

# Sports

code	sp1 & sp2
Name of ELA:	Table tennis
Day :	Monday - Table Tennis Team sp1 (15:30-17:30) Friday - Table tennis Interest Group sp2 (15:30-17:30)
Duration:	Team - Year Long Interest Group - Rounds
Date (1st Round):	Friday - 18, 25/Sep, 2, 16, 23/Oct, 6, 20, 27/Nov
Date (2nd Round):	Friday - 11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12/ Mar
Date (3rd Round):	Friday - 26/Mar, 16, 23/Apr, 14, 28/May, 4/Jun
Date (Year Long):	Monday - 14, 21, 28/Sep, 5, 12, 19/Oct, 2, 9, 16, 23/Nov, 7, 14/Dec, 4, 11, 18/Jan, 8, 22/Feb, 1, 8, 22, 29/Mar, 12, 19, 26/Apr, 3, 10, 17, 24, 31/May
Level/Age Range:	Team - Selection Interest Group - S1 to S4
Venue:	Activity Centre
Fee for 1st round:	Team - \$900 Interest Group - \$800
Fee for 2nd round:	Team - \$800 Interest Group - \$700
Number:	Team - 10 to 20 Interest Group - 10 to 16
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	<b>Don't worry if you've never played table tennis before, you'll fit in. Some of our members are brand new to the sport and some have played for a number of years. Although they have different skill levels, they have one thing in common -- the love of ping-pong. Most students become our members simply because they love to play table tennis and they want to play more. Also, being part of an organized sport means many long lasting friendships, good-natured competition, and the joy of belonging to something that can last a lifetime.</b>

code	sp3 & sp5
Name of ELA:	Badminton Boys Team (Grade B & C) sp3 & sp5
Day :	Mon 16:00-18:00 - Grade B Wed & Fri 16:00-18:00 - Grade C
Duration:	Year Long
Date (Year Long):	Mon - 14, 21, 28/Sep, 5, 12, 19/Oct, 2, 9, 16, 23/Nov, 7, 14/Dec, 4, 11, 18/Jan, 8, 22/Feb, 1, 8, 22, 29/Mar, 12, 19, 26/Apr, 3, 10, 17, 24, 31/May Wed - 9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10, 24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/June Fri - 18, 25/Sep, 2, 16, 23/Oct, 6, 20, 27/Nov, 11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12, 26/Mar, 16, 23/Apr, 14, 28/May, 4/June
Level/Age Range:	Boys Team Grade B (Existing members) Boys Team Grade C (S1 & S2)
Venue:	Wong Chuk Hang Indoor Games Centre
Fee for 1st round:	Boys Team Grade B (\$2000) Boys Team Grade C (\$1000)
Fee for 2nd round:	Boys Team Grade B (\$900) Boys Team Grade C (\$1500)
Number	Grade B - 24 to 36                      Grade C - 10 to 12
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Badminton gives students a chance to have a physical activity to engage in. It gives them the opportunity to participate in a team event. Students can extend themselves in a specific activity. They can learn to coordinate their body in three dimensions. Students can also acquire the ability to focus on an activity after being given instructions to practice certain routines. Last but not least, playing badminton can broaden their mind and gives them a skill that they are able to use later in life to build a social network.

code	sp4 & sp6
Name of ELA:	Badminton Girls Team (Grade B & C)
Day :	Thur & Fri 16:00-18:00 - Grade B sp4 Fri 16:00-18:00 - Grade C sp6
Duration:	Year Long
Date (Year Long):	Wed - 9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10, 24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/June Fri - 18, 25/Sep, 2, 16, 23/Oct, 6, 20, 27/Nov, 11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12, 26/Mar, 16, 23/Apr, 14, 28/May, 4/June
Level/Age Range:	Girls Team Grade B (Existing members) Girls Team Grade C (S1 & S2)
Venue:	WCH Indoor Games Centre
Fee for 1st round:	Grade B - \$2000 Grade C - \$1000
Fee for 2nd round:	Grade B - \$1500 Grade C - \$1500
Number	Grade B - 20 to 30 Grade C 10 to 12
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Badminton gives students a chance to have a physical activity to engage in. It gives them the opportunity to participate in a team event. Students can extend themselves in a specific activity. They can learn to coordinate their body in three dimensions. Students can also acquire the ability to focus on an activity after being given instructions to practice certain routines. Last but not least, playing badminton can broaden their mind and gives them a skill that they are able to use later in life to build a social network.

