



# TITAN Triathlon Summer Training Course

## 毅騰會 暑期訓練課程資料



### 水陸兩項 (游泳 + 跑步) 鐵人訓練課程 Aquathlon Training Course

基本要求: 必須懂得以自由泳游畢 25 米 Basic Requirement: Able to swim 25m without any swimming aid

目的 Aims: 集中游泳和跑步兩項鐵人訓練及轉項技巧 Provide Basic Aquathlon (Swim + Run) and Transition training

| 課程編號<br>Code | 時間<br>Time | 日期<br>Date                                | 對象<br>Target | 集合地點<br>Venue  | 費用<br>Fee |
|--------------|------------|---|--------------|--|-----------|
| SR1          | 0900-1030  | 逢星期二及四 Tue & Thu<br>Tue & Thu 16/7 – 15/8 | 7+           | 沙田賽馬會<br>公眾游泳池閘口                                     | \$1,125   |
| SR2          | 1500-1630  | 逢星期二及四 Tue & Thu                          |              | Shatin Jockey Club Public<br>Swimming Pool- Entrance | \$900     |
| SR3          | 1700-1830  |   |              |  |           |
|              |            | A 9/7 – 1/8    B 6/8 – 29/8               |              |  |           |



### 陸上兩項 (跑步+ 單車) 鐵人訓練課程 Duathlon Training Course

基本要求: 必須懂得以兩輪單車踩踏 Basic Requirement: MUST able to Cycling skill

目的 Aims: 集中跑步和單車兩項鐵人訓練及轉項技巧 Provide Basic Aquathlon (Run + Cycling) and Transition training

|     |           |                              |    |                          |   |
|-----|-----------|------------------------------|----|--------------------------|---|
| CR1 | 0900-1030 | 逢星期一及三 Mon & Wed             | 7+ | 毅騰會辦事處<br>Titan's Office | \$900 (費用不包括單車 Fee does NOT include bike) |
| CR2 | 1500-1630 | A 8/7 - 31/7    B 5/8 - 28/8 |    |                          |   |
| CR3 | 1700-1830 |                              |    |                          |   |

### 單車技術改良訓練課程 Intermediates Cycling Training Course

基本要求: 只接受懂得以兩輪單車踩踏人士 Basic Requirement: MUST able to Cycling skill

目的 Aims:

如何控制公路單車及正確的坐姿和技術, 可持續性踏踩。To control a road bike and use proper posture and skills for continuous cycling.

|    |           |                          |    |                          |       |
|----|-----------|--------------------------|----|--------------------------|-------|
| C1 | 1200-1400 | 逢星期六 Sat                 | 7+ | 毅騰會辦事處<br>Titan's Office | \$900 |
| C2 | 1415-1615 | A 6/7 - 24/8             |    |                          |       |
| C3 | 1630-1830 | 逢星期日 Sun<br>B 7/7 - 25/8 |    |                          |       |

### 爬山單車特別訓練課程 (須自備爬山單車) Mountain Bike Special Training Course

基本要求: 只接受懂得以兩輪單車踩踏人士 Basic Requirement: MUST able to Cycling skill

目的 Aims: 讓參加者在山路或不平坦道路上踏踩的體驗, 也是體能的考驗 Allow participants to experience riding on mountains or rough surfaces.

|       |           |            |     |   |         |
|-------|-----------|------------|-----|---|---------|
| MTB 1 | 1400-1600 | 2/6 - 23/6 | 16+ | 屯門黃金海岸對面中石化油站<br>Sinopec Station- opposite to Tuen Mum Golden Coast | \$1,000 |
| MTB 2 |           | 7/7 - 28/7 |     |   |         |
| MTB 3 |           | 4/8 - 25/8 |     |   |         |





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### 游泳 (初級) 訓練課程 Beginners Swimming Training Course

