

中級健力訓練班(Inter PL-E)

健力是一項新興的運動項目。在歐洲和亞洲一些國家該項運動開展十分普及。香港舉重健力總會一向致力推動健力運動，每年舉辦香港健力錦標賽及香港臥推舉錦標賽。參與人數日益增多，深受歡迎。健力包括三個項目：(1) 深蹲、(2) 臥推舉、(3) 硬舉。

1. 目的：通過各種不同運動器械練習，不但能增強肌力，改善體型，使身體更加健美，亦能增強自信心，豐富人生。

2. 開班日期、時間及地點：

日期	地點	時間
2022年11月29日 2022年12月6, 13, 20日 2023年1月3, 10, 17, 31日 2023年2月7, 14日	灣仔運動場 舉重室	逢星期二 下午5時正至7時正

3. 訓練課程：(1) 深蹲 (2) 臥推舉 (3) 硬舉

4. 參加資格：(1) 14歲或以上，對健力舉重有興趣之人士。(18歲以下的參加者需由父母簽署同意書)

(2) 健康及體能良好，並適宜參與上述訓練課程。

(3) 有心臟病、高血壓、哮喘病、糖尿病等疾病，不宜參加。

5. 每班名額：每班學員5人(額滿即止)。

6. 報名費：\$700(共10堂)

7. 報名辦法：以劃線支票或現金(抬頭請寫[香港舉重健力總會有限公司])，填妥之報名表格，交回或寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓1005室香港舉重健力總會有限公司，辦理有關報名事宜。

8. 截止報名日期：2022年11月28日

9. 查詢方法：請致電2504 8193 查詢

備註：

(1) 如因名額已滿未能被接受報名之人士，其有關支票及申請表格將直接被銷毀

(2) 名額先到先得，以提交報名表及完成付費為準

(3) 凡以郵寄報名之人士，請致電本會以確定無誤，如有失誤自負

(4) 郵寄報名如因郵費不足致郵件被退回，本會將收取行政費\$30。

姓名：(中文) _____ (英文) _____ (請用正楷)

體重：_____ 身高：_____

出生日期：_____ 年齡：_____ 職業：_____

地址 (中文)：_____

(英文)：_____

電郵地址：_____

電話(住宅) _____ (手提電話) _____ (傳真) _____

(公司) _____

銀行支票號碼：_____ 簽署：_____ 日期：_____

曾參加過健身練習：是() 否() 請以“√”表示。

參加班別：中級健力訓練班(Inter PL-E)

責任聲明：

本人(參加者姓名) _____ 明白活動牽涉體能運動，據本人所知悉，並無任何健康或其他理由導致本人不宜參加是次活動。本人健康狀況良好，並無隱瞞任何既有之健康或心理問題或過敏症。本人願意接納及完全承擔一切風險及危險，以及風險和危險可能造成的人身傷害、死亡、財物損毀或損失，主辦機構無須負責。本人同意在訓練班之前及進行時，遵守教練及工作人員的指引及指示。

申請人姓名：_____ 簽署：_____ 日期：_____

未滿十八歲的申請人須由家長或監護人簽署此聲明：

家長或監護人姓名：_____ 簽署：_____ 日期：_____

備註：

(1) 閣下所提供的資料只會用於本會之活動宣傳事宜，如欲更改或查詢閣下所申報的個人資料，請與本會義務秘書聯絡。

(2) 懸掛一號或三號風球/紅色暴雨警告訊號，照常上課。

(3) 如上課前2小時仍懸掛八號或以上風球/黑色暴雨警告訊號，不用上課(恕不補課)。



Intermediate Powerlifting Course (Inter PL-E)

Powerlifting is very popular sport in Europe and American countries. Powerlifting sport has been around 20 years' historical background. We would hold the Powerlifting Championships and Benchpress Championships every year. After promoting this sport for many years with hard-work done by our association, the numbers of participation is getting higher, and fascinated with many youngsters. Powerlifting sports includes 1) Squat 2) Benchpress 3) Deadlift. Come to join us!

1. Aims: Strengthen the muscle power and improves your body shape through keep practicing the various powerlifting equipment.

2. Date, Time and Venue of course:

Date	Venue	Time
2022 November 29	Wan Chai Sports Ground Weightlifting Room	Every Tuesday 5:00 – 7:00pm
2022 December 6, 13, 20		
2023 January 3, 10, 17, 31		
2023 February 7, 14		

3. Training: (1) Squat (2) Benchpress (3) Deadlift

4. Eligibility :

(1) Aged 14 or above, who are interested in Powerlifting sports. (The agreement needs to be signed by parents if athletes are under ages 18.)

(2) Health and body are in a good condition, and is physically fit to join the training course.

(3) It is not recommended to join if having heart attack, high pressure, asthma and diabetes.

5. The Quota of each course: 5 persons (First-come, first-served basis)

6. Registration Fee: HK\$700 (10 Lessons)

7. Apply: Please fill in the application form and return by mail or in person along with the application fee. Payment can be in cash or by cheque, payable to "The Hong Kong Weightlifting and Powerlifting Association Limited".(Address: Room 1005, Olympic House, 1 Stadium path, So Kon Po, Causeway Bay, Hong Kong).

8. Deadline: 28th November 2022

9. Enquiry: Please contact 2504 8193.

Remarks:

(1) The crossed cheque and application form will be destructed directly if the course is full.

(2) It will be allocated on a first come first served basis.

(3) Please inform us if applicants send the form by mail for double confirmation.

(4) In case of mail application underpay, participant is subject to \$30 surcharge.

姓名: (Chinese) _____ (English) _____ (Capital Letter)

Weight(KG): _____ Height(cm) : _____

Birth of Date : _____ Age : _____ Career: _____

Address: _____

Email Address: _____

Phone (Home) _____ (Mobile) _____ (Fax) _____

(Company) _____

Cheque No: _____ Signature: _____ Date: _____

Have you participated in this excise before? Yes () No ()

Class: Intermediate Powerlifting Course (Inter PL-E)

The declaration:

I, _____, understand that the activities involve physical movement, as far as I know, there are no health or other reasons cause I should not participate in the course. I am in good health and have not withheld any existing psychological problems or the health or allergies. I am willing to accept and fully assume all risks and dangers, as well as the risks and dangers may result in personal injury, death, property damage or loss. I agree conducted before the event and when, to comply with organizer's coaches and staff guidelines and instructions.

Name of applicant: _____ Signature: _____ Date: _____

The declaration for the applicants who are under ages 18:

Name of parents/ Guardian: _____ Signature: _____

Date: _____

Remarks :

(1)The information provided only for our promotion only. If it is needed to change, please contact our secretary.

(2)When hosting No.1 or 3 typhoon signal, the course will be remained unchanged.

(3)When hosting No.8 or above typhoon signal/Black Rainstorm Warning Signal two hours before lesson start, the course will be cancelled (No any compensation for the cancelled lesson(s)) ◦