code	sp7
Name of ELA:	Badminton Interest Group
Day :	Rounds
Duration:	Thur 16:00- 18:00
Date (1st round):	16, 23, 30/Sep, 7, 14, 21/Oct, 4, 11, 18, 25/Nov
Date (2nd round):	Thur - 10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11/ Mar
Date (3rd round):	Thur - 25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/June
Level/Age Range:	S1 to S4
Venue:	WCH Indoor Games Centre
Fee for 1st round:	\$1,000
Fee for 2nd round:	\$1,000
Number	10 to 24
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Badminton gives students a chance to have a physical activity to engage in. It gives them the opportunity to participate in a team event. Students can extend themselves in a specific activity. They can learn to coordinate their body in three dimensions. Students can also acquire the ability to focus on an activity after being given instructions to practice certain routines. Last but not least, playing badminton can broaden their mind and gives them a skill that they are able to use later in life to build a social network.

code	sp8 & sp9
Name of ELA:	Football Team (Grade B sp8 & C sp9)
Day :	Mon & Wed 16:00- 18:00 - Grade B Wed & Fri 16:00- 18:00 - Grade C
Duration:	Year Long
Date (Year Long):	Mon - 14, 21, 28/Sep, 5, 12, 19/Oct, 2, 9, 16, 23/Nov, 7, 14/Dec, 4, 11, 18/Jan, 8, 22/Feb, 1, 8, 22, 29/Mar, 12, 19, 26/Apr, 3, 10, 17, 24, 31/May Wed - 16, 23, 30/Sep, 7, 14, 21/Oct, 4, 11, 18, 25/Nov, 9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10, 24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/June Fri - 18, 25/Sep, 2, 16, 23/Oct, 6, 20, 27/Nov, 11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12, 26/Mar, 16, 23/Apr, 14, 28/May, 4/June
Level/Age Range:	Selection
Venue:	WCH Football Pitch
Fee for 1st round:	\$1,800
Fee for 2nd round:	\$1,300
Number	10 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Students are taught basic football skills and strategies, with opportunities to hone these abilities through lively training drills and games. As with all team sports, players not only improve their fitness, but also learn about cooperation with and consideration for their peers.

code	sp10 & sp11
Name of ELA:	Basketball
Day :	Tue and Sat - Basketball Boys Team sp10 (16:00-18:00) and (09:30- 12:30) Mon & Sat - Basketball Girls Team sp11 (15:30-17:30) and (09:00- 12:00)
Duration:	Year Long
Date (Year Long):	Mon(Girls) - 14, 21, 28/Sep, 5, 12, 19/Oct, 2, 9, 16, 23/Nov, 7, 14/Dec, 4, 11, 18/Jan, 8, 22/Feb,1, 8, 22, 29/Mar, 12, 19, 26/Apr, 3, 10, 17, 24, 31/May Tue(Boys) - 15, 22, 29/Sep, 6, 13, 20/Oct, 3, 10, 17, 24/Nov, 8, 15/Dec, 5, 12, 19/Jan, 2, 9, 23/Feb, 2, 9, 23, 30/Mar, 13, 20, 27/Apr, 4, 11, 18, 25/May, 1/June Sat(Boys and Girls) - 19, 26/Sep, 10, 17/Oct, 7, 14, 21, 28/Nov, 12/Dec, 9, 16, 30/Jan, 6, 27/Feb, 6, 13, 27/Mar, 17, 24/Apr, 8, 15, 22, 29/May, 5/June
Level/Age Range:	Boys & Girls Teams Grade B - Existing members Boys & Girls Teams Grade C - S1 & S2
Venue:	Basketball Court1 (Boys) Basketball Court2 (Girls)
Fee for 1st round:	Boys Team - \$1,800 Girls Team - \$400 for Basketball Court fee
Fee for 2nd round:	Boys Team - \$1,000 Girls Team - \$600 for Basketball Court fee
Number	15 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by a renowned coach, Mr. Yung Man Tak. Students engage in physical activity acquiring and honing skills on the basketball court. Students will have the additional opportunity to socialize with their peers and develop their social skills. Students with better performance can represent our college and join the inter- school basketball competition.

