

Subvented by



香港教練培訓委員會
Hong Kong Coaching Committee

Organized by



香港棒球總會
HONG KONG BASEBALL ASSOCIATION

Baseball Instructor (Beginner) Certification Program

Objective : To train qualified baseball instructor in promoting baseball in Hong Kong.

Entry Requirements : 1 Age 18 or above;
2. Member of Hong Kong Baseball Association;
3. If you enjoy baseball and would like to be involved in coaching; be willing to promote baseball in the community; have a passion for the game of baseball and a desire to teach.

You are welcome to join our team of coaches.

Course fee : HK\$800 per head per course

Medium of Instruction : English

Duration : 8 meetings, 24 hours

How to Get Certified : ✧ Participant is required to attain 90% attendance for sitting in the written test and practical test.
✧ Candidates who pass the written test and practical test, are required to fulfill 16 hours of Coaching Experience in the District Promotion Courses that organized by HKBA; a supervisor will be assigned to complete an evaluation form.
✧ Coaching Experience must be finished consecutively in one course and be done within 12 months

Enrolment : ■ Complete the application form and return to HKBA office, Room 1003, 1/F., Olympic House, No.1 Stadium Path, Causeway Bay, Hong Kong before the application deadline with necessary course fees

■ Please make cheque payable to "The Hong Kong Baseball Association Limited" and crossed; or

■ Transfer to our bank account:
Bank name: Hang Seng Bank Limited
Account number: 364-000919-668
Account name: The Hong Kong Baseball Association Limited

Please attach your transaction slip for our reference

Application Deadline : 1 September 2015

Remarks : If the number of applicants does not meet the minimum target, the course will be postponed.

Enquiry : Hong Kong Baseball Association
Tel: (852) 2504 8330
Email: hkbsa@hkolympic.org

Baseball Instructor (Beginner) Certification Program

Programme Schedule

Sess.	Date (Y/M/D)	Time	Venue	Content
1	2015. 9. 8 (Tue)	1900-2200	Field / Cage	Practical
2	2015. 9. 15 (Tue)	1900-2200	Field / Cage	Practical
3	2015. 9. 16 (Wed)	1900-2200	Classroom	Theory
4	2015. 9. 22 (Tue)	1900-2200	Classroom	Theory
5	2015. 9. 24 (Thu)	1900-2200	Classroom	Theory
6	2015. 9. 25 (Fri)	1900-2200	Classroom	Theory & Written Test
7	2015. 9. 29 (Tue)	1900-2200	Field / Cage	Practical
8	2015. 10. 6 (Tue)	1900-2200	Field / Cage	Practical
9	2015. 10. 13 (Tue)	1900-2200	Field / Cage	Practical & Practical Test

Venues : Classroom: Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
Field: Sai Tso Wan Recreation Ground or Other

Theory	Practical
<ol style="list-style-type: none"> 1. Baseball History 2. About Hong Kong Baseball Association 3. Hong Kong Baseball Coaching System 4. Baseball Rules & Regulations 5. Drills and Games 6. Scoring 7. General Sports Injury Advice & Prevention 8. Coaches Code of Conduct 9. Safety Code 10. Local Compliance 	<ol style="list-style-type: none"> 1. Baseball Diamond 2. Baseball Equipment, Protection Gears, 3. Training Equipment 4. Know About Baseball Glove 5. Selection of Baseball Bat 6. Warm Up and Cool Down Exercises 7. Throwing and Catching 8. Hitting and Fielding 9. Traditional Play & Modified Play 10. Indoor Practice

Coaching Experience will be arranged in the 2015/2016 District Promotional Training Course, please visit our website for the schedule.

http://www.hkbaseball.org/load.php?link_id=61445&lang_id=1