

## Young Athletes Squash Training Scheme 2025/26 – Phase 3

Location	Date	Time	Class	Quota
香港壁球中心 Hong Kong Squash Centre	3/10/2025 – 15/12/2025 (expect 1, 12/12)	Monday 4:30pm – 6:30pm and Friday 4:30pm – 6:30pm	H01	20
香港壁球中心 Hong Kong Squash Centre	3/10/2025 – 31/12/2025 (expect 29/10, 28/11, 3, 5, 19, 24/12)	Wednesday 4:30pm – 6:30pm and Friday 4:30pm – 6:30pm	H02	12
港灣道體育館 Harbour Road Sports Centre	10/10/2025 – 2/1/2026 (expect 2, 9, 16/11, 7, 21/12)	Friday 4:30pm – 6:30pm and Sunday 2pm – 4pm	H03	16
渣華道體育館 Java Road Sports Centre	24/9/2025 – 4/1/2026 (expect 28/9, 1, 5, 29/10, 2, 9, 16/11, 7, 21, 24/12)	Wednesday 5pm – 7pm and Sunday 11am – 1pm	H04	20
香港仔網球及壁球中心 Aberdeen Tennis & Squash Centre	3/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 7, 21/12)	Friday 5pm – 7pm and Sunday 2pm – 4pm	H05	12
歌和老街公園壁球及乒乓球中心 Cornwall Street Squash & Table Tennis Centre	12/10/2025 – 4/1/2026 (expect 2, 9, 16/11, 19, 21/12)	Friday 4:30pm – 6:30pm and Sunday 10am – 12nn	K01	20
歌和老街公園壁球及乒乓球中心 Cornwall Street Squash & Table Tennis Centre	16/10/2025 – 8/1/2026 (expect 2, 9, 16/11, 21/12)	Thursday 5:00pm – 7:00pm and Sunday 10am – 12nn	K02	16
花園街體育館 Fa Yuen Street Sports Centre	2/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 21, 25/12)	Thursday 4:30pm – 6:30pm and Sunday 10am – 12nn	K03	16
官涌體育館 Kwun Chung Sports Centre	24/9/2025 – 31/12/2025 (expect 27/9, 1, 4/10, 1, 8, 15/11, 20, 24/12)	Wednesday 4:30pm – 6:30pm and Saturday 1pm – 3pm	K04	16
北河街體育館 Pei Ho Street Sports Centre	3/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 7, 21/12)	Friday 5pm – 7pm and Sunday 4:30pm – 6:30pm	K05	16
蒲崗村道體育館 Po Kong Village Road Sports Centre	6/10/2025 – 29/12/2025 (expect 1, 8, 15/11, 20, 22/12)	Monday 5pm – 7pm and Saturday 4pm – 6pm	K06	12
佛光街體育館 Fat Kwong Street Sports Centre	3/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 7, 21/12)	Friday 5pm – 7pm and Sunday 12nn – 2pm	K07	12
蕙荃體育館 Wai Tsuen Sports Centre	30/9/2025 – 30/12/2025 (expect 4, 7/10, 1, 8, 15/11, 20, 23/12)	Tuesday 5:00pm – 7:00pm and Saturday 11:30am – 1:30pm	N01	12
將軍澳體育館 Tseung Kwan O Sports Centre	9/10/2025 – 15/1/2026 (expect 1, 8, 15/11, 4, 6, 11, 13/12/2025, 1/1/2026)	Thursday 5pm – 7pm and Saturday 11am – 1pm	N02	12
源禾路體育館 Yuen Wo Road Sports Centre	8/10/2025 – 31/12/2025 (To Be Confirmed)	Wednesday 4:30pm – 6:30pm and Sunday 10am – 12nn	N03	12
沙田賽馬會公眾壁球場 Sha Tin JC Public Squash Courts	10/10/2025 – 28/12/2025 (To Be Confirmed)	Friday 5pm – 7pm and Sunday 10am – 12nn	N04	12
大埔運動場壁球場 Tai Po Sports Ground Squash Court	3/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 7, 21/12)	Friday 4:30pm – 6:30pm and Sunday 2pm – 4pm	N05	12
屯門蝴蝶灣體育館 TM Butterfly Beach Sports Centre	24/9/2025 – 31/12/2025 (expect 1, 5, 29/10, 2, 9, 16/11, 21, 24/12)	Wednesday 4:30pm – 6:30pm and Sunday 10am – 12nn	N06	12
青衣體育館 Tsing Yi Sports Centre	3/10/2025 – 28/12/2025 (expect 5/10, 2, 9, 16/11, 21, 26/12)	Friday 4:30pm – 6:30pm and Sunday 9am – 11am	N07	12
天水圍體育館 Tin Shui Wai Sports Centre	10/10/2025 – 28/12/2025 (expect 2, 9, 16/11, 21/12)	Friday 5pm – 7pm and Sunday 9am – 11am	N08	12
天水圍體育館 Tin Shui Wai Sports Centre	12/10/2025 – 6/1/2026 (expect 2, 9, 16/11, 7, 21, 23/12)	Tuesday 5:00pm – 7:00pm and Sunday 2pm – 4pm	N09	12

