

HKWPA Registered Coach Course

Date: 11/9/2024, 25/9/2024, 2/10/2024, 9/10/2024, 16/10/2024 (5 sessions)

Time: 6-9 pm (Every Wednesday)

Venue: Wanchai Sports Ground

Eligibility:

1. Permanent member of HKWPA
2. No criminal record in Hong Kong & other countries/region
3. Has participated in international level championship (those who plan to participate in international Championship in 2024 can apply, full registration is completed when the criteria are met)
2. Has relevant experience in strength training

Benefit of HKWPA registered Powerlifting coach

1. Will be nominated to take IPF and APF Coach course and other Coach development activities
2. Will be recruited as Hong Kong team coach to prepare Hong Kong team lifters for international championships
3. Will be recruited as on-site team coach in international Championship local and overseas

Course content:

- 1 Role of coach and coach conduct
2. IPF rules and regulations relevant to coaches
3. Strength development
4. Anti-doping rules, health hazards of doping
5. Contemporary techniques and biomechanics of the 3 lifts
6. Practical coaching of the 3 lifts

Language: Cantonese, assisted by English

Registration fee: \$4000

HKWPA registered coach participating as revision course: \$2000

HKWPA first time Coach registration: \$500

Full courses must be taken to be registered. The selection of participants is by the Coaching Directors of HKWPA. The applicants will be notified for successful or failed application.

Coach re-registration: A yearly fee of \$200 must be paid for re-registration.

Registration:

Please complete the registration form and mail to HKWPA email:

pokkimwon@hkwpa.org.hk

The deadline of application is on Aug 31, 2024