

Level 1 (Elementary) Baseball Coach Certification Program 2018

12-17 October 2018 Hong Kong

Program Schedule

(updated as at 11 Oct 2018)

Day	Date	Time	Learning Topics	Instructor
1	Oct-12 Fri HKSI L2C, 2/F HKSI Main Building 香港體育學院大樓	0900-0930 Room L2C	Welcome & Program Introduction	HKBA
		0930-1130 Room L2C	Baseball Specific 2 Introduction and Theory 2 Introduction of Baseball5™ and Baseball SIX (New)	Peter Caliendo
		1130-1230	Lunch break	
		1230--1630 Room L2C	Sports Theory Fundamental (Part 1) 2 Principles of Learning 2 Coaching Theory 2 Anatomy and Exercise Psychology Skills 2 Physiological Adaptations to Exercise 2 Motion Principle 2 Physical Fitness Testing & Assessment	Dr. Jim Luk Thei
2	Oct-13 Sat Sai Tso Wan 晒草灣	0930-1230 Field	Baseball Specific 2 Proper warm ups/ Throwing fundamentals/ Receiving a baseball/ Fielding	Peter Caliendo
		1230-1400	Lunch break	
		1400-1500 Cage	Baseball Specific 2 Continue hitting/and begin drills	Peter Caliendo
		1500-1800 Field	Baseball Specific 2 Base running/Sliding/bunting 2 Pitching/Pitching drills/Team drills	
3	Oct-14 Sun Sai Tso Wan 晒草灣	0930-1230 Field	Baseball Specific 2 Individual positions/1b/2nd/SS/Third/Catching	Peter Caliendo
		1230-1400	Lunch break	
		1400-1500 Cage	Baseball Specific 2 How to correct hitting faults	Peter Caliendo
		1500-1800 Field	Baseball Specific 2 Practice Organization/training during games/ Drills game situations	
4	Oct-15 Mon Thei	1900-2200 N319, 3/F., North Block	Sports Theory Fundamental (Part 2) 2 Prevention and Treatment of Sports Injuries 2 Practical: Prevention Exercises for Throwing 2 Sports Nutrition and Health	Freeman Kwok Thei

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5	Oct-16 Tue Congregational House 公理堂大樓	0900-1300 Room 1305 Activity Room	Sports Theory Fundamental (Part 3) 2 Sports Psychology ^{NEW}	Nathan Yung ASPPA
		1300-1430	Lunch break	
		1430-1730 Room 1305 Activity Room	Coaches Management (Part 1) 2 Developing a training programme for a season or specific event 2 Coach management skills Coaches Management (Part 2) 2 Legal Aspect in Sports Coaching 2 Code of Conduct 2 Introduction into Practice Organization 2 Begin fundamentals of hitting with graphics/video	Peter Caliendo
6	Oct-17 Wed (PH) Sai Tso Wan, Field 晒草灣	0930-1230 Field	Baseball Specific Practical Test ----- Baseball Trial 2 Trial of Baseball5™ 2 Trial of Baseball Six	Peter Caliendo Yeung Kit Ling
		1230-1400	Lunch break	
		1500-1700 JCLT, 2/F 二樓賽馬馬演講廳	Written Test & Review	Peter Caliendo
	1715-1800 JCLT, 2/F 二樓賽馬馬演講廳	Certificate of Attendance Presentation	Peter Caliendo & HKBA	
	Olympic House 奧運大樓			

Remarks:

- The schedule is subject to change. Changes, if necessary, will be announced on HKBA website and email to the applicants.
- If the number of applicants is less than 20, the programme will be postponed, date to be rescheduled.

Venues

- **HKSI:** Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N. T.
- **Olympic House:** 1 Stadium Path, Causeway Bay, Hong Kong
- **Sai Tso Wan** Recreation Ground, No. 90 Sin Fat Road, Lam Tin, Kowloon
- **Thei:** 133 Shing Tai Road, Chai Wan, Hong Kong
- **The Church of Christ in China** China Congregational Church: 119 Leighton Rd, Caroline Hill, Causeway Bay, Hong Kong