

龍舟同樂日

日期： (第一節) 9/10/2021(10:00 - 12:00) / (第二節) 16/10/2021(14:00-16:00)

***參加者只能選擇其中一節

地點： 新界沙田石門安景街 51E 地段, 中國香港龍舟總會訓練中心

人數： 每節 20 人(最少 8 人) *先到先得, 參加者只能選擇其中一天

教練： 由中國香港龍舟總會指派認可教練

費用： HKD\$50

報名方法： 文康宿舍大樓 H402 室 (學生事務處)

對象： 樹仁學生

備注： *此活動將記錄在獎項及課外活動證書(ACAT)

*此活動可納入申請李達三校董全人發展卓越獎的申請

截止報名日期
24 / 9 / 2021

課程簡介：

「龍舟同樂日」適合任何對龍舟有興趣的同學參加, 教授龍舟基本知識並推廣龍舟的樂趣。活動後希望能籌組有意進一步參與龍舟訓練的同學, 組織《樹仁龍舟隊》並參與大專比賽。

課堂內容：

- 握槳之正確姿勢
- 向前及向後之基本技巧
- 轉向之基本技巧
- 搬運及上落艇技巧
- 覆舟後之適當處理

參加者須知：

- 請穿著合適的衣服及鞋履 (包跟包趾)
- 活動將提供救生衣
- 參賽者需要留意自身身體狀況以確保適合參與此活動
- 如患有慢性疾病如心臟病等人士, 建議報名參與活動前先徵求醫生意見
- 活動進行與否, 將視乎場地當時的情況而定。如該日之活動取消, 將會並會另行安排日期。

如有任何查詢, 請致電 2104 8287 或電郵至 osa_activities@hksyu.edu 與學生事務處李小姐或周先生聯絡。

體育部

Dragon Boat Fun Day

Date:	Session 1: (9/10/2021 10:00 – 12:00) / Session 2 : (16/10/2021 14:00-16:00) ***Participant can choose ONE session only
Venue:	HKCDBA Training Centre, Section 51E On King Street, Shek Mun, Shatin, N.T.
Number of people:	20 people for each session (minimum 8 people) *First-come-first-served basis
Coach:	Qualified coaches appointed by the HKCDBA
Fee:	HK\$50 (non-refundable)
Enrollment:	Office of Student Affairs, H402, Residential & Amenities Complex
Target:	SYU students
Remark:	* The activity will be recorded in the participant's Award and Co-curricular Achievement Transcript (ACAT) *Participant may apply as one of the eligible activities for Dr. Li Dak Sum Outstanding Whole Person Development Awards

**Enrollment
Deadline
24 / 9 / 2021**

Course introduction:

"Dragon Boat Fun Day" is suitable for all students who are interested in this activity. The coach will introduce the basic knowledge and the fun of dragon boat training. The P.E. Section is planning to organize regular training for those interested and potential students after the experiential activity. It is a prospect for the P.E. Section to establish a "Shue Yan Dragon Boat Team" to compete at the USFHK competition in the long run.

Course content:

- Correct posture for holding the paddle
- Basic skills of forward and backward
- Basic skills of steering
- Handling, boarding and landing skills
- Appropriate handling after capsizing

Points to note:

- Please wear appropriate sports wear (shorts & shoes).
- Life jacket will be provided
- Participants need to pay attention to their physical conditions to ensure they are suitable to participate in this activity.
- Participants with chronic diseases such as heart disease are advised to consult a doctor before signing up.
- The activity continuous or not will depend on the current situation of the venue. If the activity of the day cancelled, and the make-up activity will be arranged.

If you have any enquiries, please contact Iwa Lee / Jason Chau at 2104 8287 or email to osa_activities@hksyu.edu