

## Hong Kong Speed Skating Academy 2025 Summer Training Camp (Mainland China)

**Dates** : July 6 – August 17, 2024

**Training Location** : Zhengding County Ice Skating Arena, Shijiazhuang city, Hebei Province.

**Official hotel** : Arranged by ice rink administration (outside hotel)

**Official meals** : Arranged by ice rink administration (outside hotel)

**Training location summary** : The Zhengding County 9<sup>th</sup> Ice Skating Arena is a modern, integrative training center equipped with an international sized ice rink, fitness center and a running track.

**Training camp goal** : The goal of the camp is to increase student's "ice feel" through added ice times, strengthen student's physical strength, on-ice skating technique and skating abilities. Throughout the camp, student's will be pushed to realize their potential, encouraged to be independent, and motivated to improve through hard work.

**Camp Eligibility** : Six years and above, possess the ability to skate crossovers around a standard track.

**Accommodation requirement:**

- During the camp, all students must stay at the official hotel. Parents/student with concerns may request for special exemptions, although without guarantee.
- Hotel reservations will be arranged through the Academy, self-reservations will not be allowed.
- For students aged 6-9 years old, we recommend that students stay in a same room as their parents. Parents are also welcome to stay at the official hotel °
- Students 9 years and above are recommended to share a room with other Academy students.
- Students or parents/guardians not staying at the official hotel may not enter the official hotel without permission from Academy staff or coach.

報名截止日期 : June 10<sup>th</sup>, 2025\*

**\*Please submit the registration form below to [info@hkspeedskating.org](mailto:info@hkspeedskating.org)**



### Training Plan

Students will train every day for 4-8 hours, the training schedule each day will include both dryland and on-ice components. On an average training day, students will have 2 ice practices in a day. Parents/guardians are welcome to view each training session from the audience area. Students must bring the following equipment: helmet, short track speed skating skin suit, cut-resistant gloves, shin guard, neck guard, skates, sharpening jig (if you



have it), sharpening stones (if you have it), turn-belt (if you have it) and other training essentials (water bottle, athletic clothes etc.) Sundays typically have no scheduled training activities, students/parents are welcome to freely explore the city and surrounding area.

### Coaching Team

- **Ming Yiham:** Hong Kong Speed Skating Academy Senior Coach
- **Liu Wenlong:** Guest Short Track Speed Skating Expert Coach
- Collaboration training activities and events will be planned with local teams, other expert coaches from local teams may also be invited on the coaching team at any time

### Code of Conduct

For everyone's safety, students and parents must always follow the direction of the coaches. As the training center may also have other teams training at the same location, our students need to be disciplined in following the instructions of the coaches at all time. If students or parents find anything suspicious that may interfere with safety or serious training-related matters, they must notify the coaches immediately.

In order to increase the efficiency of training, students are expected to pay attention to the group chat and be punctual with training time and meet-up location. Athletes must respect and behave in front of any parent, coach, athlete, training center staff, especially within the official hotel. Parents, please make sure to communicate these rules with the students.

### Accommodation and Dining

- A double bed room is a standard room, single rooms have limited availability and cannot be guaranteed. In most cases, students will share the room with other students.
- The training center will provide three meals a day (buffet style). Please list in the registration form below any allergies you may have.

### Training Fees

<b>Student Package</b>	
Accommodation and Dining : <b>\$350HKD/per person/per day (Sunday to Sunday)</b>	
Training Fee : \$600HKD/per person/per day (Monday to Saturday)	
<b>Sharpening Package ( optional )</b>	
Sharpening Fee (with student's own jig and stone) : \$170HKD/per person/per week	
Sharpening Fee (without jig or stone) : \$220HKD/per person/per week	
<b>Airport Transportation (optional)</b>	
To-and-from airport: \$200HKD/per person	
<b>Parent/guardian Package</b>	
Accommodation and Dining : <b>\$350HKD/per person/per day</b>	

1. Flight tickets are the responsibility of the student/student's family. Recommended flight itineraries will be released by the Academy shortly.
2. Transportation costs to and from the rink/hotel will be included in the accommodation fee, any missed bus times (if students or parents are late to designated bus times, they will be responsible for the delay without refund).
3. Once the camp has started, dining fees cannot be refunded. Please be punctual to all meal times, those who are excessively late may not be guaranteed a meal.
4. Within one week of submitting the registration form, please use FPS to submit the respective training fees. **FPS to 9306-9886**
5. Sharpening fees are calculated by weekly rate only, there is no prorated rate for days

### Training Camp Time Blocks



Students can select from multiple weeks of attendance at the training camp below, students will be responsible for their own transportation costs

Week 1   第一週	July 6 – July 13   7 月 6 日至 7 月 13 日
Week 2   第二週	July 13 – July 20   7 月 13 日至 7 月 20 日
Week 3   第三週	July 20 – July 27   7 月 20 日至 7 月 27 日
Week 4   第四週	July 27 – August 3   7 月 27 日至 8 月 3 日
Week 5   第五週	August 3 – August 10   8 月 3 日至 8 月 10 日
Week 6   第六週	August 10 – August 17   8 月 10 日至 8 月 17 日

