2019 World Cup Season, a 2000 meter mixed team relay was added, appearing at the 2022 Winter Olympics.

Hong Kong has qualified Short Track Speed Skaters at the 2002, 2006, 2010, 2014, and 2022 Winter Olympics. Executive Director of the Academy, Sidney Chu, represented Hong Kong at the 2022 Winter Olympics. Under the support of the Hong Kong Skating Union and Hong Kong Sports Institute, Hong Kong Short Track Speed Skaters have become a force to be reckoned with on the international stage -- obtaining impressive results at elite Asian and International competitions.

短道速滑，即短跑道速度滑冰，是一項類似田徑賽跑的運動項目，也是一項於冬季奧林匹克運動會中非常流行的比賽項目。不論任何小項，其規則大至相同，每次比賽時一般以4位(也有6位，甚至7位的)運動員為一組，在相當於寬度30米、長度60米國際標準花樣滑冰場內，沿著周長111.12米橢圓形賽道滑行。

1976年，國際滑冰聯盟在美國的伊利諾伊州舉辦了國際短道速滑賽，而世界短道速滑錦標賽則在1981年正式於法國展開。到了加拿大卡加利冬季奧運會中，短道速滑被列入表演項目，更於4年後的1992年冬季奧運會成為了正式的比賽項目，當時設有男子個人1000米、5000米接力與女子個人1000米以及3000米接力。2000米混合接力項目在2018-2019年世界杯賽季首次在國際賽事出現，在2022北京冬奧會首次在冬季奧運會出現。

中國香港代表團每一屆冬季奧運會都有出席。學院執行主任朱定文代表中國香港出戰2022年冬季奧運會。在香港滑冰聯盟與香港體育學院的帶領下，香港短道速滑運動員在各種亞洲與國際賽事取得優秀成績。



I. INTRODUCTION 簡介

b. Hong Kong Speed Skating Academy 香港速度滑冰學院

The Hong Kong Speed Skating Academy was founded in 2022 by Hong Kong Winter Olympian, Sidney Chu. The Academy's mission is to develop local interest in speed skating and deliver Olympic-class instruction to up and coming Short Track Speed Skaters based in Hong Kong. By prioritizing safety, inclusion, respect, growth and other important values, the Academy has become the leading training program for potential Hong Kong team Short Track Speed Skaters.

香港速度滑冰學院於2022年由香港冬奧運動員朱定文創立。香港速度滑冰學院的使命是發展香港市民對短道速度滑冰的興趣並為所有學員提供奧林匹克級別與世界級別的培養和指導。在執行任務中，本學院會遵守安全、包容、成長、尊重等重要的價值觀。在不遠的未來，本學院已成為香港短道短道速滑的頂級訓練計畫。

c. DB Ice Rink 愉景灣溜冰場

DB Ice Rink provides a relaxing, fun and inclusive environment for guests to explore ice sports. A short distance from DB Plaza and DB Pier, DB Ice Rink makes skating activities easily accessible and affordable for all while also being a venue of choice for professional performances, international competitions and specialised training, including Short Track Speed Skating. DB Ice Rink is only a step away from downtown. Shuttle bus rides from Sunny Bay or Tung Chung MTR Stations take only 15-20 minutes; or a 25-minute ferry ride will take you from Central Pier 3 to this resort-style community.

愉景灣溜冰場提供一個輕鬆有趣又融和多元的環境，讓大眾可盡情探索各種冰上運動。溜冰場位於愉景廣場，鄰近愉景灣碼頭，去溜冰輕鬆方便。場地除了適合消閒溜冰外，亦提供優質專業訓練設施，同時這裡也是舉行各種專業表演、國際賽事及冰上運動的首選場，包括短道速滑。愉景灣交通便利，只需25分鐘船程，便可由中環3號碼頭直達愉景灣溜冰場；亦可選乘穿梭巴士往來欣澳及東涌，車程只需15至20分鐘。



II. COACHING TEAM 教練團

Wang Chuang 王闖

- Current Hong Kong Short Track Speed Skating Team Head Coach (HKSU)
- Former Chinese National Short Track Speed Skating Team Coach
- Main coach of Han Tianyu, Sidney Chu, Lin Yue and other successful Winter Olympians
- 現任香港短道速滑隊總教練 (HKSU)
- 前中國短道速滑國家隊教練
- 韓天宇、朱定文、林悅等著名冬奧運動員的主要教練

Coach Wang has over 20 years of experience coaching Short Track Speed Skating and has extensive experience in coaching both Olympic-class athletes and skaters who have just started out in the sport. Coach Wang has had experience coaching both beginner and elite athletes in Changchun, Beijing and numerous cities in the Greater Bay Area (including Dongguan, Shenzhen and Hong Kong).

