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香港賽馬會慈善信託基金  
The Hong Kong Jockey Club  
Charities Trust

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康樂及文化事務署  
Leisure and Cultural  
Services Department



# 2025 SUMMER SCHEME 暑期計劃

JOCKEY CLUB YOUTH FOOTBALL DEVELOPMENT PROGRAMME

賽馬會青少年足球發展計劃





## JOCKEY CLUB YOUTH FOOTBALL DEVELOPMENT PROGRAMME SUMMER SCHEME 2025

### OBJECTIVE

To enhance the interest of football among boys and girls aged 3 to 15 in Hong Kong, foster good sportsmanship, develop potential, and encourage productive leisure activities.

| Eligibility and Age Groups   |       |  |
|--|-------|--|
| CLASS  | GROUP | AGE AND YEAR OF BIRTH  |
| BOYS   | U14   | Below 14 Aged 12-13, Born in 2012, 2013  |
|  | U12   | Below 12 Aged 10-11, Born in 2014, 2015  |
|  | U10   | Below 10 Aged 8-9, Born in 2016, 2017  |
| GIRLS  | GU16  | Below 16 Aged 13-15, Born in 2010, 2011, 2012  |
|  | GU13  | Below 13 Aged 10-12, Born in 2013, 2014, 2015  |
|  | GU10  | Below 10 Aged 8-9, Born in 2016, 2017  |
| MIXED GENDER   | U8    | Below 8 Aged 6-7, Born in 2018, 2019   |
|  | U6    | Below 6 Aged 4-5, Born in 2020, 2021   |
| SIBLING<br>(max 4 children accompany)  | N/A   | Aged 4-12 Born in 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021                     |
| PARENT-CHILD<br>(at least a parent or legal guardian must accompany, max 4 persons)  | N/A   | Children aged 3-7 Born in 2018, 2019, 2020, 2021, 2022<br>Parent/Legal Guardian aged 18-65 |
| MOTHER-CHILD<br>(a mother must accompany, max 4 persons)   | N/A   | Children aged 3-7 Born in 2018, 2019, 2020, 2021, 2022<br>Parent/Legal Guardian aged 18-65 |
| GOALKEEPER (Mixed Gender)  | N/A   | Aged 10-15 Born in 2010, 2011, 2012, 2013, 2014, 2015                                      |
| CHALLENGE GAMES (Boys, Girls)  | U16   | Below 16 Aged 14-15, Born in 2010, 2011  |
|  | U14   | Below 14 Aged 12-13, Born in 2012, 2013  |
| Remarks: Participants must be born between 2010 and 2022 to join the programme.<br>Boys : 2012 - 2021 ; Girls : 2010 - 2021 ; Parent/Mother-Child : 2018 - 2022<br>Participants are allowed to join the group based on their Year of Birth ONLY. No upgrades or downgrades will be accepted. |       |  |

| Training Schedule and Locations  |  |
|--|--|
| CLASS  | Schedule Arrangement   |
| BOYS, GIRLS, MIXED GENDER, and SIBLING   | Date: 14th July - 23rd August 2025<br>Time : 8:00 a.m. - 11:00 a.m. or 4:00 p.m. - 9:00 p.m.<br>4 one-hour sessions, once or twice a week, and 2 game days               |
| PARENT-CHILD / MOTHER-CHILD<br>(at least a parent or legal guardian must accompany)  | Date: 19th July - 24th August 2025<br>Time: 08:00 a.m. - 11:00 a.m. or 3:00 p.m. - 6:00 p.m.<br>4 one-hour sessions.   |
| GOALKEEPER (Mixed Gender)  | Date: 14th July - 23rd August 2025<br>Time : 8:00 a.m. - 11:00 a.m. or 4:00 p.m. - 9:00 p.m.<br>4 one-hour sessions.   |
| CHALLENGE GAMES (Boys, Girls)<br>*Free admission   | Date: 14th July - 23rd August 2025<br>two-hour session, once or twice a week. Whether you're playing solo or with friends, you're welcome to join the team and have fun. |
| Training classes will be established at the following 8 regions : Hongkong Island, Kowloon East, Kowloon West, Kowloon South, New Territories East, New Territories West, New Territories South and New Territories North.<br>For training schedule and specified venues, please refer to the online enrolment system. |  |

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### Course Content

- I. Training sessions will primarily be conducted in Cantonese.
- II. Provide instruction in the fundamental techniques and skills, including shooting, dribbling, ball control, goalkeeping, and the application of football tactics and strategic. Participants will have opportunity to practise and apply these skills in a practical setting.
- III. Qualified coaches appointed by HKFA will lead the sessions. Training materials will be provided.

