

**LEARN TO SPEED SKATE**  
**@ MEGA ICE**  
**短道速度滑冰培訓班**  
**@ MEGA ICE**

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

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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。

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中，短道速滑被列入表演項目，更於4年後的1992年冬季奧運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。

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# 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 aims to push speed skating as a popular sport in Hong Kong and 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，本學院會推動短道速度滑冰成為一項熱門運動項目並成為潛質香港短道速度滑冰隊員的頂級訓練計畫。

## c. Mega Ice (Mega Box) 九龍灣溜冰場

Mega Ice is one of three NHL-standard ice rinks in Hong Kong and the only ice rink in Hong Kong with a harbor-front view. With a rink dimension of 26m x 57m and on-site safety padding, high-quality and professional Short Track Speed Skating training programs are able to be held at Mega Ice. Mega Ice is located on the 10<sup>th</sup> floor of Mega Box, located at 38 Wang Chiu Road, Kowloon Bay, Hong Kong. Accessible by MTR and bus.

Mega Ice 溜冰場是全港三個NHL標準溜冰場之一，以及是全港唯一一間享有維港景觀的溜冰場。Mega Ice溜冰場的尺寸是26m x 57m亦都有現場安全墊，可以在Mega Ice舉辦高質量及專業的短道速滑培訓項目。Mega Ice位於香港九龍灣宏照道38號Mega Box 10樓。可搭乘地鐵及巴士抵達。

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## 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. 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 – 1:12. Full list of coaches can be viewed on [www.hkspeedskating.org](http://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。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。師生比例會在1:6-1:12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。

From September 2023 to May 2024	Dates: Every Thursday Time: 4:30PM-6:30PM Location: Mega Ice (Mega Box)
2023年9月至2024年5月	日期：每星期四 時間：下午4:30PM-6:30PM 地點：Mega Ice九龍灣溜冰場
From May 2024 to September 2024	Dates: Every Thursday Time: 6:00PM-8:00PM Location: Mega Ice (Mega Box)
2023年5月至2024年9月	日期：每星期四 時間：下午6:00PM-8:00PM 地點：Mega Ice九龍灣溜冰場

## IV. EQUIPMENT 器材及裝備

For Learn to Speed Skate classes, skaters are required to purchase their own skating equipment. This is a necessary step for skaters looking to advance their skills. **If a skater attends a class without the necessary equipment, the skater may rent *figure skates* from the ice rink temporarily OR notify the coaches/administration via WhatsApp to borrow recreational speed skates (subject to availability)**

初級培訓班的學員必須購買自己的器材及裝備。上課時，如果學員沒有自己的裝備，學員可以從溜冰場租用花樣滑冰的冰刀鞋或提早通過WhatsApp通知教練/工作人員租業餘短道速滑冰鞋（根據倉庫現貨）。請參閱以下的器材圖表以了解初級培訓班的器材要求。

### 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

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## 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



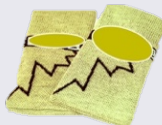
Cut-resistant neck guard  
防切割頸套

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](https://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](https://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](https://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。

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## V. CLASS FLOW 課堂流程

September to May (4:30-6:30PM)

