



主辦 Organized By

香港棒球總會

Hong Kong Baseball Association



資助 Subvented By

康樂及文化事務署

Leisure and Cultural Services Department

## 2022 - 23 年度棒球推廣計劃(第三期 - 中級班)

### 2022 - 23 District Promotion Baseball Training Scheme (Phase III - Intermediate)

#### 章程

#### Leaflet

(更新於 03/01/2023) (Last Update:03/01/2023)

修訂內容: (1) 更新於 16/1/2023  
Revised content: Last updated 16/1/2023

中級棒球訓練班 - 少年組 - 鰂魚涌公園 (EC3QBPa/b)  
Baseball Training Course (Intermediate) - Children - Quarry Bay Park (EC3QBPa/b)

加入

**Add**

上課日期: 2023 Feb 12,19,26

Date: 2023 Feb 12,19,26

中級棒球訓練班 - 青成組 - 鰂魚涌公園 (EY3QBP)

Baseball Training Course (Intermediate) - Youth & Adult - Quarry Bay Park (EY3QBP)

加入

**Add**

上課日期: 2023 Jan 30, Feb 6,13,20

Date: 2023 Jan 30, Feb 6,13,20

(2) 更新於 19/12/2022  
Last updated 19/12/2022

中級棒球訓練班 - 青成組 - 石硤尾配水庫遊樂場 (EY3MPs)

Baseball Training Course (Intermediate) - Youth & Adult - Shek Kip Mei Service Reservoir Playground (EY3MPs)

加入

**Add**

地點: 石硤尾配水庫遊樂場 - 2 號場

Venue: Shek Kip Mei Service Reservoir Playground (Pitch No.2)

上課日期: 2023 Jan 8,15, Feb 5,19, Mar 5,19, Apr 2,16,30

Date: 2023 Jan 8,15, Feb 5,19, Mar 5,19, Apr 2,16,30

時間: 10:00am-14:00pm

Time: 10:00am-14:00pm

(3) 修訂於 03/01/2023  
Revised on 03/01/2023

中級棒球訓練班 - 青成組 - 鰂魚涌公園 (EY3QBP)

Baseball Training Course (Intermediate) - Youth & Adult - Quarry Bay Park (EY3QBP)

取消

**Cancel**

上課日期: 總堂數共 12 課, 最後 2 課之日期時間將稍後確認

Date: Last 2 lessons out of 12 will be finalized later

代以

**Substitute**

上課日期: 總堂數共 12 課, 最後 4 課之日期時間將稍後確認

Date: Last 4 lessons out of 12 will be finalized later



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## 2022 - 23 年度棒球推廣計劃(第三期 - 中級班)

### 2022 - 23 District Promotion Baseball Training Scheme (Phase III - Intermediate)

#### 章程

#### Leaflet

(更新於 03/01/2023) (Last Update:03/01/2023)

宗旨: 推廣本地棒球運動, 培養具潛質運動員, 提高香港棒球水準, 並提倡德、智、體、群、美五育。

Aims:

To promote baseball in local, cultivate potential athletes, improve the standard of baseball in Hong Kong, and promote the moral, intellectual, physical, social and aesthetic.

內容: 棒球推廣計劃全年分三期舉辦。

Content:

District Promotion Baseball Training Scheme distributed in three phases in the year.

親子兒童組軟式棒球訓練班: 全期十二課, 每課兩小時。

Indoor Tee-Ball Training Scheme for Parent-child: Total 12 classes, each class 2 hours.

少年組、青成組及女子組棒球訓練班: 全期十二課, 每課三小時。

Baseball Training Course for Children, Youth & Adult and Women: Total 12 classes, each class 3 hours.

由本會資深教練教授棒球基本技術及理論。

Teach by the experienced coach for the basic skill and theories of baseball.

