

2025-26 年度五人制棒球青年軍(青苗)培訓計劃 – 章程 2025-26 Baseball5 Young Athletes Training Scheme - Leaflet

宗旨 Objectives

中國香港棒球總會(棒總)積極配合國際棒壘球總會(WBSC)推行新興運動項目 - 五人制棒球。「五人制棒球青年軍(青苗)培訓計劃」(五人制棒球青苗計劃)旨在推廣五人制棒球普及化,致力培育年青球員成為未來香港五人棒球代表隊,代表香港出外參加國際賽事,為港爭光。青苗培訓計劃分預備組 (7-12 歲)、青年組 (13-18 歲) 及公開組 (18-35 歲)。計劃分兩階段進行,包括潛質評估及技術課;第二階段比賽,從中獲得實戰經驗令球員迅速成長。

在培訓計劃中表現優異的運動員有機會獲推薦參加五人制棒球區隊訓練或國際賽事備戰訓練;當中包括五人制棒球亞洲盃(公開組及青年組)、五人制棒球世界盃(公開組及青年組)、亞洲室內與武術運動會、青年奧林匹克運動會 - 五人棒球等等。

註: 賽事須按照參賽資格而定

The Baseball Association of Hong Kong, China (BAHKC) makes its great effort to promote new trend discipline "Baseball5" that promoted by the World Baseball Softball Confederation (WBSC).

"Baseball5 Young Athletes Training Scheme" (Baseball5 YATS) aim to promote Baseball5 to the community; cultivate young athletes to become potential Hong Kong Baseball5 National Team player. There are three divisions in the Baseball5 YATS, Children (age 7-12), Youth (age 13-18) and Open (age 18-35); the training scheme will provide talent assessment & training and competition to gain game experience.

Outstanding athletes in the Baseball5 YATS will be recommended to join BAHKC Baseball5 Regional Squad Training; or even join the preparation of international events such as Baseball5 Asia Cup (Youth or Open), Baseball5 World Cup (Youth or Open), Asian Indoor & Martial Arts Games, Youth Olympic Games - Baseball5 and etc.

Remarks: The competitions must be determined according to eligibility

內容 Content

第一階段: 潛質評估及技術課, 共 24 小時
Stage 1: Talent Assessment and Training Course, 24 hours in total

第二階段: 比賽 - 香港青苗五人制棒球比賽
Stage 2: Competition - Hong Kong Young Athletes Baseball5 Competition

- 五人制棒球青苗計劃課程由棒總合資格 Baseball5 教練教授
BAHKC shall appoint qualified Baseball5 coaches for the Baseball5 YATS
- 參加者必須參加第一階段才可報名第二階段
It is necessary to participate in the stage 1 in order to register for the stage 2
- 每位參加者免費獲贈五人制棒球青苗計劃訓練服乙件 (只限會參加第二階段的隊伍)
Each participant is given a Baseball5 YATS training shirt (limited to teams attending stage 2)
- 參加者出席率達 70%可獲發五人制棒球青苗計劃修業證書乙張
To get a Certificate of Completion, participants must achieve at least 70% of attendance

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特備活動：	大灣區體育推廣先導計劃
Special Event	Greater Bay Area Sports Promotion Pilot Scheme 2025 年大灣區香港五人制棒球青年軍訓練營 2025 Greater Bay Area Hong Kong Baseball5 Youth Training Camp
暫定舉辦日期：	2026 年 1 月或 2 月
Tentative date	January / February 2026
活動日數：	4 日 days 3 夜 nights
No. of days	
名額：	40 人 person
Quota	
教練：	由棒總指派
Coach	To be assigned by BAHKC
組別：	青年組 (13-18 歲)，每組 20 人
Division	Youth (age 13-18), each group 20 person 公開組 (18-35 歲)，每組 20 人 Open (age 18-35), each group 20 person
集訓費：	每位港幣 1,600 元正
Training fee	HK\$1,600 per head 費用包括往返營地交通、營地住宿、早午晚餐、旅遊保險含棒球運動保障。 The cost includes round-trip transportation to the campsite, campsite accommodation, 3 meals, travel insurance including baseball sports coverage.
活動內容：	五人棒球訓練、體適能訓練、有獎練習賽
Activities	Baseball5 training, physical fitness training, and competition with prize
附加付費活動：	全國棒球運動水平等級評定(由中國棒球協會指定評定中心進行)，自由選擇參加與否。每位港幣 180 元正
Optional activity with additional fee	National baseball skill level evaluation (conducted by the evaluation center designated by the Chinese Baseball Association), participation is optional. HK\$180 per head.
參加資格：	曾加棒總「五人制棒球青年軍(青苗)培訓計劃」或「五人制棒球區隊訓練」之參加者優先考慮。
Eligibility	Priority will be given to participants who have previously joined the "Baseball5 Young Athletes Training Scheme" or the "Baseball5 Regional Squad Elite Training Scheme."