TIME 時間	ACTIVITY 活動	DETAILS 細節
4:15PM-4:30PM	Sign-in and skate wearing 報到及穿冰鞋	<ol style="list-style-type: none"> <li>1. Sign-in with a Hong Kong Speed Skating Academy staff member on-site, mark down the student's name, phone number and email address.</li> <li>2. Self-directed light warm-up and stretch.</li> <li>3. Skate and equipment wearing</li> </ol> <ol style="list-style-type: none"> <li>1. 在溜冰場內同香港速度滑冰學院工作人員登記資料，留下學員姓名、電話號碼及電子郵件。</li> <li>2. 自導準備活動及拉筋</li> <li>3. 穿冰鞋及準備裝備</li> </ol>
4:30PM-5:15PM	On-ice training 冰上訓練	<ol style="list-style-type: none"> <li>1. On-ice training starts at 4:30PM</li> <li>2. Students must follow the instruction of Academy coaches</li> <li>3. Technique, speed, endurance training curriculum designated by the Head Coach</li> </ol> <ol style="list-style-type: none"> <li>1. 冰上訓練會在4:30PM準時開始。</li> <li>2. 學員必須遵守學院教練的指示。</li> <li>3. 冰上訓練包含總教練指定的技術動作、速度及耐力的訓練計畫。</li> </ol>
5:30PM-6:30PM	Dryland training 陸地訓練	<ol style="list-style-type: none"> <li>1. Off-ice training starts once skaters finish taking off their equipment</li> <li>2. Off-ice training location is at <b>Zero Carbon Park</b> (across the street from Mega Box)</li> <li>3. Technique and agility training exercises will be implemented</li> <li>4. Dryland training is subject to weather conditions</li> </ol> <ol style="list-style-type: none"> <li>1. 等學員脫完冰鞋及裝備，陸地訓練即將開始。</li> <li>2. 陸地訓練會在<b>零碳天地</b>進行（Mega Box對面）</li> <li>3. 陸地訓練包含技術及靈活性的練習。</li> <li>4. 陸地訓練最後進行狀態會根據當日的天氣情況。</li> </ol>

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## V. CLASS FLOW 課堂流程

May to September **Summer Times (6:00PM-8:00PM)**

TIME 時間	ACTIVITY 活動	DETAILS 細節
6:00PM-6:45PM	Dryland training 陸地訓練	<ol style="list-style-type: none"> <li>1. Off-ice training location is at <b>Zero Carbon Park</b> (across the street from Mega Box)</li> <li>2. Technique and agility training exercises will be implemented</li> <li>3. Dryland training is subject to weather conditions</li> </ol> <p>1 陸地訓練會在<b>零碳天地</b>進行 ( Mega Box對面 )</p> <p>2.陸地訓練包含技術及靈活性的練習。</p> <p>3. 陸地訓練最後進行狀態會根據當日的天氣情況。</p>
6:45PM-7:15PM	Sign-in and skate wearing 報到及穿冰鞋	<ol style="list-style-type: none"> <li>1. Sign-in with a Hong Kong Speed Skating Academy staff member on-site, mark down the student's name, phone number and email address.</li> <li>2. Self-directed light warm-up and stretch.</li> <li>3. Skate and equipment wearing</li> </ol> <p>1. 在溜冰場內同香港速度滑冰學院工作人員登記資料，留下學員姓名、電話號碼及電子郵件。</p> <p>2. 自導準備活動及拉筋</p> <p>3. 穿冰鞋及準備裝備</p>
7:15PM-8:00PM	On-ice training 冰上訓練	<ol style="list-style-type: none"> <li>1. On-ice training starts at 7:15PM</li> <li>2. Students must follow the instruction of Academy coaches</li> <li>3. Technique, speed, endurance training curriculum designated by the Head Coach</li> </ol> <p>1. 冰上訓練會在<b>7:15PM</b>準時開始。</p> <p>2. 學員必須遵守學院教練的指示。</p> <p>3.冰上訓練包含總教練指定的技術動作、速度及耐力的訓練計畫。</p>

## VI. CLASS EXPECTATIONS 培訓班要點

- Arrive early to class to check-in and record attendance.
  - 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 as many sessions as possible.
  - 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.
- 
- 提前到達溜冰場報到及登記信息。
  - 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。
  - 頻繁參與訓練活動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 WhatsApp.

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。學院會通過WhatsApp發通知給已報名註冊的學員。



## 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](http://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](mailto:info@hkspeedskating.org)
- Learn more about the Sale and Refund Policy at [www.hkspeedskating.org](http://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](http://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](mailto: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](http://www.hkspeedskating.org)