基本要求: 只接受不懂游泳人士 Basic requirement: All interested

目的 Aims: 課程以學習自由泳式為主 Basic technique about Free-style

| 課程編號<br>Code | 時間<br>Time | 日期<br>Date               | 對象<br>Targets | 集合地點<br>Venue | 費用<br>Fee |
|--------------|------------|--------------------------|---------------|---------------|-----------|
| S2           | 0915-1015  | 逢星期一、三、五 Mon & Wed & Fri | 7+            |               |           |
| S3           | 1030-1130  | A 15/7 – 31/7            |               |               |           |
| S4           | 1500-1600  | B 5/8 – 21/8             |               |               |           |
| S5           | 1615-1715  | 逢星期二、四、六 Tue & Thu & Sat |               |               |           |
| S6           | 1730-1830  | C 16/7 – 1/8             | 16+           |               | \$1,100   |
| S7           | 1930-2030  | D 6/8 – 22/8             |               |               |           |
| S8           | 2045-2145  |                          |               |               |           |

### 單車初級訓練課程 Beginners Cycling Training Course



基本要求: 接受不懂單車人士 Basic requirement: All interested

目的 Aims:

基本單車操控技術, 如直線行車、轉彎及緊急停車。Basic skill of bike-control, such as straight-line cycling; turning and emergency stopping

|     |           |                          |    |                          |       |
|-----|-----------|--------------------------|----|--------------------------|-------|
| BC1 | 0800-0930 | 逢星期一、三、五 Mon & Wed & Fri | 7+ | 毅騰會辦事處<br>Titan's Office | \$900 |
| BC2 | 1000-1130 | A 15/7 - 31/7            |    |                          |       |
| BC3 | 1500-1630 | B 16/7 - 1/8             |    |                          |       |
| BC4 | 1700-1830 | 逢星期二、四、六 Tue & Thu & Sat |    |                          |       |
|     |           | C 5/8 - 21/8             |    |                          |       |
|     |           | D 6/8 - 22/8             |    |                          |       |



### 幼兒單車初級訓練課程 Beginners Cycling Training Course (For Kids only)

基本要求: 只接受不懂得踏單車 Basic requirement: All interested

目的 Aims:

以平衡單車來學習基本單車操控, 如何控制身體平衡, 直線行車、轉彎及停車。

Using Balance-bike to learn Basic skill of bike-control, such as control body balance, straight-line cycling; turning and emergency stopping

|     |           |                |     |                          |   |
|-----|-----------|----------------|-----|--------------------------|---|
| BC5 | 0900-1000 | 逢星期六 Every Sat | 3-6 | 毅騰會辦事處<br>Titan's Office | \$800(費用已包括單車 The fee including balance-bike use) |
| BC6 | 1030-1130 | A 6/7 - 27/7   |     |                          |   |
|     |           | B 3/8 - 24/8   |     |                          |   |
|     |           | 逢星期日 Every Sun |     |                          |   |
|     |           | C 7/7 - 28/7   |     |                          |   |
|     |           | D 4/8 - 25/8   |     |                          |   |



# TITAN Triathlon Summer Training Course

## 毅騰會 暑期訓練課程資料

### 個人資料 Personal Information

Course Code: \_\_\_\_\_

請選擇欲參加之課程: \_\_\_\_\_

TITAN Member: Yes/ No

會員: 是/不是

Finished TITAN Course: Yes/ No

曾參加本會課程: 是/不是

Participant's Name:

參加者姓名: \_\_\_\_\_ (中) \_\_\_\_\_ (英)

Gender:

性別: \_\_\_\_\_

Date of Birth

出生日期: \_\_\_\_\_

Age:

年齡: \_\_\_\_\_

Parent/Guardian's Name

家長/監護人姓名: \_\_\_\_\_

Contact No.

聯絡電話: \_\_\_\_\_

Emergency Contact No.

緊急聯絡人電話: \_\_\_\_\_ (1) \_\_\_\_\_ (2)

Living District:

所住地區: \_\_\_\_\_

School:

就讀學校: \_\_\_\_\_

Email (MUST fill in for delivering course information)

電郵 (必須填寫): \_\_\_\_\_

### 責任聲明:

本人(參加者姓名)\_\_\_\_\_《參加親子班子女姓名\_\_\_\_\_》

是自願參加此活動和願意承擔自身的意外風險及責任，並無權向大會對本人在往返活動場地中、活動中發生或其引致之自身意外、死亡或任何形式的損失索償或追討責任。

I understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of including but not limited to injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. I permit Titan Triathlon to use the above personal data in the operation of this activity and to inform me of future activities.