**Entry Fee : HK\$500    Deadline for enrolment : 14 Aug 2025 (Thursday)    Enquires : 2699 6384**

- Aim of the scheme :** To provide a 20-session intensive squash training for potential junior players.
- Entry Requirement :** Participants must be aged 15 or below (Participant of age 11 or above are required to pass the Silver Award of Junior Squash Award Scheme, participant of age under 11 are required to pass the Bronze Award.)
- Entry Method :** Please fill in the enrolment form and send it with a crossed cheque HK\$500 (payable to **“Squash Association of Hong Kong, China”**, name of applicant and class no. should be marked clearly on the back of the cheque) to the Squash Association of Hong Kong, China Office, G/F Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong **on or before 14 Aug 2025 (Thursday)**. [Late entry will not be accepted]
- Student can only be trained in this scheme for maximum 3 years, otherwise the student must have the approval of Coaching & Development Manager of Squash Association of Hong Kong, China.
  - Student who has good performance in this scheme, will have a chance to be nominated by the Coach-in-charge to Hong Kong Regional Squad Training
  - All decisions made in this scheme are rightfully under the discretion of Squash Association of Hong Kong, China.
  - This schedule is subject to change, Squash Association of Hong Kong, China has the right to amend the details of date, time and venue of the programmes without prior notice, applicants shall receive notification of changes by in-charge coach shortly

## Young Athletes Squash Training Scheme 2025/26 – Phase 3

### Phase 3 (October to December) – Enrolment Form

Name : \_\_\_\_\_ (Chi) \_\_\_\_\_ (Eng) Class No. : \_\_\_\_\_

Date of Birth : \_\_\_\_\_ (Year) \_\_\_\_\_ (M) \_\_\_\_\_ (D) Age : \_\_\_\_\_ Sex : \_\_\_\_\_

Address : \_\_\_\_\_

Email : \_\_\_\_\_

School Name : \_\_\_\_\_

Participant's

Mobile : \_\_\_\_\_ Contact (Home) : \_\_\_\_\_

Emergency

Contact

Person : \_\_\_\_\_ Emergency Contact : \_\_\_\_\_

HK Squash Junior Award Scheme (Highest level passed) : Bronze / Silver / Gold / Platinum

Participant's Signature : \_\_\_\_\_ Date : \_\_\_\_\_

## Parental Consent

**\*(This part must be completed by student's parents or guardian)\***

I declare that \_\_\_\_\_ (applicant's name) is physically fit and he/she is suitable to participate in the above activity. The organization is not responsible for any injuries suffered by participants, except for those required by law.

\*The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by the organizer and the subvented organization. For correction of or access to personal data after submission of this form, please contact staff of the Squash Association of Hong Kong, China.

Attached with Cross Cheque HK\$500 (Cheque No.: \_\_\_\_\_ Bank: \_\_\_\_\_)

Parent/Guardian's Name : \_\_\_\_\_

Signature : \_\_\_\_\_ Date : \_\_\_\_\_

Notification: Successful applicants list will be announced on the Squash Association of Hong Kong, China website on or before **8 Sep 2025(Monday)**. The application form with cheque will be back to those who have not been selected.