Aside from Head Coach Wang Chuang, alternating assistant coaches, guest coaches, and junior assistant coaches will facilitate each class. The Academy will strive to organize a coaching team fluent in Cantonese, English and Mandarin for each class. Coaches include former Winter Olympians, current and former Hong Kong team athletes and other experienced coaches. The target coach to student ratio will be 1:6 – 1:10. Full list of coaches can be viewed on www.hkspeedskating.org.

王教練擁有接近二十年的短道速滑指教經驗，曾任教過世界頂級水平的運動員和剛接觸滑冰的年輕運動員。王教練在長春、北京及大灣區多數城市教過初級直到精英級別的運動員及專業隊伍。除了王闖總教練之外，其他助理教練、客席教練及初級助理教練會在每堂課裏協助指教。學院會盡力在每一堂課安排精通廣東話、英語及普通話的教練團。培訓班的教練包含前冬奧運動員、現任和前任港隊運動員、及其他經驗豐富的教練。師生比例會會在1:6-1:10之內。完整教練名單可於本學院網站查看。



III. CLASS TIMES 課程時間表

*Please refer to the google calendar for the final, updated class times. Please add the Hong Kong Speed Skating Academy google calendar to your personal calendar for reference.

*請參閱Google Calendar以了解最新課程時間。請將香港速滑學院的Google Calendar添加到您的個人日曆中以供參考。

Every Sunday & Monday (6:00PM-8:00PM) at DB Ice Rink |
每星期日及星期一（晚上六點到八點）在愉景灣溜冰場



IV. EQUIPMENT 器材及裝備

For Learn to Speed Skate classes, skaters are encouraged to purchase their own skating equipment. This is a necessary step for skaters looking to advance their skills. Please join the **WhatsApp** group to communicate with the coach, prior to the first class, to list your requirements for rental speed skating equipment (shoe size, and need for helmet or gloves).

為了學員的發展，本學院鼓勵培訓班學員購買自己的器材及裝備。上第一堂課之前，請加入學院的WhatsApp群，並與教練溝通租用裝備的需求及詳情（鞋號及頭盔或手套的需要）。

Equipment

“Learn to Speed Skate” Requirement

 Short Track Boot + Blade package 短道速滑冰刀鞋	Required 必備
 Blade Guards 短道速滑刀套	Strongly Recommended 強烈推薦
 Short Track Helmet 短道速滑頭盔	Required 必備



IV. EQUIPMENT 器材及裝備

Equipment

“Learn to Speed Skate” Requirement



Short Track Cut-resistant Gloves (w/ plastic or carbon tips on left hand fingers)
短道速滑防切割手套 (左手套帶塑膠/碳製造的手指扣)

Required 必備



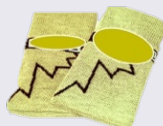
Cut-resistant neck guard
防切割頸套

Strongly Recommended
強烈推薦



Short Track Skin Suit
短道速滑連身衣

Strongly Recommended
強烈推薦



Cut-resistant ankle guard
防切割護踝

Optional 可選



IV. EQUIPMENT 器材及裝備

Equipment

“Learn to Speed Skate” Requirement



Goggles/Sport Glasses
運動眼鏡

Optional 可選



Short Track Turn Belt
短道速滑彎道模仿布帶

Strongly Recommended
強烈推薦



Sharpening Jig, Sharpening Stones and Equipment
短道速滑磨刀架、油石、其他器材

Optional 可選

*Participants may purchase equipment here: hksseq.myshopify.com or through mainland Chinese or overseas speed skating equipment online stores.

*學員可以點擊這裡 hksseq.myshopify.com 購買短道速滑器材 或 查詢其他內地及海外的短道速滑器材購物網站。

The Hong Kong Speed Skating Academy partners with Hong Kong Speed Skating Professional Equipment (hksseq.myshopify.com) to provide discounts to Learn to Speed Skate skaters. The Hong Kong Speed Skating Professional Equipment store provides high quality, durable, and affordable equipment and services to all levels of Short Track Speed Skaters based in Hong Kong.