code	sp12 & sp13
Name of ELA:	Rope skipping
Day :	Wednesday - Interest Group sp 13 (15:30- 17:30) Tue and Thur - Rope Skipping Team sp12 (16:00- 18:00)
Duration:	1st round, 2nd round and 3rd round - Interest Group Year Long - Team
Date (1st Round):	16, 23, 30/Sep, 7, 14, 21/Oct, 4, 11, 18, 25/Nov
Date (2nd Round):	9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10/Mar
Date (3rd Round):	24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/Jun
Date (Year Long):	Tue - 15, 22, 29/Sep, 6, 13, 20/Oct, 3, 10, 17, 24/Nov, 8, 15/Dec, 5, 12, 19/Jan, 2, 9, 23/Feb, 2, 9, 23, 30/Mar, 13, 20, 27/Apr, 4, 11, 18, 25/May, 1/Jun Thur - 17, 24/Sep, 8, 15, 22/Oct, 5, 19, 26/Nov, 10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11, 25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/Jun
Level/Age Range:	Team - Selection Interest Group - S1 to S4
Venue:	Activity Centre
Fee for 1st round:	Team - \$1800 Interest Group - \$900
Fee for 2nd round:	Team - \$1300 Interest Group - \$900
Number	Team - 10 to 20 Interest Group - 15 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Students participating in the rope skipping interest group will be taught by a renowned coach. They engage in acquiring all sorts of rope skipping skills, which are to be performed with background music. Furthermore, students will have an additional opportunity to socialize with their peers and develop their social skills.

code	sp14
Name of ELA:	Netball
Day :	Thur 15:30- 17:30
Duration:	Year Long
Date (Year Long):	17, 24/Sep, 8, 15, 22/Oct, 5, 19, 26/Nov, 10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11, 25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/June
Level/Age Range:	S1 to S4 (girls)
Venue:	Basketball Court 2
Fee for 1st round:	\$900.00
Fee for 2nd round:	\$900.00
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Netball is similar to basketball except you cannot dribble the ball. It plays more emphasis on team work. This sport is especially designed for GIRLS although nowadays many boys enjoy the sport. Unfortunately Netball is only provided for GIRLS

code	sp15
Name of ELA:	Rugby Team
Day :	Fri 16:00- 18:00
Duration:	Year Long
Date (Year Long):	18, 25/Sep, 2, 16, 23/Oct, 6, 20, 27/Nov, 11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12, 26/Mar, 16, 23/Apr, 14, 28/May, 4/Jun
Level/Age Range:	S1 to S4
Venue:	HKU Football Pitch (Sandy Bay)
Fee for 1st round:	\$500.00
Fee for 2nd round:	\$500.00
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by an overseas-trained coach from the HKRFU. Students are taught basic rugby skills and given the opportunity to hone their skills through lively training drills and games. Being a team sport, players not only develop their rugby skills and improve their fitness, they also learn how to work together as a team and help one another. Safety training and mouth guards are provided by the coaches.

code	sp16
Name of ELA:	Swimming Team
Day :	Fri 17:00-18:00
Duration:	Year Long
Date (Year Long):	11/Dec, 8, 15/Jan, 5, 26/Feb, 5, 12, 26/Mar, 16, 23/Apr, 14, 28/May, 4/June
Level/Age Range:	S1 to S4
Venue:	Morrison Hill Swimming Pool
Fee for 1st round:	\$1,800
Fee for 2nd round:	\$900
Number	10 to 30
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	The introductory courses provide a fun and safe environment for our students to learn swimming in the shortest period of time possible. Students with high potential will be short-listed to join the swimming team. In team training, members will practice advanced techniques for competitive swimming, and participate in various interschool and Hong Kong Amateur Swimming Association Championship competitions.

