

Hong Kong Speed Skating Academy 香港速度滑冰學院
2025 Easter Training Camp (Busan, South Korea) | 復活節訓練營 (韓國釜山)

Dates | 日期：

April 7 – April 26, 2025 (3 week period, with one- and two- week options)

2025 年 4 月 7 日至 4 月 26 日 (三週期，有一星期及兩星期的選項)

Training Location | 訓練地點：

Namgu Ice Rink, 106, Baegunpo-ro, Nam-gu, Busan, Republic of Korea

南九室內溜冰場 (남구실내빙상장) · 釜山 · 韓國

Recommended hotel | 推薦酒店：

No. 25 Hotel Yongho (156-1 Yongho-ro, Namgu, Busan, South Korea)

Meals | 伙食: Self-arranged 自理

Training location summary | 訓練地點簡介：

Namgu ice rink is a modern, integrative training center equipped with an international sized ice rink, and home to the Busan professional Short Track Speed Skating Team.

南九溜冰場是現代化綜合體育場館，包括國際標準短道速滑場，此冰場是釜山短道速滑隊的主要訓練基地。

Training camp goal | 訓練營目的：

The goal of the camp is to allow developing skaters to experience different modes of training from other countries and teams. South Korea has dominated the world stage in Short Track Speed Skating, students can practice their on-ice technique, improve their physical strength and push their speed to new limits.

訓練營目的主要是讓發展中的運動員體驗不同國家及地方隊的專業訓練模式。韓國在短道速滑裡算是強國之一，學生們可以多練習他們冰上技術動作、鍛鍊體能及提升滑行速度。

Camp Eligibility | 報名要求：

Seven years and above, with the following requirements:

- 500m time below 1:10.00 or 333m time below 0:48.00 (must be achieved through competition official time), AND
- Approval of Academy administrator or coach

7 歲以上，並符合以下的要求：

- 500 米時間低於 1:10.00 或者 333 米時間低於 0:48.00 (必須在正規比賽取得官方成績)，及
- 擁有學員管理員或教練的同意

Accommodation note | 住宿備註：

•For group convenience, students are recommended to stay at the recommended hotel, although students may book their own accommodations freely.

為了團體行動更方便，建議學生入住推薦的酒店。學生可以自行預訂住宿。

•Students need to arrange their own meals during this time.

學生需要自行安排伙食



- For students under the age of 18 travelling without their parent/guardian, an entrusted parent/guardian will need to be present and liable for the child's everyday affairs and safety for the duration of the camp

沒有父母/監護人陪同此訓練營的未成年，需要有其他委託的父母/監護人並需要負責未成年入訓練營期間的日常事務及安全

- Students need to arrange their own transportation to and from the airport, hotel, ice rink and other locations.

學生需自行安排所有交通，包括往返機場、飯店、溜冰場和其他地點的交通。

- Buses depart from Yongho 2-dong Community Service Center every 5-15 minutes, for a 15 minute travel time to Namgu ice rink. Taxis are also available to call by Kakao T and are low cost.

有巴士每 5 至 15 分鐘從 Yongho 2-dong 社區服務中心出發，前往南九溜冰場只需 15 分鐘。可以透過 Kakao T 叫計程車。

報名截止日期：March 1st, 2025 | 3 月 1 日*

***Please submit the registration form below to info@hkspeedskating.org**

****請向 info@hkspeedskating.org 提交以下的報名表**



Training Plan | 訓練指引

Students will train every day for 3-6 hours (usually twice a day), the training schedule each day will include both dryland and on-ice components. 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, 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.

學員每日訓練 3-6 小時（平時一天兩場訓練），其中包含陸地訓練及冰上訓練。家長可以觀看每日的訓練。學員必備以下的裝備器材：頭盔、短道速滑連身服、防切割手套、短道速滑冰刀鞋、磨刀架（如有）、磨刀油石（如有）、彎道訓練布帶（如有）以及其他訓練必需品（水壺、運動服等）。星期日平時沒有訓練安排，學生及家長們當日可以自由參觀當地景點。

Coaching Staff | 教練團

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



Please note that coaching staff will be on rotation. Students must abide by the training advice set by coach Ming Yihan. Coach Ming will be present only on certain dates of the camp, while the local Korean coaching staff will be in charge of training for a majority of the dates.

請注意，教練團會不定期輪換。所有學生必須服從明教練指定的訓練計劃。明意涵教練會在訓練營不固定的日期出席，而韓國本土教練團將負責大部分日期的訓練管理。

1. Ming Yihan 明意涵

Hong Kong Speed Skating Academy Senior Coach

香港速度滑冰學院高級教練

2. Jimmy Jang:

Former Korean national team head coach, former Kazakhstan national team head coach and former USA national team assistant coach

前韓國國家隊總教練、前哈薩克國家隊總教練及前美國國家隊助理教練

3. Kwon Young Chul:

Busan City short track team main coach

釜山市短道速滑隊主教練

Code of Conduct | 行為守則

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 hotel. Parents, please make sure to communicate these rules with the students.