參加資格:  
Eligibility:

組別 Group	班別 Class	年齡* Age*
親子兒童組# Parent-child#	室內軟式中級棒球訓練班(親子兒童組) Indoor Tee-Ball Training Course for Parent-child (Intermediate)	兒童 Child : 5-8 親屬 Parent : 18-64
少年組 Children	中級棒球訓練班 Baseball Training Course (Intermediate)	7 - 14
青年及成人組 Youth & Adult		13 - 64
女子組 Women		13 - 64

#基於安全理由, 參加親子班的兒童上課時必須有 18 歲或以上的成人在場陪同。

# For safety concern, children attending Tee-ball classes must be accompanied by an adult aged 18 or above.

\*參加者於上課當日起計, 必須年屆所選組別之所列年齡, 年齡不足或超齡者, 恕不接納。

\*Participant should meet the age requirement, under-aged or over-aged would not be accepted.

報名費: 親子兒童組 Parent-child HK \$ 276

Enrollment Fee: 少年組 Children HK \$ 307

青年及成人組 Youth & Adult HK \$ 348

女子組 Women HK \$ 348

(參考備註 4-5 See Remark 4-5)

報名辦法: 網上報名 Online Registration

Enrollment:

登入本會網頁[https://www.hkbaseball.org/product\\_cat\\_course.php?lang\\_id=2%20](https://www.hkbaseball.org/product_cat_course.php?lang_id=2%20)

完成用戶登記後，登入網頁報名課程，並以「傳款易」網上付款系統繳交費用。

1. 以「PPS 繳費靈」付款，需事先開啟「PPS 繳費靈」戶口。
2. 以「支付寶 HK AlipayHK」或「銀聯 UnionPay」付款，需事先開通付款戶口。
3. 以「PayPal」使用 Visa 和 Mastercard 支付。

Click the link provided [https://www.hkbaseball.org/product\\_cat\\_course.php?lang\\_id=2%20](https://www.hkbaseball.org/product_cat_course.php?lang_id=2%20) to login to the HKBA Online Registration system and select the course, then complete the payment online via "PayDollar".

1. Pay by 「PPS」, please sign up a PPS account in advance.
2. Pay by 「HK AlipayHK」 or 「UnionPay」, please sign up an account in advance.
3. Pay by Visa and Mastercard via 「PayPal」.

報名日期:  
Enrollment  
Date:

	新生 New participants		舊生 <sup>^</sup> Existing participants	
	初級班一期 Elementary (Phase I)	親子兒童及少年組 Parent-Child & Children	2022年4月13日 13 April 2022	不適用 Not applicable
	青成及女子組 Youth & Adult, Women	2022年4月7日 7 April 2022		
初級班二期 Elementary (Phase II)	親子兒童及少年組 Parent-Child & Children	2022年6月28日 28 June 2022	親子兒童及少年組 Parent-Child & Children	2022年6月27日 27 June 2022
	青成及女子組 Youth & Adult, Women		青成及女子組 Youth & Adult, Women	2022年6月24日 24 June 2022
中級班 Intermediate (Phase III)	親子兒童及少年組 Parent-Child & Children	2022年10月1日 30 September 2022	親子兒童及少年組 Parent-Child & Children	2022年9月29日 28 September 2022
	青成及女子組 Youth & Adult, Women		青成及女子組 Youth & Adult, Women	2022年9月30日 29 September 2022
新秀賽 Novice competition	2022-23 年度棒球推廣計劃之參加者 (初級班一期、初級班二期或中級班) The participants of 2022-23 District Promotion Baseball Training Scheme (Elementary Phase1,2 & Intermediate)			

<sup>^</sup>已參加上一期的學員可於舊生優先報名期 2 日內優先選報(不適用於第一期)

<sup>^</sup>Who participated in the last phase available to enroll within 2 days in the prior period (not apply for Phase 1)

先報先收，額滿即止。接納報名與否，本會有最後決定權。

Start to enroll until the quota full. HKBA reserves the final discretion in accepting the application.

如參加者出席率不足三成，下一期報名之優次將排至最後。

Participants whose attendance less than 30%, will have the lowest priority to enroll the next phase.

實際報名日期及時間可登入本會網頁 <https://www.hkbaseball.org/> 查閱或來電本會查詢。

Please check the exact enrollment date and time on <https://www.hkbaseball.org/> or contact us.