### Training Fees:

- 1 HK\$150 per participant for the following classes: Boys, Girls, Mixed Gender, Sibling and Goalkeeper.  
HK\$190–380 for Parent-Child/Mother-Child classes:  
- HK\$190 for one parent and one child.  
- Additional HK\$95 for each extra participant, up to a maximum of 2 extra participants.  
inclusive of HK\$30 administration fee.
- 2 All fees paid are non-refundable under any circumstances, including cases where classes may be cancelled or rescheduled due to force majeure events.
- 3 The training programme includes a complimentary reversible tank and football for all participants. Parents are kindly requested to collect the equipment on the specified dates below. If you are unable to collect it during the designated collection times, you may request postal delivery. However, a minimum fee of HK\$45 will apply, depending on the number of classes enrolled.
- 4 If the training kit has not been collected before the start of the programme, the HKFA will not be distributing the items during the classes. Parents are responsible for ensuring that participants wear appropriate gear for training, including complete sportswear and football attire.

### Training Kit Collection Information

Date: 5 July 2025  
Time: 10:00 a.m. - 6:00 p.m.  
Location: Jockey Club HKFA Football Training Centre  
(190 Wan Po Road, Tseung Kwan O)

### Enrolment Information

- I. Application Period : 11:00 am, 9 June 2025 to 11:59 pm, 26 June 2025.
- II. Quota: 10,000 participants (Boys/Girls/Mixed Gender/Siblings/Goalkeepers Class) + 750 families (Parent-Child / Mother-Child).
- III. The number of places for this programme is limited and will be allocated on a first-come, first-served basis.  
Once full, registration will close.
- IV. Each class must have a minimum of 15 participants; otherwise, the class will be cancelled.
- V. After completing the payment and registration, participants will receive a confirmation email. Please note that the email may be directed to your spam or junk mail folder.
- VI. Participants are allowed to join the group based on their Year of Birth ONLY. No upgrades or downgrades will be accepted.
- VII. Register via the online enrolment system, visit <https://grassroots.hkfa.com> to complete the application process.

### Enquiries

If you have any enquiries, please contact us during office hours (Monday to Friday: 10:00–13:00, 14:15–18:00; closed on Saturdays, Sundays, and public holidays).

Telephone : +852 2193 7386 / 2193 7363

WhatsApp : +852 6753 5720

Email: [grassroots.enquiry@hkfa.com](mailto:grassroots.enquiry@hkfa.com)

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### REMINDER FOR PARTICIPANTS

- A. Given the physical nature of football, participants must ensure they are in good physical condition and fit to participate in the training programme. If a participant has any chronic illnesses, heart conditions, or skeletal or joint disorders, they are advised to consult a medical professional to confirm their suitability for football training prior to enrolling in the programme.
- B. Participants are required to register for the appropriate age group based on the birth year specified under the "Eligibility and Age Groups" section. Requests to move to a higher or lower age group will not be considered.
- C. If the participant information provided is incomplete, requirements are not met, or payment is delayed, the HKFA reserves the right to cancel the application or revoke their training eligibility.
- D. Any participant found to have breached the terms and conditions of the training sessions or competitions will have their eligibility and participation revoked without entitlement to a refund.
- E. The number, schedule, or location of training sessions may be subject to alteration, adjustment or reduction due to unforeseen circumstances beyond our control. The HKFA will not provide refunds for such changes.
- F. Trainees presenting with a high temperature (above 37.5°C) or any symptoms of illness must refrain from participating in training sessions and are advised to seek medical attention promptly.
- G. Participants and trainees must arrive 15–20 minutes prior to the commencement of the session, appropriately dressed and ready for training.
- H. For safety reasons, trainees may only wear glasses during non-contact drills. For contact drills or small-sided matches, trainees who require eyewear must wear regulation sports goggles, which must be inspected and approved by the on-site coach or match official prior to use.
- I. Participants and trainees are strictly prohibited from wearing football boots with metal or hard plastic studs during training sessions or small-sided matches.
- J. It is strongly recommended that trainees wear shin guards during training sessions and matches to ensure their safety.
- K. Trainees participating in goalkeeper training are encouraged to bring their own goalkeeper gloves for use during sessions.
- L. Parents and guardians are reminded to encourage their children to prioritise safety during training sessions and matches. The organisers accept no liability for any accidents or loss of personal belongings incurred during training sessions or while travelling to and from the venue.
- M. The HKFA has arranged "Group Personal Accident Insurance" for this event. Parents and guardians may, at their own discretion, procure additional personal accident and property insurance for their children if desired.
- N. The personal information collected by the organisers will be used exclusively for administrative purposes, including registration, statistics, communication, and/or the promotion of activities organised in collaboration with co-operating institutions. Such information will not be disclosed to any third party except authorised and relevant personnel.  
Please refer to HKFA's Policy for Use of Personal Data: [https://resource.hkfa.com/upload/documents/personal\\_data\\_v2.pdf](https://resource.hkfa.com/upload/documents/personal_data_v2.pdf)
- O. The HKFA may photograph, record videos, or capture audio of participants during their participation in training sessions, matches, and related activities under this programme. Such materials may be used for the purpose of promoting HKFA activities, internal or external communications, and/or training purposes. These materials may be published on the HKFA's website, official social media accounts, or displayed in other digital or physical formats, with the audience potentially including, but not limited to, donors, partners, or other organisations collaborating with the HKFA.
- P. Should you wish to amend or request access to the personal data you have provided, or if you would like to withdraw consent for the use and retention of the aforementioned personal data, photographs, videos, and audio recordings, please contact the HKFA staff.
- Q. The HKFA is committed to safeguarding the culture and rights of children participating in this programme, ensuring their safety while they enjoy the fun of football. For further details, please refer to the HKFA's "Child Safeguarding Policy": [https://resource.hkfa.com/upload/documents/ChildSafe\\_FINAL\\_ENG-v3.pdf](https://resource.hkfa.com/upload/documents/ChildSafe_FINAL_ENG-v3.pdf)
- R. In the event of any disputes, the HKFA reserves the right to make the final decision, including the suspension, modification, or termination of the activity and its terms and conditions at any time. Participants shall have no grounds for objection.

