


Continuous Professional Development Programme

Presented by HKTA Coaches Development and Qualifications Committee

香港網球總會教練發展及資歷委員會主辦之持續專業發展計劃

Physical Training in Tennis

網球運動中之體能訓練

<p>Content 內容</p>	<p><u>THEORY:</u></p> <ul style="list-style-type: none"> ➤ Importance of Physical Training in Tennis ➤ “Kids Body Development” Evolution from young players to world champion <p><u>PRACTICAL:</u></p> <ul style="list-style-type: none"> ➤ Exercises that can be used for your players. <p><u>理論:</u></p> <ul style="list-style-type: none"> ➤ 體能訓練於網球運動中之重要性 ➤ 兒童身體發展: 從年輕球員發展為世界冠軍 <p><u>實踐:</u></p> <ul style="list-style-type: none"> ➤ 體能訓練示範
<p>Speaker 講者</p>	<p>Romain Deffet</p> <div data-bbox="971 1188 1432 1707" data-label="Image">  </div> <p>Former Physical Coach of:</p> <ul style="list-style-type: none"> ● Li NA (WTA #2, Grand Slam Singles Winner) ● Shilin Xu (ITF JUNIOR #1, 2014 Summer Youth Olympics Gold Medalist)

	<ul style="list-style-type: none"> ● Wu Yibing (ITF JUNIOR #1, Junior Grand Slam Singles Winner) ● Daniela Hantuchova (WTA #5, Grand Slam Mixed Doubles Winner) ● Peng Shuai (WTA DOUBLES #1, Grand Slam Doubles Winner)
Date 日期	4 & 5 Jan 2021
Time 時間	2 Sessions*: 1030-1300 (4 Jan) 1 Sessions*: 1030-1200 (5 Jan) *Each session is around 75 mins. *每節約75分鐘
Format 形式	Zoom 網上工作坊
Fee 費用	HKTA Licensed Coaches/ HKTA Member: Free 網總持牌教練/ 網總會員: 免費
Quota 名額	40
Deadline of Enrolment 截止日期	1pm, 31 Dec 2020 (Thu) 2020年12月31日, 下午一時(星期四)
Language 語言	English 英語
Licensing Scheme credit points 教練牌照分數	2 Credit Points 2 分
Remark 備註	Please make sure all the information you provided is correct. HKTA will send you online video links by email after enrolment. You have to complete the online assignment after the online workshop. 請確保填寫的資料正確無誤,以便在報名後,以電郵方式將教學片段傳送到你的電郵地址。

教練牌照計劃手冊已上載於本會網頁

The HKTA Coach License Scheme Hand Book has been uploaded on our website: www.tennishk.org

本會不會發出確認信予參加者。請到 www.tennishk.org 查閱取錄名單。如參加者發現自己的名子不在名單上,請於報名截止日期後 2 個工作天內與本會聯絡

No confirmation letter will be issued to participants. Acceptance list is available at www.tennishk.org. It is the applicant's responsibility to check the acceptance list. Any applicant who has submitted the application form but cannot find his/her names on the Acceptance List please call the HKTA office within 2 working days after the enrolment deadline.

報名方法 Enrolment Method :

1. 請按以下連結完成報名

For the **HKTA Licensed Coaches**, please click the below link to complete the enrolment

https://docs.google.com/forms/d/e/1FAIpQLSfu7Vv7b_VltSSdKMjOsP6ubhOoEuOdNAH1AaPpjTjzJ8liRg/vie/wform