備註:  
Remarks:

1. 為貫徹棒球精神，請參加者自備棒球手套及穿著棒球制服上課（包括：棒球衫、棒球褲、帽、皮帶）。如無手套及棒球制服，參加者不得上課。  
Participants should wear sneakers, athletic clothing (baseball uniform preferable), cap and bring a glove to attend training.
2. 報名資料不全，恕不受理。報名的資料，只作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. 參加者如需於課程完結後領取『參加證書』，請於申請課程時剔選，申領『參加證書』費用港幣 30 元正；以郵寄領取者，費用港幣 40 元正。  
Participant can apply for a Participation Certificate optionally, it will be issued after completion of the course. It will charge HKD40 for mailing or HKD30 for collecting in person.
4. 本會已為參加者投保團體意外保險，費用 35 元已包括在報名費內（保障內容詳見本會網頁 <https://www.hkbaseball.org/>）。參加者可按自己需要，自行安排額外投保。  
All participant are covered by Group Personal Accident Insurance, a premium of HKD35 included in the enrollment fee, please refer to the website <https://www.hkbaseball.org/> for the coverage. Participant can arrange an extra insurance for themselves if needed.
5. 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.
6. 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).
7. 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
8. 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.

擬開課  
資料:  
Tentative  
Course  
Schedule:

1. 棒球推廣計劃訓練班初級班一期及二期 – 初級班 (2022 年 5 - 8 月 & 2022 年 8 - 11 月)  
Phase I & II - Elementary Baseball Training Course (Phase I & II) [2022 May – Aug & 2022 Aug – Nov]  
  
親子組上課地點: 荔景體育館、上環體育館、順利邨體育館;  
Location of Tee Ball Training Course: Lai King Sports Centre, Sheung Wan Sports Centre, Shun Lee Tsuen Sports Centre;  
少年組上課地點: 鯽魚涌公園、青衣東北公園、樂富遊樂場;  
Location of Baseball Training Course for children: Quarry Bay Park, Tsing Yi Northeast Park, Lok Fu Recreation Ground;  
青年及成人組上課地點: 鯽魚涌公園、樂富遊樂場、廣福球場、寶翠公園、界限街遊樂場、摩士公園;  
Location of Baseball Training Course for youth & adult: Quarry Bay Park, Lok Fu Recreation Ground, Kwong Fuk Football Ground, Po Tsui Park, Boundary Street Recreation Ground, Morse Park.  
女子組上課地點: 界限街遊樂場上課。  
Location of Baseball Training Course for women: Boundary Street Recreation Ground.
2. 棒球推廣計劃訓練班第三期 - 中級班 (2022 年 11 – 2023 年 2 月)  
Phase III - Intermediate Baseball Training Course [2022 Oct – 2023 Jan]  
  
親子組上課地點: 荔景體育館、上環體育館、順利邨體育館;  
Location of Tee Ball Training Course: Lai King Sports Centre, Sheung Wan Sports Centre, Shun Lee Tsuen Sports Centre;  
少年組上課地點: 鯽魚涌公園、大坑東遊樂場、樂富遊樂場;;  
Location of Baseball Training Course for children: Quarry Bay Park, Tai Hang Tung Recreation Ground; , Lok Fu Recreation Ground;  
青年及成人組上課地點: 摩士公園、鯽魚涌公園、樂富遊樂場、廣福球場、寶翠公園;  
Location of Baseball Training Course for youth & adult: Morse Park, Quarry Bay Park, Lok Fu Recreation Ground, Kwong Fuk Football Ground, Po Tsui Park;  
女子組上課地點: 界限街遊樂場上課。  
Location of Baseball Training Course for women: Boundary Street Recreation Ground.
3. 2022-23 年度棒球新秀賽 (2023 年 1 - 3 月) 暫定  
2022-23 Baseball Novice Competition (2023 Jan – Mar) Tentative  
  
其參加者需曾參加該年度棒球推廣及發展計劃  
The participants who had participated in Development Programmes in the same year

上課地點及時間最終按康文署所批出場地為準。

The booking of venues, date and time will be finalized upon receiving the approval of LCSD.

詳情可登入本會網頁 <https://www.hkbaseball.org/> 查閱或來電本會查詢。

Please check the details in HKBA Website <https://www.hkbaseball.org/> or contact us.

