



Dear Parents/Guardians,

21st June, 2023

“Track and Field Training Class (July to August)”

In the current academic year, our school's PE Department has formed an elite athletics team, which achieved remarkable results and won the overall championship in the Men's Division (Tuen Mun). This outstanding achievement marks a significant breakthrough. To continue this success and prepare for the upcoming Tuen Mun District Inter-School Athletics Competition, our school will be organising a track and field training class from 8th July, 2023 to 26th August, 2023. Your child has been selected as one of the representatives for the school's track and field team to participate in this activity. The details are listed below:

	Track and Field Training Class	Selected Sports and Training Time	
Lesson 1	School's Playground (Total 8 lessons)	<input type="checkbox"/> Softball Throw 9:00am - 10:30am	
Lesson 2			8/7 (Saturday)
Lesson 3		15/7 (Saturday)	<input type="checkbox"/> High Jump 9:00am - 10:30am
Lesson 4		22/7 (Saturday)	
Lesson 5		29/7 (Saturday)	<input type="checkbox"/> Long Jump 10:30am - 12:00am
Lesson 6		5/8 (Saturday)	
Lesson 7		12/8 (Saturday)	<input type="checkbox"/> Shot Put 10:30am - 12:00am
Lesson 8		19/8 (Saturday)	
Lesson 8	26/8 (Saturday)		
Track and Field Coach	Hong Kong Association of Athletics Affiliates Approved Qualified Coach		
Teacher in Charge	Mr. Cheung Ka Chun		
Attire	Wear proper summer school PE uniform or Athletics Uniform		
Remarks	1. If you feel unwell, please seek medical attention immediately and do not return to school. 2. Due to the hot weather, students are required to bring enough drinking water to stay hydrated. 3. If the Hong Kong Observatory issues a Strong Wind Signal No. 3 or Red Rain Warning at 6 a.m. on the day of training, the training will be cancelled according to the instructions of the Education Bureau, there will be no makeup classes.		

If you allow your children to participate in the above training class, please sign and return the reply slip to Mr. Cheung Ka Chun.

Yours faithfully,
Mr. Chan Chun Wah
Principal

Reply Slip

(22-225E)

Dear Principal,

I have read the circular “Track and Field Training Class (July to August)”, and I* agree / disagree with my children in participating in the above activity.

Selected Training Programs for Students: Softball Throw High Jump Long Jump Shot Put

When the activity ends, student will go home from school from the following methods.

- * allow my children to go home from school by themselves /
 come to school to pick up my children in person.

Class () Student Name : _____

Parent's/Guardian's Signature : _____

Contact Number : _____

Date : _____

*Please tick ✓ as appropriate.

Note: Class teachers after collecting the circulars, please give them to Mr. Cheung Ka Chun on or before 26th June, 2023.