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本地訓練：
Local
Training：

邀請本地公司註冊或社團註冊團體合辦
To invite locally registered companies or registered organizations to co-organize

參加資格
Eligibility

組別 Division		年齡 Age	性別 Gender
預備組	Children	7-12	男女均可 Boys or Girls or Mixed
青年組	Youth	13-18	男女均可 Boys or Girls or Mixed
公開組	Open	18-35	男女均可 Boys or Girls or Mixed

報名費
Enrollment
Fee

第一階段：潛質評估及技術課，每位港幣 100 元正
Stage 1: Talent Assessment and Training Course HK\$100 per head

第二階段：香港青苗五人棒球賽，每隊港幣 300 元正
Stage 2: Hong Kong Young Athletes Baseball5 Competition HK\$300 per team

報名辦法
Application
Procedure

透過中國香港棒球總會「網上登記系統」報名
登入本會網頁 https://www.hkbaseball.org/login.php?lang_id=2
完成用戶登記後，登入用戶專頁於報名課程>項目名稱中選取相關課程，並以「傳款易」網上付款系統繳交費用。

- 以「PPS 繳費靈」付款，需事先開啟「PPS 繳費靈」戶口。
- 以「支付寶 HK AlipayHK」或「銀聯 UnionPay」付款，需事先開通付款戶口。

Enroll on BAHKC Online Registration System

Link: https://www.hkbaseball.org/login.php?lang_id=1

Sign up/sign in on BAHKC Online Registration system and select the course, complete the payment online via "Pay Dollar".

- Pay by 「PPS」, please sign up a PPS account in advance.
- Pay by 「HK AlipayHK」 or 「UnionPay」, please sign up an account in advance.

查詢
Enquiry

中國香港棒球總會
The Baseball Association of Hong Kong, China
電話 Tel：2504 8330 傳真 Fax：2504 4663 電郵 Email：office@hkbaseball.org
網址 Website：www.hkbaseball.org

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備註
Remarks

1. 參加者需穿著運動服上課。
Participants should wear sneakers, athletic wear
2. 報名資料不全，恕不受理。報名的資料，只作中國香港棒球總會的活動報名事宜、統計、日後聯絡及活動意見調查之用，亦只限於本會授權人員方可查閱有關資料作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。
All of the information is used for applying course, statistical analysis, contact and survey only. Only authorized person of the Association allows to access the relevant information for the above purposes.
3. 本會已為參加者投保團體意外保險，保障內容詳見本會網頁。參加者可按自己需要，自行安排額外投保。
All participants are covered by Group Personal Accident Insurance, please refer to our website for the coverage. Participants may arrange an extra insurance for themselves if needed.
4. 由網上付款系統公司所收取之手續費亦已包括在報名費內。
Handling charge for online payment is included in enrollment fee.
5. 無論任何情況，本課程不設補課，包括因天氣問題取消的課堂，所繳費用，概不發還。
Makeup classes, refund of application fee will not be arranged in this program (Includes bad weather).
6. 如天氣欠佳，上課與否，視乎場地是否關閉，如有疑問，請於出發前致電主教练查詢。如遇以下情況，場地政策均會封場：
-天然草場及人造草場：當上課時間內黑雨警告或 8 號熱帶氣旋警告信號生效。
-體育館：當上課時間內 8 號熱帶氣旋警告信號正在生效。
In case the course is not closed despite a bad weather, the participants or his/her parent should decide whether to attend the class or not. Please contact the coach before go to the venue in case there is any concern. The venue will be closed in below situation: Natural Turf Surfaces/ Artificial Turf Surfaces : Typhoon Signal No. 8 or above or Black Rainstorm Warning is in force during the course. Sports Centres : Typhoon Signal No. 8 is in force during the course
7. 主教练如因判斷天氣或場地不適宜進行訓練，將於上課前致電通知學員。
The coach will inform the participants in advance if the venue or weather is not suitable to continue the course.
8. 上課地點及時間最終按場地供應者所批出場地為準。
The venues, date and time will be finalized upon receiving the approval of LCSD.
9. 詳情可登入本會網頁www.hkbaseball.org/查閱或來電本會查詢。
Please check the details in BAHKC website www.hkbaseball.org/ or contact us.