查詢: 香港棒球總會  
Enquiries: Hong Kong Baseball Association

香港銅鑼灣球場徑一號奧運大樓一樓 1003 室  
Rm1003, 1/F, Olympic House, 1 Stadium Path, Causeway Bay

電話 Tel : 2504 8330 傳真 Fax : 2504 4663 電郵 Email : [hkbsa@hkolympic.org](mailto:hkbsa@hkolympic.org)

網址 Website : [www.hkbaseball.org](http://www.hkbaseball.org)

**2022-23 年度棒球推廣計劃 (第三期 - 中級班)**  
**2022 - 23 District Promotion Baseball Training Scheme (Intermediate - Phase III)**

**親子室內軟式中級棒球訓練班**  
**Indoor Tee-Ball Training Course for Children (Intermediate)**

組別 Group	班別/2223 Class/2223	地點 Venue	開班人數/ 名額 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
親子兒童組 Parent-child	ET3SL	順利邨體育館 Shun Lee Tsuen Sports Centre  九龍觀塘順利邨道 33, Shun Lee Tsuen Road, Kwun Tong	15/30	2022 Dec 10,17,24; 2023 Jan 7,14, 28; Feb 4,11,18,25; Mar 4,11	六 Sat	12:00nn -2:00pm	2 Jan 2023
	ET3LK	荔景體育館 Lai King Sports Centre  新界葵涌麗祖路 60 Lai Cho Road, Kwai Chung, New Territories	15/30	2022 Nov 26; Dec 3,10,17,24; 2023 Jan 7,14,21,28; Feb 4,11,18	六 Sat	3:00pm -5:00pm	17 Dec 2022
	ET3SW	上環體育館 Sheung Wan Sports Centre  上環皇后大道中上環市政大廈 345 Queen's Road Central, Sheung Wan, Hong Kong	15/30	2023 Feb 11,18,25; Mar 11,18,25; May 13,20,27; Jun 10,17,24	六 Sat	4:00pm -6:00pm	11 Feb 2023

**中級棒球訓練班**  
**Baseball Training Course (Intermediate)**

組別 Group	班別/2223 Class/2223	地點 Venue	開班人數/ 名額 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
少年組 Children	EC3QBP <sub>a</sub>	鯪魚涌公園 第 2 期人造草場(二號場) Quarry Bay Park Phase 2 Soccer Pitch No.2	15/30	2022 Nov 13,20; Dec 4,11,18; 2023 Jan 8,15,29; Feb 5, <b>12,19,26</b>	日 Sun	9:30am -12:30pm	4 Dec 2022
	EC3QBP <sub>b</sub>		15/30				
	EC3TYNP <sub>a</sub>	青衣東北公園人造草場 Tsing Yi Northeast Park Artificial Turf Pitch	15/30	2022 Dec 11,18; 2023 Jan 8,15,29; Feb 5,12,19,26; Mar 5,12,19	日 Sun	9:30am -12:30pm	2 Jan 2023
	EC3TYNP <sub>b</sub>		15/30				
	EC3THT	大坑東遊樂場(三號場) Tai Hang Tung Recreation Ground Soccer Pitch No.3  九龍界限街 63 Boundary Street, Sham Shui Po, Kowloon	15/30	2023 Jan 29; Feb 5,12,19,26; Mar 5,12,19,26 Apr 2, <b>9,16</b>	日 Sun	9:30am -12:30pm	6 Feb 2023

2022-23 年度棒球推廣計劃 (第三期 - 中級班)

2022 - 23 District Promotion Baseball Training Scheme (Intermediate - Phase III)

中級棒球訓練班

Baseball Training Course (Intermediate)