code:	sp17
Name of ELA:	DanceSport Team
Day :	Monday 1530- 1730
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	14, 21, 28/Sep, 5, 12, 19/Oct, 2, 9, 16, 23/Nov,
Date (2nd Round):	7, 14/Dec, 4, 11, 18/Jan, 8, 22/Feb, 1, 8/Mar
Date (3rd Round):	22, 29/Mar, 12, 19, 26/Apr, 3, 10, 17, 24, 31/May
Fee for 1st round:	\$400
Fee for 2nd round:	\$400
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	DanceSport is a growing activity in the sporting world with more members joining its ranks each year. Students learn rhythmic dance techniques and styles from South America that will be a useful social skill for life, and also contribute to their overall fitness and wellbeing. The art form also contributes to the S1 and S2 physical education lessons in the second term.

code	sp18
Name of ELA:	Softball
Day :	Wed 16:00- 18:00
Duration:	Year Long
Date (Year Long):	16, 23, 30/Sep, 7, 14, 21/Oct, 4, 11, 18, 25/Nov, 9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10, 24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/Jun
Level/Age Range:	S1 to S4
Venue:	Tin Kwong Road Softball Association
Fee for 1st round:	\$900
Fee for 2nd round:	\$900
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by a coach assigned by the Hong Kong Softball Association. Students acquire skills through engaging in physical activity at the softball pitch in Tin Kwong Road, HKSA. Students will have the additional opportunity to socialize with their peers and develop their social skills.

code	sp19
Name of ELA:	Athletics Team (Track)
Day :	Thur 15:30-17:30
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	17, 24/Sep, 8, 15, 22/Oct, 5, 19, 26/Nov
Date (2nd Round):	10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11/Mar
Date (3rd Round):	25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/June
Level/Age Range:	S1 to S4
Venue:	WCH Sports Ground
Fee for 1st round:	\$800
Fee for 2nd round:	\$800
Number	8 to 30
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Through athletics students are able to gain physical fitness, extend their physical boundaries and have fun with their peers. Students will be participating in numerous track and field events and hone their skills and strategies with feedback from a professional athletics coach.

code	sp20
Name of ELA:	Athletics Team (Field)
Day :	Mon 15:30-17:30
Duration:	2nd round and 3rd round
Date (2nd Round):	10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11/Mar
Date (3rd Round):	25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/Jun
Level/Age Range:	S1 to S4
Venue:	WCH Sports Ground
Fee for 1st round:	\$800
Fee for 2nd round:	\$800
Number	8 to 30
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Through athletics students are able to gain physical fitness, extend their physical boundaries and have fun with their peers. Students will be participating in numerous track and field events and hone their skills and strategies with feedback from a professional athletics coach.

code	Sp21
Name of ELA:	Tennis Team
Day :	Sat 8:00-10:00
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	19, 26/Sep, 10, 17/Oct, 7, 14, 21, 28/Nov
Date (2nd Round):	12/Dec, 9, 16, 30/Jan, 6, 27/Feb, 6, 13/Mar
Date (3rd Round):	27/Mar, 17, 24/Apr, 8, 15, 22, 29/May, 5/Jun
Level/Age Range:	S1-S4 students (boys and girls) Students need to keep control depth of shots and have stable groundstroke on the baseline for 30 times, they should be
Venue:	Chai Wan Tennis Court (Dec), Victoria Park Tennis Court (Sept, Jan-May)
Fee for 1st round:	\$800
Fee for 2nd round:	\$1,000
Number	8 to 12
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by local coach Gordon Cheung. He is the coach of Hong Kong Institute of Education and Diocesan Girls' School tennis teams. Students engage in physical activity whilst acquiring and honing their skills on the tennis court. Students will develop basic racquet and shot making skills and also develop social skills with their peers.

code	sp22
Name of ELA:	Golf Team
Day :	Thur 16:30- 17:30
Duration:	Year Long
Date (Year Long):	17, 24/Sep, 8, 15, 22/Oct, 5, 19, 26/Nov, 10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11, 25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/June
Level/Age Range:	S1 to S4
Venue:	Action Waterfall, Olympic City 1
Fee for 1st round:	\$1,100
Fee for 2nd round:	\$1,100
Number	8 to 16
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by a professional coach, Ms. Rani Ni Ketut. She is a professional player and has won over 20 international tournaments. Students will learn general golf etiquette and rules. They will work on the fundamentals of the golf swing, which includes driving, chipping, and putting. Students with better performance will perform drills in refining the golf swing and increasing power, distance, and accuracy.

