

主辦機構:
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資助單位:
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2024-25 年度五人及六人棒球推廣計劃 2024-25 Baseball5 & Baseball SIX Training Scheme

章 程 Leaflet

宗旨: 以簡易安全的棒球器材，在面積較少的場地(五人足球場)，體驗新興運動五人棒球及透過六人棒球了解傳統棒球基本玩法。讓青少年享受棒球比賽的樂趣，欣賞棒球。

Aims: Using simple and safe baseball equipment, participants will experience the emerging sport of Baseball5 and learn the basic skills of traditional baseball through Baseball SIX on a small field (5-a-side soccer field). Let the youth enjoy the fun of baseball and appreciate baseball.

潛質學員可獲教練推薦參加本會五人制棒球青年軍(青苗)培訓計劃及/或區隊訓練，提升技術，參加本地比賽/海外賽事，積儲經驗。

Potential players can be recommended by the coaches to join our Baseball5 Young Athletes Training Scheme and regional squad training to improve their skills, participate in local competitions/overseas tournaments and accumulate experience.

內容: 五人及六人棒球推廣計劃全年一期。
Content: Baseball5 & Baseball SIX Training Scheme are offered one phase in a year.

全期十二課，每課兩小時。
12 classes in one course, each class 2 hours.

教練: 由本會資深教練/區隊教練/香港代表隊教練教授棒球基本技術及理論。
Coach: To be conducted by the Association's experienced coach/regional squad coach/Hong Kong Team coach, covering basic baseball techniques and theories.

參加資格: 男女均可
Eligibility: Males and females

青少年組: 13 – 15 歲
Junior division: 13 – 15 years old

青年組: 16 – 35 歲
Youth division: 16 – 35 years old

報名費: HKD186-
Entry Fee

報名辦法: 網上報名 Online Registration

Enrollment:

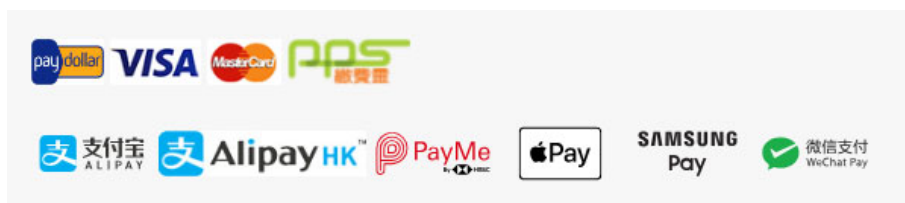
登入本會網頁<https://www.hkbaseball.org/login.php>

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；或
2. 以 Visa 和 Mastercard 支付；或
3. 以「ALIPAY」、「AlipayHK」、「PayMe」、「Apple Pay」、「Samsung Pay」或「WeChat Pay」付款，需事先開通付款戶口。

Click the link provided https://www.hkbaseball.org/product_cat_course.php?lang_id=2%20 to login to the BAHKC 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; or
2. Pay by Visa and Mastercard; or
3. Pay by 「ALIPAY」, 「AlipayHK」, 「PayMe」, 「Apple Pay」, 「Samsung Pay」 or 「WeChat Pay」, please sign up an account in advance.



報名
Enrollment

先報先收，額滿即止。
First come, first served; limited spots available.

接納報名與否，本會有最後決定權
The Association has the final decision on whether to accept the registration or not.

如參加者出席率不足三成，下一期報名之優次將排至最後。
If the attendance rate of participants is less than 30%, their priority for registration in the next phase will be moved to the end.

實際報名日期及時間可瀏覽本會網頁<https://www.hkbaseball.org/> 或致電本會查詢。
The actual registration date and time can be found on our website <https://www.hkbaseball.org/> or by calling our office for inquiries.