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| WEATHER POLICY   |               |  |
|--|---------------|--|
| Weather  | Coach Present | Training Arrangement   |
| Heavy Rain or Thunder Storm Warning Signal   | Yes           | At coaches' discretion. Parents can arrange for their children to attend based on the weather and safety conditions.   |
| Tropical Cyclone Warning Signal No.3 / Amber Rain Storm Warning  | Yes           | The training sessions for the U6 and U8 groups are cancelled. For the other groups, parents can arrange for their children to attend based on the weather and safety conditions.   |
| Tropical cyclone warning signal No.8 or higher / red / black rain storm warning signal   | No            | All training sessions will be cancelled if the warning signal above is issued two hours prior to the scheduled start time.   |
| If all tropical cyclone rainstorm warning signals are officially withdrawn by the Observatory two hours prior to the scheduled start time.   | Yes           | Under normal circumstances, the training should proceed as scheduled.<br><br>The coach may cancel the training session depending on the weather and the condition of the venue.  |
| <p>If the HK Observatory issues very hot weather warning and the Labour Department issues heat stress at work warning below.</p> <p>Code Amber<br/>(Hong Kong Heat Index : 30 to &lt;32)</p> <p>Code Red<br/>(Hong Kong Heat Index: 32 top &lt;34)</p> <p>Code Black<br/>(Hong Kong Heat Index: ≥ 34)</p>  | Yes           | <p>The training will proceed as scheduled.</p> <p>Parents should decide whether their children should attend based on their health conditions.</p> <p>Refer to the Guidance Notes on Prevention of Heat Stroke at Work, HKFA establish below activities guideline, the coaches and the trainees should follow the guideline for training under safety .</p> <p>In general, parents should prepare enough cool drinking water for their children, and the coaches should remind the trainees to bring along with in each training session. If the HKHI is effect, the trainees should be advised to bring along 750 to 1,000 ml cool drinking water for every hour, and should be advised to drink approximately 250 ml of cool water every 15 to 20 minutes.</p> <p>Each training section should not be over 15 minutes, and each rest break and /or replenish water should be 3 minutes long. The coaches will arrange the shaded area for rest break according to the venue condition.</p> |
| <p>If the Environmental Protection Department issues health risk warning below.</p> <p>"High" health risk category<br/>(Air Quality Health Index (AQHI) of 7)</p> <p>"Very High" health risk category<br/>(Air Quality Health Index (AQHI) of 8-10)</p> <p>"Serious" health risk category<br/>(Air Quality Health Index (AQHI) Exceeding 10)</p> | Yes           | <p>The training will proceed as scheduled.</p> <p>The Environmental Protection Department advises children and the elderly to reduce outdoor physical exertion and minimise the time spent outdoors, especially in areas with heavy traffic.</p> <p>Individuals with heart conditions or respiratory illnesses should consult their doctor before participating in physical activities and take frequent breaks during such activities.</p> <p>As the effects of air pollution vary from person to person, participants who have concerns or feel unwell should seek medical advice.</p> <p>Parents should decide whether their children should attend based on their health conditions. They may refer to the Environmental Protection Department's "Recommended Precautionary Measures" for guidance.<br/><a href="https://www.aqhi.gov.hk/tc/health-advice/sub-health-advice.html">https://www.aqhi.gov.hk/tc/health-advice/sub-health-advice.html</a></p>                                |