本人聲明本人身體健康及有能力參加以上課程，並經由執業醫生確認本人之體適能適合參加此活動。

I am physically fit and capable of participation in the Event and have not been otherwise advised by a qualified medical practitioner.

家長簽署(\*\*未滿十八歲之參加者必須由家長簽署): \_\_\_\_\_ 參加者簽署: \_\_\_\_\_

Parent's Signature (Parent's Signature is necessary for participant aged under 18) Participant's Signature:

日期: \_\_\_\_\_

Date:

Payment Method 付款方法:

1. By Cheque 支票 Send your completed entry form, together with your crossed cheque for prescribed amount payable to "Titan Triathlon" by post to: Workshop 5, 1/F, Block B, New Trade Plaza, 6 On Ping Street, Shatin, N.T. (Please write down the participant's name, category with event name and contact number at the back of the cheque.)

請填妥報名表格連同抬頭「毅騰會」或「TITAN TRIATHLON」的劃線支票，背後寫上參加者姓名、課程編號及聯絡電話，郵寄至沙田石門安平街6號新貿中心B座一樓五室。

2. ATM Transfer 轉帳 Please deposit the prescribed amount into the Hong Kong Bank (HSBC) savings account of Titan Triathlon 557-8-058603 and Email ([trg.titantriathlon@gmail.com](mailto:trg.titantriathlon@gmail.com)) / Whatsapp the pay-in/transfer slip to 6080-4770. (Please write down the participant's name, category with event name and contact number at the front of the slip.) The enrollment will not be processed if fail to provide transaction record.

請將有關金額傳致(香港上海匯豐銀行 557-8-058-603) 必須將過數紙電郵 ([trg.titantriathlon@gmail.com](mailto:trg.titantriathlon@gmail.com)) 或 Whatsapp (6080-4770) 致本會，並寫上參加者姓名、課程編號及聯絡電話；如參加者未能提供轉帳記錄證明，該申請即作廢亦不能安排退款。





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### 注意事項

- 報名表格及費用須在截止日期或之前遞交，逾期申請在學額尚有空缺時方予考慮。Registration Form **AND** course fee must be submitted on or before the application deadline(s). Late applications will only be considered on a space-available basis.
- 申請者於開課前一星期將收到由電郵發出的確認證明及課程詳情。Class confirmation and details via email will be sent to you one week before the start of the course upon successful submission of application.
- 所有課程請於上堂前十五分鐘到集合地點 Please arrive at the Gathering Venue 15mins before class
- 報名時請列名選擇 A 班或 B 班（列：SR1A）Please include the designated alphabetical letter for the course section(if applicable) when filling in the course code (i.e. SR1A)
- 如需租借單車請報名時向本會一同申請及繳費，單車租借每次為港幣\$110 元正 Bike rental \$110/ session
- 所有單車課程必須自備頭盔 Please prepare your own helmet for all about cycling training course
- 本會保留因收生不足而取消任何課程／班別的權利。如課程／班別取消，所有已繳費用將予以退還。Titan Triathlon reserves the right to cancel any programme(s) / course(s) due to insufficient number of participants in which case all fees paid will be refunded.
- 根據《個人資料（私隱）條例》，申請人有權利查詢及更改填報於申請表格的資料，並可索取此等資料的副本。如有需要，請致函本會。In accordance with the Personal Data (Privacy) Ordinance, you have the right of access to and correction of the information contained in your application form, and the right to request a copy of such data. If you wish to do so, you may submit your request in writing to Titan Triathlon.

### 惡劣天氣下之安排 Arrangement for Training Course

上課前請留意天氣情況，或致電天文台查詢（電話：1878200）。如上課前兩小時仍然懸掛三號或以上颱風訊號或紅雨或黑雨，該訓練課程將會取消，亦不會設補堂。

Please check the weather from HK Observatory in advance of the training session (tel: 1878200). No training class will be held if a typhoon signal No.3 or above is hoisted, or if a Red Rainstorm Warning or above is effective 2 hours before the class start. No supplementary class will be arranged.