查詢
Enquiries

中國香港棒球總會
The Baseball Association of Hong Kong, China

中國香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室
Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong

電話 Tel : 2504 8330 傳真 Fax : 2504 4663 電郵 Email : office@hkbaseball.org

網址 Website : <https://www.hkbaseball.org/>

辦公時間: 星期一至五: 上午九時至一時, 下午二時至六時; 星期六, 日及公眾假期全日休息

Office hours: Mondays to Fridays: 9:00a.m. to 1:00p.m. and 2:00p.m. to 6:00p.m; closed on Saturdays, Sundays and Public Holidays

備註
Remarks

1. 五人制棒球徒手打橡膠波不用手套; 六人棒球用軟棒球，建議自備手套學習接球
No glove for Baseball5, hitting a rubber ball with bare hand; recommend to bring a glove to learn how to catch ball with glove for Baseball SIX, soft baseball will be used in the class
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。
Incomplete registration information will not be accepted. The registration information will only be used for the purposes of event registration for The Baseball Association of Hong Kong, China, statistical purposes, future contact, and activity feedback surveys, and will only be accessible to authorized personnel of the Association for the aforementioned purposes. After submitting the application form, if you wish to correct or inquire about your personal information, please contact the Association's staff.
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。
Participants who wish to receive a "Certificate of Participation" after the course ends should select this option when applying for the course. The fee for the "Certificate of Participation" is HKD 30. For those who wish to receive it by mail, the fee is HKD 40.
4. 本會已為參加者投保團體意外保險，費用港幣 20 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。
The Association has insured participants with group accident insurance, and the premium of HKD 20 is included in the registration fee (for details of the coverage, please refer to the Association's website <https://www.hkbaseball.org/>). Participants may arrange additional insurance on their own as 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。
The handling fee charged by the online payment system company is also included in the registration 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。
Under no circumstances will there be make-up classes for this course, including classes canceled due to weather issues. Fees paid are non-refundable.
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練查詢。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。
 If the weather is bad, whether classes will be held depends on whether the venue is closed. If in doubt, please call the chief coach for inquiries before departure. The venue policy will close the venue under the following circumstances:
 - ◆ Natural grass turf and artificial turf fields: When a Black Rainstorm Warning or Typhoon Signal No. 8 is in force during class time.
 - ◆ Sports Centres: When a Typhoon Signal No. 8 is in force during class time
8. 主教練如因判斷天氣或場地不適宜進行訓練，將於上課前以 WhatsApp 通知學員。
If the chief coach determines that the weather or venue is not suitable for training, he/she will notify the students by WhatsApp before class.

2024 - 25 年度五人及六人棒球推廣計劃
2024 - 25 Baseball5 and Baseball SIX Training Scheme

五人制棒球及六人棒球初級訓練班
Baseball5 and Baseball SIX Elementary Training Course

組別 Group	班別/2425 Class/2425	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
Junior Division 青少年組	B5B6-J/LTP	藍田公園 五人足球場 Lam Tin Park 5-a-side Soccer Pitches 九龍藍田碧雲道 Pik Wan Road, Lam Tin, Kowloon	15/30	2025. 2 15, 16; 2025. 3 1, 2, 8, 22, 23, 29, 30; 2025. 4 5, 6, 12, 13 取消 Cancelled 15/2; 補 added 13/4	六及日 SAT & SUN	16:00 - 18:00	2025.2.14
Youth Division 青年組	B5B6-Y/LTP	藍田公園 五人足球場 Lam Tin Park 5-a-side Soccer Pitches 九龍藍田碧雲道 Pik Wan Road, Lam Tin, Kowloon	15/30	2025. 2 15, 16; 2025. 3 1, 2, 8, 22, 23, 29, 30; 2025. 4 5, 6, 12, 13 取消 Cancelled 15/2; 補 added 13/4	六及日 SAT & SUN	16:00 - 18:00	2025.2.14

上課地點及時間最終按康文署所批出場地為準。

The final class location and time will be subject to the venue approved by the Leisure and Cultural Services Department.

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

For more details, please visit our website at <https://www.hkbaseball.org/> or call us for inquiries.

簡介五人棒球
Introduction of Baseball5



www.hkbaseball.org/html/tc/baseball5/introduction.html

簡介六人棒球
Introduction of Baseball SIX



www.hkbaseball.org/html/en/baseball-six/introduction.html