

香港航空青年團

HONG KONG AIR CADET CORPS

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From: Phy Asmt Flt, SD Wg	To: All OC Major Units
Email: phyasmt@gmail.com	cc: DCO SD&S, OC SD&S Gp, OC SD Wg
Ref: PT_Memo2508_ACCDBT_Training	Date: 10 March 2025

Hong Kong Air Cadet Corps Dragon Boat Team **Recruitment Team Member**

The Dragon Boat Team offers an opportunity to engage in a physically demanding and cooperative activity that aligns with the values of discipline, unity, and excellence upheld by Corps.

The 20th Stanley Dragon Boat Warm Up Races is scheduled to for Saturday, 3 May 2025, and **The 24th Hong Kong Dragon Boat Short Course Races** will be held on Sunday, 15 June 2025, at Stanley Main Beach. We will participate as customary, and to prepare, a series of dragon boat training sessions will be provided. All interested members of the Corps who are enthusiastic the above dragon boat races are welcome.

The training details are listed below:

Training Date:	All training will be schedule on Sunday Mar: 30 Apr: 6, 13, 20, 27 May: 11, 18, 25 Jun: 1, 8
Venue:	Stanley Dragon Boat Association, Stanley (1 Stanley Link Road, Stanley, Hong Kong)
Time:	1700 hrs – 1900 hrs (Sun)
Target Participants:	All members
Training Contents:	<ul style="list-style-type: none">➤ Basic knowledge (History, Safety concept, etc)➤ Basic skills<ul style="list-style-type: none">■ Hold paddle, Posture■ Paddling skills (Forward, Backward, Stop, etc)➤ Race Training of Dragon Boat
Deadline:	Saturday, 29 March 2025
Remarks:	1. Those who completed the Basic Skill Course will be eligible join the Dragon Boat Team

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| | 2. Upon completion of the training, participants may apply for the Intermediate Dragon Boat Training Certificate, issued by the Hong Kong China Dragon Boat Association (HKCDBA). The HKCDBA will charge \$ 200 for the certificate fee. |
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For those who are interested. Please complete the Unit Application Form (Appendix I) and submit it via email to phyasmt@gmail.com. Besides, please also completed the Physical Activity Readiness Questionnaire (PAR-Q) **with below QR-code** and should be submitted before the first lesson. For any queries, please feel free to contact WO CHAN Hiu-yu at 9405 4806.

Remarks:

Please use the following subject line:

[ACCDBT] Dragonbaot_Training_Application_XXX(Unit)

PAR-Q QR Code:



Fg Off (sp) Ken K L WONG
OC Phy Asmt Flt
SD Wg, SD&S Gp

Map of **赤柱龍舟協會**