### Important Notes

- As the Academy needs to verify registration, book accommodation and make necessary arrangements with the training center, once registration is completed no refunds will be guaranteed.
  - Students are not allowed to join the training camp in the middle of a time block or outside of a time block,
  - If the student is unable to join the day's training due to personal reasons (including sickness, personal transportation issues, incomplete equipment), the student is not guaranteed a refund for that day.
  - If the coach discovers that a student and/or parent is non-compliant with Academy policies (including the code of conduct, anti-harassment and discrimination policy, etc.), the student/parent will receive repeated warnings. If after repeated warnings, the student/parent continues not to abide by Academy policies, they may be forced to leave the camp and are not entitled to a refund.
  - Unless a special exemption has been approved by the coach or by Academy staff, participants are unable to change/update information or request a refund after the registration deadline
- All training camp participants, coaches, parents/guardians must abide by Academy policies, including: Code of Conduct, Release of Liability, Anti-harassment and anti-discrimination policy, Photo/Video Disclaimer, Competition Registration Agreement.
  - Participant and/or participant's parent(s) or guardian acknowledge that ice skating is an inherently dangerous activity that involves risk of accident, property damage, serious bodily injury and death. Accidents can occur during any recreational activity, and both beginners and high-level skaters are exposed to the risk of injury in the ice rink owing to their own or others' miscalculation. Interested parties should take this into full consideration before enrolment. The Hong Kong Speed Skating Academy Limited, Academy coaches, the ice rink operator, owners and management cannot be held responsible for any accident or injuries during lessons.
  - Students/parents/guardians must all abide by local law in Hebei Province and guidelines set forth by the training center.
- WeChat group for the training camp will be created to share important training camp information.
- All participants, including parents and students, must purchase travel insurance with adequate coverage and must present proof of coverage before the first day of the camp.

2025 Mainland China Short Track Speed Skating Training Camp

2025 年港外短道速滑訓練營

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



Participant Registration Form   學員報名表			
Name in Chinese   中文姓名		Name in English   英文姓名	
Email Address   電子郵件		Gender   性別	
Date of Birth   出生日期 ( DD/MM/YY )	___/___/___	Phone Number   電話號碼	
Wechat ID   微信 ID		Emergency Contact Name   緊急聯絡人姓名	
HKID Number 香港身分證號碼		Mainland travel permit number 港澳居民來往內地通行證	
Emergency Contact Phone Number   緊急聯絡人電話號碼		Parent/guardian name 家長/監督人姓名	
Home Address   住址			
Training Camp Time Block ( may select multiple ) 訓練營時間段 ( 可選多項 ) \$3600HKD/week	<input type="checkbox"/> Week 1   第一週 (6/7/2025-13/7/2025) <input type="checkbox"/> Week 2   第二週 (13/7/2025-20/7/2025) <input type="checkbox"/> Week 3   第三週 (20/7/2025-27/7/2025) <input type="checkbox"/> Week 4   第四週 (27/7/2025-3/8/2025) <input type="checkbox"/> Week 5   第五週 (3/8/2025-10/8/2025) <input type="checkbox"/> Week 6   第六週 (10/8/2025-17/8/2025)		Accommodation and Dining Package 是否享用官方食宿 \$2450HKD/week <input type="checkbox"/> Yes   享用 <input type="checkbox"/> No   不享用
I would like to purchase the sharpening package for the following weeks 我會在以下的時間段購買磨刀套餐：	<input type="checkbox"/> Week 1   第一週 <input type="checkbox"/> Week 2   第二週 <input type="checkbox"/> Week 3   第三週 <input type="checkbox"/> Week 4   第四週 <input type="checkbox"/> Week 5   第五週 <input type="checkbox"/> Week 6   第六週 <input type="checkbox"/> I will not purchase the sharpening package and will be responsible for my own equipment maintenance 我不選擇購買磨刀套餐，我會在訓練營期間負責關於自己的一切器材保養 <input type="checkbox"/> \$220HKD per week for borrowed jig or stones <input type="checkbox"/> \$170HKD per week for own jig and stones		
Any roommate requests? 是否有同房室友要求？	<input type="checkbox"/> No   無  <input type="checkbox"/> Yes   有：	Medications, food allergies or special medical conditions 藥物需求、食物過敏或特殊醫療狀況	
1. By signing in the space provided below, I, and the minors whom I am responsible, agree to abide by Academy policies, including the <b>competition registration agreement and release of liability</b> , and to understand completely and abide by the conduct guidelines set forth by the training camp document. I can read more about Academy policies in the following link: <a href="https://hkspeedskating.org/our-policies-mqxyt">hkspeedskating.org/our-policies-mqxyt</a> 通過簽署本文件，我與我負責的未成年同意隨時遵守本學院的政策，包含比賽註冊協議及免責條款，並完全理解並遵守訓練營文件中規定的行為準則。可以在學院官網了解更多： <a href="https://hkspeedskating.org/our-policies-mqxyt">hkspeedskating.org/our-policies-mqxyt</a> 2. I understand that skating is a sport that carries an undeniable risk; including, but not limited to injuries, accidents, financial harm, serious bodily injury and even death. Moreover, there is an increased risk in participating in mainland/overseas events as many unforeseeable situations may arise in an unfamiliar environment, including but not limited to, serious cultural miscommunications, financial loss, missing children and serious bodily injury. 運動員/家長/監護人必須認同滑冰運動帶有一定的危險，包括受傷及意外風險、財產損失、嚴重人身傷害及死亡等危險。此外，運動員/家長/監護人必須認同參加海外舉行的活動帶有許多不可預測的因素及危險，包括嚴重文化誤解、財產損失、失蹤事件及嚴重人身傷害等危險。 3. I UNCONDITIONALLY ACCEPT THE TERMS OF THIS RELEASE. I UNDERSTAND THAT I AM RELEASING THE HONG KONG SPEED SKATING ACADEMY LIMITED FROM ANY POTENTIAL CLAIMS FOR DAMAGES CAUSED BY ANY ACT, ERROR, OMISSION OR NEGLIGENCE OF THE HONG KONG SPEED SKATING ACADEMY LIMITED. 我無條件接受此意外及受傷免責條款之內容。本人明白免除香港速度滑冰學院有限公司因香港滑冰學院有限公司的任何作為、錯誤、疏忽或疏忽而導致的任何潛在損害索賠。			
Signature of Athlete or Parent/Guardian (less than 18 years of age) 運動員或家長/監督人簽署 ( 未成年 )	X_____		Date   日期
For official use only			
Payment status		Approval by Hong Kong Speed Skating Academy	



