

Organizer



Supported by



Subvented by



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

Level 1 (Elementary) Baseball Coach Certification Program 2016 24-28 March 2016 Hong Kong

- Organizer : Hong Kong Baseball Association (HKBA)
- Supported by : World Baseball Softball Confederation (WBSC)
- Subvented by : Hong Kong Coaching Committee
- Lecturer : **Mr. Peter Caliendo**
- ◇ Former Team USA Coach
 - ◇ President of Caliendo Sports International and part owner of Coaches Video Library an on line coaches training program.
 - ◇ National and International speaker on the development of training coaches how to train players properly.
 - ◇ Will be presented by the American Baseball Coaches Association (ABCA), largest amateur baseball association in the USA with the meritorious award.
- Medium : English only
- Course Description : This programme is designed for people who are currently coaching in baseball teams in the community or have an interest in baseball coaching to develop their knowledge with basic sports theory, team management skills, local rules and guidelines

Programme Structure

Baseball Specific

- ◆ Coaching Philosophy
- ◆ Sport Specific for Developing Athletic Skills
- ◆ Practice Organization
- ◆ Catching and throwing
- ◆ Fielding
- ◆ Hitting
- ◆ Base running

Sports Theory Fundamental

- ◆ Principles of Learning
- ◆ Coaching Theory
- ◆ Anatomy and Exercise Psychology Skills
- ◆ Physiological Adaptations to Exercise
- ◆ Prevention and Treatment of Sports Injuries
- ◆ Sports Nutrition and Health
- ◆ Motion Principle
- ◆ Physical Fitness Testing & Assessment

Coaches Management

- ◆ Managing Skills for Coaches
- ◆ Writing Training Proposal and Evaluation
- ◆ Legal Aspect in Sports Coaching
- ◆ Code of Conduct

- Target participants :
- ✧ Holding Baseball Instructor Certificate that issued by HKBA; or
 - ✧ Candidates who got passed in the Baseball Coach (Level 1) Training Programme (both written and practical) that organized by HKBA but without the certificate of Sports-General Theory
 - ✧ Hong Kong National Team player who participated in World Baseball Softball Confederation (“WBSC”, formerly known as International Baseball Federation “IBAF”), Baseball Federation of Asia (“BFA”) or Multi-Games baseball tournament and age 18 or above; or
 - ✧ People who are currently coaching in baseball teams in the community
 - ✧ Overseas participant are welcome (Air ticket, board and lodging to be arranged by participant at his/her own costs)

Schedule

Day	Date (2016)	Time	Venue	Activities
1	Mar 24 (Thur)	1900-2200	Olympic House	Introduction & Theory
2	Mar 25 (Fri)	0930-1230	Olympic House	Theory
		1400-1500	Sai Tso Wan R/G Batting Cage (TBC)	Practical
		1500-1800	Sai Tso Wan R/G Baseball Field	Practical
3	Mar 26 (Sat)	0930-1230	Sai Tso Wan R/G Baseball Field	Practical
		1400-1500	Sai Tso Wan R/G Batting Cage (TBC)	Practical
		1500-1800	Sai Tso Wan R/G Baseball Field	Practical
4	Mar 27 (Sun)	0930-1230	Sai Tso Wan R/G Baseball Field	Practical
		1400-1500	Sai Tso Wan R/G Batting Cage (TBC)	Practical
		1500-1800	Sai Tso Wan R/G Baseball Field	Practical
5	Mar 28 (Mon)	0930-1230	Olympic House (TBC)	Written Test & Review
		1500-1800	Sai Tso Wan R/G Baseball Field	Practical Test

Remarks: The schedule is subject to change. Changes, if necessary, will be announced on HKBA website and email to the applicants.

- Venues :
- a. Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
 - b. Sai Tso Wan Recreation Ground, No. 90 Sin Fat Road, Lam Tin, Kowloon

- Course Fees :
- **HK\$2,500-**
 - Special offer to candidate who got passed in the Baseball Coach (Level 1) Training Programme (both written and practical) that organized by HKBA but without the certificate of Sports-General Theory, **HK\$1,000-**
 - Continuous Professional Training for registered coach, **HK\$200-**

Attendance Requirement : Participant is required to attain 90% attendance for sitting in the written test and practical test; and will be awarded a participation certificate from WBSC

Passing Marks : 80% (both in written test and practical test)

- Remarks :
- Candidates who could not attain the passing marks but reach the marks at 50%, will be awarded a Baseball Instructor Certificate (Foundation Level) by HKBA.
 - Candidates who pass the written test and practical test, they are required to fulfill the coaching experience hours that to be arranged by HKBA; certificate will be awarded by HKBA after finishing the required number of coaching experience hours.

Level	Passing Marks	Coaching Experience Hours
Level I (Elementary)	80% or above	30 hours
Instructor (Foundation)	50% to 79%	16 hours

- Overseas participants who are not going to register as instructor or coach in Hong Kong, no coaching experience hours are required.

- 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
 Bank address: 83 Des Voeux Road, Central, Hong Kong
 SWIFT: HASEHKHH
 Account number: 364-000919-668
 Account name: The Hong Kong Baseball Association Limited

Please attach your transaction slip for our reference.

Application Deadline : 29 February 2016 (please contact us for late application)

- Remarks :
1. If the number of applicants does not meet the minimum target, the course will be postponed.
 2. The schedule is subject to change. Changes, if necessary, will be announced on HKBA website and email to the applicants.
 3. For overseas participant, please communicate with your local National Baseball Federation about the recognition of this coach education programme.

Enquiry : Hong Kong Baseball Association Mr. Lai Chi-ho
 Tel: (852) 2504 8330
 Email: hkbsa@hkolympic.org