為了大家的安全，學員及家長需要隨時隨地聽教練員的指揮。為確保學員的安全，需要認真遵守教練員所交代的事情（例如關於集合時間地點、訓練相關的事情等）。如果學員發現任何可疑的事情，或涉及到學員安全或訓練的事情，必須立即通知教練。

訓練時，為了確保訓練效率和小朋友的安全，要聽從教練員指揮，按時按點在集合點集合，學員必須隨時對其他家長、教練、學員，和訓練中心內工作人員保持尊重及冷靜的態度。在酒店住的學員，需要更加注意自己的行為並服從教練的指揮。請各位家長仔細解釋清楚訓練營的行為準則讓年齡小的學員深刻了解。



Training Fees | 費用

Student Package | 學生套餐

Training Fee | 訓練費 : \$3900HKD/per person/per week 每人/每週

OR \$680HKD/per person/per day 每人/每日

*Flight tickets and all transportation costs are to be arranged by students/families; please wait for official notification on recommended flights for each training week. 機票及交通費需要自行安排，學院會稍後發布推薦的交通攻略消息

**Once the camp has started, training fees cannot be refunded. 訓練營開始後，訓練費用不許退款

***Within one week of submitting the registration form, please use FPS (107789455) to submit the respective training fees. 請在提交報名表後的一週內使用 FPS (107789455) 方式提交訓練營相關的費用。

Training Camp Time Blocks | 訓練營時間段

Students can select from multiple weeks of attendance at the training camp below.

Participants must skate at least for one week block.

學員可以按照以下的時間段選項（可以選擇多個選項）。學員必須參加一星期以上的訓練。

Week 1 第一週	April 7 – April 12 4月7日至4月12日
Week 2 第二週	April 14 – April 19 4月14日至4月19日
Week 3 第三週	April 21 – April 26 4月21日至4月26日

Important Notes

- As the Academy needs to verify registration with the Busan training team, once registration is completed no refunds will be guaranteed.
 - Students are not allowed to join the training camp in the middle of a week time block or outside of a time block without express permission from Academy administrators,
 - 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.

- b. Students/parents/guardians must all abide by local law in the Republic of Korea and guidelines set forth by the training center (Namgu Ice Rink)
3. WeChat group for the training camp will be created to share important training camp information.
1. 因學院需要與釜山訓練隊伍提早預定場地等相關事宜，一經報名後，如發生以下情況，將無法退款：
 - a. 不鼓勵運動員遲加入或早退訓練營，遲加入/早退運動員無權獲得退款。
 - b. 如果運動員因為個人原因（例如病情、個人交通問題、裝備不全等）無法出席某天的訓練，將無法獲得當日訓練費退款。
 - c. 如果教練員發現運動員或家長不遵守學院或當地管理規定（訓練營行為準則、學院行為守則、反歧視反騷擾政策等政策）甚至反覆警告後未有可接受的改善，學院有權終止該名運動員的繼續參加訓練營的權利。並無法獲得退款。
 - d. 如有特殊情況，需要同教練溝通，由教練向學院管理層申請，獲得批准後，可獲得相應退款。無特殊原因，報名截止日期過後，將不接受取消、更改行程和退款行為。
2. 教練、學員及家長/監督人必須遵守本學員官網上發布的政策，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。
 - a. 運動員/家長/監護人需要了解，並且認同滑冰運動帶有一定的風險性，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。所有運動均帶有一定的危險性，無論是初學者或溜冰好手均有可能因其個人或其他溜冰人士的疏忽導致受傷。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。故此，有意報讀之學員及家長應先行評估上述的風險。香港速度滑冰學院有限公司、本學院教練員、溜冰場之營辦者、擁有人及管理層將不承擔任何因課堂導致受傷及意外的責任。
 - b. 運動員/家長/監督人必須遵守泰安市當地的法規及滑冰館規定。
3. 此微信群組 作為通告及分享有關訓練視頻，照片及重要事項。



2025 Easter Training Camp (Busan, South Korea) 復活節訓練營 (韓國釜山) 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		Passport Number 護照號碼	
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)	<input type="checkbox"/> Week 1 第一週 (7/4/2025-12/4/2025) <input type="checkbox"/> Week 2 第二週 (14/4/2025-19/4/2025) <input type="checkbox"/> Week 3 第三週 (21/4/2025-26/4/2025) Other : _____		
Accompanying parent/guardian name: 陪同家長/監督人姓名		Accompanying parent/guardian phone number: 陪同家長/監督人有效電話號碼	
<p>1. By signing in the space provided below, I, and the minors whom I am responsible, agree to abide by Academy policies, including the competition registration agreement and release of liability, 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: hkspeedskating.org/our-policies-mqxyt</p> <p>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：hkspeedskating.org/our-policies-mqxyt</p> <p>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.</p> <p>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。</p> <p>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.</p> <p>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。</p>			
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
<i>For official use only</i>			
Payment status		Approval by Hong Kong Speed Skating Academy	