組別 Group	班別/2223 Class/2223	地點 Venue	開班人數/ 名額 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
青成組 Youth & Adult	EY3QBP	鯽魚涌公園 第 2 期人造草場(二號場) Quarry Bay Park Phase 2, Soccer Pitch No.2  香港鯽魚涌海澤街 Hoi Chak Street, Quarry Bay	20/40	2022 Nov 14,21,28; Dec 5,12,19; 2023 Jan 9,16,30 Feb 6,13,20	一 Mon	8:00pm -11:00pm	28 Nov 2022
	EY3BS	界限街遊樂場 Boundary Street Recreation Ground  旺角洗衣街 200 號 200 Sai Yee Street, Mong Kok, Kowloon	20/40	2022 Nov 15,22,29; Dec 6,13,20; 2023 Jan 3,10,17,31; Feb 7,14	二 Tue	8:00pm -11:00pm	29 Nov 2022
	EY3KF	大埔廣福球場 Kwong Fuk Park Football Pitch  大埔廣福道 Kwong Chun Street, Tai Po, N.T.	20/40	2022 Nov 16,23,30; Dec 7,14,21,28; 2023 Jan 4,11,18 Mar 1,8	三 WED	8:00pm -11:00pm	30 Nov 2022
	EY3MP	摩士公園三號公園 人造草二號場 (*一號場) Morse Park (Park No.3) Soccer Pitch No.2 (*No.1)  黃大仙鳳舞街 40 Fung Mo Street, Wong Tai Sin, Kowloon	20/40	<b>Mon:</b> 2023 Feb 13*,20*  <b>Fri:</b> 2022 Nov 18,25; Dec 2,9,16,23,30; 2023 Jan 6 Feb 3*,10*	一 Mon & 五 FRI	8:00pm -11:00pm	2 Nov 2022
	EY3PTP	將軍澳寶翠公園 人造草場 Po Tsui Park  西貢將軍澳寶康路毓雅里 Yuk Nga Lane, Tseung Kwan O, N.T.	20/40	2022 Nov 18,25; Dec 2,9,16,23,30; 2023 Jan 6,13,20,27 Feb 3	五 FRI	8:00pm -11:00pm	25 Nov 2022

2022-23 年度棒球推廣計劃 (第三期 - 中級班)

2022 - 23 District Promotion Baseball Training Scheme (Intermediate - Phase III)

中級棒球訓練班

Baseball Training Course (Intermediate)

組別 Group	班別/2223 Class/2223	地點 Venue	開班人數/ 名額 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Deadline
青成組 Youth & Adult	EY3LF	樂富遊樂場 Lok Fu Recreation Ground 九龍樂富杏林街 1 號 1 Heng Lam Street, Lok Fu, Kowloon	20/40	2022 Nov 16,23,30; Dec 7,14,21,28; 2023 Jan 4,11,18 Feb 1,8 (摩士公園一號場)	三 WED	8:00pm -11:00pm	30 Nov 2022
	EY3MP1	摩士公園三號公園 人造草二號場 Morse Park (Park No.3) Soccer Pitch No.2 黃大仙鳳舞街 40 Fung Mo Street, Wong Tai Sin, Kowloon	20/40	<b>Mon:</b> 2022 Oct 31; Nov 7,14,21,28; Dec 5,12,19; 2023 Jan 2,9 <b>Fri:</b> 2022 Dec 30 2023 Jan 6	一 Mon & 五 FRI	8:00pm -11:00pm	7 Nov 2022
	EY3MPs	石硤尾配水庫遊樂場 - 2 號場 Shek Kip Mei Service Reservoir Playground (Pitch No.2) 九龍深水埗龍翔道及南昌街交界 J/O Lung Cheung Road and Nam Cheong Street, Sham Shui Po, Kowloon (Updated on 19 Dec 2022)	20/40	2023 Jan 8,15 Feb 5,19 Mar 5,19 Apr 2,16,30 (Updated on 19 Dec 2022)	日 SUN	10:00am- 14:00pm (Updated on 19 Dec 2022)	22 Jan 2023
女子組 Women	EW3BSa	界限街遊樂場 Boundary Street Recreation Ground	20/40	2022 Nov 14,21,28; Dec 5,12,19; 2023 Jan 2,9,16,30; Feb 6,13	一 Mon	8:00pm -11:00pm	5 Dec 2022
	EW3BSb	旺角洗衣街 200 號 200 Sai Yee Street, Mong Kok, Kowloon	20/40	2022 Nov 14,21,28; Dec 5,12,19; 2023 Jan 2,9,16,30; Feb 6,13	一 Mon	8:00pm -11:00pm	5 Dec 2022