香港速度滑冰學院 與 香港速度滑冰專業器材商店合作，給初級培訓班的學員提供優惠。香港速度滑冰專業器材 提供高質量、耐用、實惠的裝備及服務。

V. CLASS FLOW 課堂流程

5:45PM-6:00PM:

Students must check-in at the DB Skating School and receive a wristband before participating in the class. Students will need to provide their name (or other identifying information when requested) to the skating school staff to record attendance.

參加培訓班前，學員必須在愉景灣溜冰學校報到並帶上溜冰場的手環。學員需要提供姓名（或其他個人資料）給予溜冰學校員工紀錄出席。

6:00PM-6:55PM:

Dryland training will take place at the open grass area inside DB Plaza (directly adjacent to the rink entrance) or any other location depending on the direction of the Head Coach. Dryland training before on-ice practice is essential for skaters to build correct technique, strength, and coordination.

陸地訓練會在愉景廣場裡的草地範圍（溜冰場隔壁）或由總教練安排的其他位置舉行。上冰前的陸地訓練非常關鍵，不但可以改善學員的技術動作也能加強肌肉力量及協調。

6:55PM-7:15PM:

Skaters will move from the dryland training area to the ice rink foyer or locker rooms to change attire and/or put on their skating equipment. Skaters may also use this time to stretch and cool down.

學員會從陸地訓練場地移動到溜冰場的更衣室/門廳更衣及穿鞋。學員也可以利用這個時間去拉筋或進行整理活動。

7:15PM-8:00PM:

On-ice practice. Skaters must follow the instruction of Academy coaches. On-ice practice will build each skater's on-ice abilities, technique, speed, endurance and strength.

冰上訓練。學員必須遵守學院教練的指示。冰上訓練活動會加強滑冰能力、技術、速度、耐力及力量。

VI. CLASS EXPECTATIONS 培訓班要點

- Arrive early to class to check-in and record attendance with DB Skating School.
- Skaters should obtain their own skating equipment and conduct regular blade maintenance themselves.
- Treat all staff, coaches, volunteers, parent(s)/guardian(s) and other skaters with respect and kindness.
- It is critical for a skater's improvement to frequently attend both dryland and on-ice sessions.
- Follow intently the instructions provided by Academy coaches.
- Abide by the Academy's Code of Conduct and Anti-Discrimination and Anti-Harassment Policy at all times.

- 提前到達愉景灣溜冰場的溜冰學校 (DB Skating School) 報到。
- 學員必須擁有自己的短道速滑裝備並定期進行冰刀器材維護。
- 尊重與友善地對待所有員工、教練、志願者、家長/監督人及其他學員。
- 頻繁參與陸地訓練及上冰訓練是學員進步的關鍵部分。
- 每時每刻遵守學院教練的指示。
- 遵守本學院的行為守則及反歧視反騷擾政策。



VII. ADVERSE WEATHER PLANNING 惡劣天氣規劃

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.

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；通知也會發佈在學院網站及社交媒體上。



VIII. SALE AND REFUND POLICY

銷售及退款政策

- All participants of a class held by the Hong Kong Speed Skating Academy must purchase and register for the class through www.hkspeedskating.org. Unless explicitly stated, classes cannot be purchased through our ice rink partners or other parties.
- Purchase of a class package is not interchangeable with Learn to Speed Skate programs at other ice rinks or any other ice-skating program affiliated with the Hong Kong Speed Skating Academy.
- Purchase of a class package is refundable only if the skater has not attended a class in that package yet. If a skater has already attended a class after purchasing a package, all sales are final and non-refundable. Full refunds and partial refunds must be requested through email to info@hkspeedskating.org
- Learn more about the Sale and Refund Policy at www.hkspeedskating.org
- 報名香港速度滑冰學院的任何課程必須先通過 www.hkspeedskating.org 線上付款及註冊。除非本學院有明確說明，不可以通過本學院溜冰場合作夥伴或其他機構報名。
- 成功購買課程套餐後，不能與其他溜冰場的類似系列課程或其他香港速度滑冰學院活動互換。
- 若學員尚未出席該課程套餐中的任何課堂，可發送電郵到 info@hkspeedskating.org 申請退款。如學員已出席過，則不允許學員申請退款。
- 如想了解更多關於銷售及退款政策，請查詢 www.hkspeedskating.org