2025 Mainland China Short Track Speed Skating Training Camp			
2025 年港外短道速滑訓練營			
Accompanying Parent/Guardian Package Registration Form   陪同家長/監護人套餐報名表			
Parent 家長 #1			
Name in Chinese   中文姓名 ( Must match HKID )			Name in English   英文姓名 ( Must match HKID )
Email Address   電子郵件			Gender   性別
Date of Birth   出生日期 ( DD/MM/YY )	___/___/___	Phone Number   電話號碼	
WeChat ID   微信 ID	Home Address   住址		
HKID Number 香港身分證號碼			Mainland travel permit number 港澳居民來往內地通行證
I will purchase the parent/guardian package on the following weeks: 我會在以下的時間段購買家長套餐： <b>\$2450HKD/week</b>		<input type="checkbox"/> Week 1   第一週 <input type="checkbox"/> Week 2   第二週 <input type="checkbox"/> Week 3   第三週 <input type="checkbox"/> Week 4   第四週 <input type="checkbox"/> Week 5   第五週 <input type="checkbox"/> Week 6   第六週 <input type="checkbox"/> I will not purchase the parent/guardian package and will be responsible for my accommodation and dining 我不選擇購買家長套餐，我會在訓練營期間自行安排食宿	
Parent 家長 #2			
Name in Chinese   中文姓名 ( Must match HKID )			Name in English   英文姓名 ( Must match HKID )
Email Address   電子郵件			Gender   性別
Date of Birth   出生日期 ( DD/MM/YY )	___/___/___	Phone Number   電話號碼	
WeChat ID   微信 ID	Home Address   住址		
HKID Number 香港身分證號碼			Mainland travel permit number 港澳居民來往內地通行證
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2. I understand that skating is a sport that carries an undeniable risk; including, but not limited to injuries, accidents, financial harm, serious bodily injury and even death. Moreover, there is an increased risk in participating in mainland/overseas events as many unforeseeable situations may arise in an unfamiliar environment, including but not limited to, serious cultural miscommunications, financial loss, missing children and serious bodily injury. 運動員/家長/監護人必須認同滑冰運動帶有一定的危險，包括受傷及意外風險、財產損失、嚴重人身傷害及死亡等危險。此外，運動員/家長/監護人必須認同參加港外舉行的活動帶有許多不可預測的因素及危險，包括嚴重文化誤解、財產損失、失蹤事件及嚴重人身傷害等危險。			
3. I UNCONDITIONALLY ACCEPT THE TERMS OF THIS RELEASE. I UNDERSTAND THAT I AM RELEASING THE HONG KONG SPEED SKATING ACADEMY LIMITED FROM ANY POTENTIAL CLAIMS FOR DAMAGES CAUSED BY ANY ACT, ERROR, OMISSION OR NEGLIGENCE OF THE HONG KONG SPEED SKATING ACADEMY LIMITED. 我無條件接受此意外及受傷免責條款之內容。本人明白免除香港速度滑冰學院有限公司因香港滑冰學院有限公司的任何作為、錯誤、疏忽或疏忽而導致的任何潛在損害索賠。			
Signature of accompanying parent/guardian #1 陪同家長/監督人簽署 #1	X_____		Date   日期
Signature of accompanying parent/guardian #2 陪同家長/監督人簽署 #2	X_____		Date   日期
For official use only			
Payment status	Approval by Executive Committee		