code	sp23
Name of ELA:	Volleyball Enhancement Course
Day :	Tue & Thur 14:30- 17:30
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	Tue - 15, 22, 29/Sep, 6, 13, 20/Oct, 3, 10, 17, 24/Nov Thur - 17, 24/Sep, 8, 15, 22/Oct, 5, 19, 26/Nov
Date (2nd Round):	Tue - 8, 15/Dec, 5, 12, 19/Jan, 2, 9, 23/Feb, 2, 9/Mar Thur - 10, 17/Dec, 7, 14, 21/Jan, 4, 11, 25/Feb, 4, 11/Mar
Date (3rd Round):	Tue - 23, 30/Mar, 13, 20, 27/Apr, 4, 11, 18, 25/May, 1/June Thur - 25/Mar, 1, 15, 22/Apr, 6, 13, 20, 27/May, 3/June
Level/Age Range:	S1 to S4
Venue:	Action Waterfall, Olympic City 1
Fee for 1st round:	\$1,300
Fee for 2nd round:	\$1,000
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Taught by the well experienced coach Ms Tin Chan. She is the assistant coach of Hong Kong Volleyball Team. This is the course provide the basic skills, knowledge and rules regulations of volleyball games to students. And also student can demonstrates and apply simple tactics with teammates in game situations. We would like to promote the volleyball team in the future.

code	sp24
Name of ELA:	Indoor Rowing Canoeing Team
Day :	Wed 16:00-17:00
Duration:	2nd round and 3rd round
Date (2nd Round):	9, 16/Dec, 6, 13, 20/Jan, 3, 10, 24/Feb, 3, 10/Mar
Date (3rd Round):	24, 31/Mar, 14, 21, 28/Apr, 5, 12, 19, 26/May, 2/Jun
Level/Age Range:	S1 to S4
Venue:	Covered Playground
Fee for 1st round:	Free of charge
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Indoor Rowing is an excellent form of exercise which is good for your health and can be great fun as well. There is an ever growing body of scientific evidence demonstrating that regular physical exercise lowers the risk of many diseases and improves health. Inter-school competitions have been the backbone of physical education for few years. In Indoor Rowing, as in other sports, they provide motivation, sustainability and encourage competitive interest.

code	sp25
Name of ELA:	Swimming Interest Group
Day :	Sat 12:00n.n - 1p.m.
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	19, 26/Sep, 10, 17/Oct, 7, 14, 21, 28/Nov
Date (2nd Round):	12/Dec, 9, 16, 30/Jan, 6, 27/Feb, 6, 13/Mar
Date (3rd Round):	27/Mar, 17, 24/Apr, 8, 15, 22, 29/May, 5/June
Level/Age Range:	S1 to S4
Venue:	Morrison Hill Swimming Pool
Fee for 1st round:	\$780
Fee for 2nd round:	\$780
Number	10 to 30
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	The introductory courses provide a fun and safe environment for our students to learn swimming in the shortest period of time possible. Students with high potential will be short-listed to join the swimming team. In team training, members will practice advanced techniques for competitive swimming, and participate in various interschool and Hong Kong Amateur Swimming Association Championship competitions.

code	sp26
Name of ELA:	Hockey Team
Day :	Tue (Girls)15:30- 16:30 (Boys)16:30- 17:30
Duration:	1st round, 2nd round and 3rd round
Date (1st Round):	15, 22, 29/Sep, 6, 13, 20/Oct, 3, 10, 17, 24/Nov
Date (2rd Round):	8, 15/Dec, 5, 12, 19/Jan, 2, 9, 23/Feb, 2, 9/Mar
Date (3rd Round):	23, 30/Mar, 13, 20, 27/Apr, 4, 11,18, 25/May, 1/Jun
Level/Age Range:	S1 to S4 (Girls) S3 to S4 (Boys)
Venue:	Hall
Fee for 1st round:	Free of charge
Fee for 2nd round:	Free of charge
Number	8 to 20
Brief Introduction/Synopsis: (Not less than 50 words and not more than 80 words)	Hockey ELA will provide a fun sporting and social environment for students to engage with their peers using English exclusively. The activity is energetic, and with only 20 members per session, it will develop fitness and team coordination. Participants must wear school sportswear if they are to take part in the activity.