

# ANNOUNCEMENT

Hong Kong Skating Union sincerely invites you to participate in

## **Short Track Speed Skating Training Camp**

**April 19 - 22, 2019**

**Dongguan, China**

Supported by



Organized by



## Short Track Speed Skating Training Camp

Organized by: Hong Kong Skating Union Limited

Supported by: International Skating Union

Date: April 19 - 22, 2019

Venue: Dongguan Ice Star Ice Rink

335, 3/F, Dongguan One Mall, 200 Hongfu Road, Nancheng District, Dongguan, Guangdong Province, China

Eligibility: Application is open to all ISU Members. Entries must be made only through the respective ISU Members. Skaters, who join the event of Asian Cup Short Track Speed Skating 2019, are priority.

### 1. Tentative Schedule and Outline

Skaters will be assigned to join session A or B. The schedule depends on the final entry of skaters and the arrangement by organizer.

Date	AM(On ice training)	PM(Off ice training)	PM(On ice training)
19 April	Session A 1.5 Hours	2 Hours	Session B 1.5 Hours
20 April	Session A 1.5 Hours	2 Hours	Session B 1.5 Hours
21 April	Session A 1.5 Hours	2 Hours	Session B 1.5 Hours
22 April	Session A 1.5 Hours	Seminar 14:00-17:30	Session B 1.5 Hours

***\*Subject to Change***

### 2. Program outline

Coach:

a. KIM Sun Tae(金善台)

b. SUN Dandan

Lecturer:

BIAN Weihua

## Part A (Training)

On-ice and Off-ice Training between 19 and 22 April 2019

## Part B (Seminar) on 22 April 2019

- a. Training and adjustment before the competition.
- b. STSS Skating skills and posture
- c. STSS Strategies
- d. Knowledge of Skating equipment

## Part C(Seminar) on 22 April 2019

2018 ISU STSS regulation and technical rules  
(subject to change)

### 3. **Accommodation, Meals and Transportation**

The Organizing Committee will not provide free transportation service, meals and accommodation for participants. The costs and expenses will be the responsibility of the individual or their team.

### 4. **Medical Insurance**

Hong Kong Skating Union Limited and the Organizing Committee has no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the this coaching seminar.

It is the sole obligation of each participating member participating in this event to provide medical and accident insurance for the participants of the member's team. Such insurance must assure full medical attendance and the return of the ill or injured person to the home country by air transport or by other expeditious means. Any related costs involved will be responsible by the participating member or club.

### 5. **Entries**

- (1) Please complete the Entry Form according to the specific requirements, together with the ID Card/Passport copy and submit it before **March 1, 2019** to the Organizing Committee via [stss@hksu.org](mailto:stss@hksu.org)
- (2) Entry Fee: **HKD 560 or RMB 500 or USD 70 per participant.**
- (3) Participants are responsible for their own expenses. The Organizing Committee will only assist in providing the relevant information for reference purposes.
- (4) The Hotel booking fee and entry fee should be received by the Organizing Committee no later than **March 13, 2019.**

## 6. Payment Methods:

(i) By Telegraphic Transfer (For overseas participants)

Account Name: Hong Kong Skating Union Limited

Account Number: 383-527488-883

Bank SWIFT Code: HASEHKHHXXX

Bank Name: Hang Seng Bank Limited

Bank Code: 024

Bank Address: Causeway Bay Branch, 28 Yee Wo Street, So Kon Po, Causeway Bay,  
Hong Kong

\* Any bank charges incurred for the transfer should be borne by the participants' or their federation' account.

(ii) By mailing a crossed cheque (For Hong Kong participants)

Only crossed cheque payable to "Hong Kong Skating Union Limited" is accepted. Please write down the competitor's name, contact number, competition category at the back of the crossed cheque and mail it to the HKSU address.

HKSU Address: Room 1023, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong

## 7. The Organizing Committee

Should you have any enquiries regarding the entry form, ice rink, hotel booking or other requirements about the competition, please contact the Organizing Committee.

Organizing Committee: Hong Kong Skating Union Limited

Contact no.: (+852) 2577 8010

E-mail: [stss@hksu.org](mailto:stss@hksu.org)

Address: Room 1023, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

## 8. Official Hotel

Hotel: Kande International Hotel

Address: 200 Hongfu Road, Nancheng District, Dongguan, Guangdong Province,  
China

Tel.: (+86) 769 2868 8888

Charge: HKD 1000 per single/twin bed room with breakfast

Remarks: The official hotel near ice rink, within walking distance.

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