

RCHK Swimming / Triathlon Squad Update: September 2, 2010

1. Sunday September 12th Aquathon Race: More than 30 RCHK Primary and Secondary Students will be representing RCHK at the Aquathon Race hosted by Hong Kong Triathlon Association.

Bus arrangements for RCHK students: Bus service will be available between RCHK and the race venue. Bus will leave RCHK around 6:30 but the actual bus schedule will be confirmed around Thursday September 9th after the race organizer confirms race day schedule. Participating students who will be taking the bus service should email Coach Inoki at takeoinoki@hotmail.com with number of person from your family taking the bus by **Wednesday September 8th**. The Bus fee will be charged to students' RCHK Epay account.

Elastic Shoelaces and Race Belt (For Girls): Elastic Shoelaces and Race Belt (For Girls or Boys with a Triathlon Race Suit) are needed for the aquathon race. Students can get elastic shoelaces (\$5) and race belt kit (\$10) from Mr. Molnar or Coach Inoki

2. Sunday October 3rd Open Water Swimming Race: Entry form and entry fee cheque should be handed into Mr. Molnar or Coach Inoki by **Wednesday September 8th**. For information and entry form, please send your request to Coach Inoki by email.
3. SELECT Swimming / Triathlon Squad: the SELECT Squad program is a comprehensive training program that provides training program to maximize long term athletic potential of student-athletes. Students who wish to join SELECT Swimming / Triathlon Squad should contact Coach Inoki and setting up weekly training schedule and upcoming competition schedule.
4. SELECT Swimming / Triathlon Squad Thursday Training Program for September 9, 16, 30, October 14, 21 (TBC RCHK School Break), & 28:
After school students should change into swimsuit and wear PE uniform over swimsuit
 - 15:15 Assemble in RCHK ground floor covered area (Bring only goggles, swim cap, and a small bottle of drinking water)
 - 15:25 After mobility exercises leave RCHK and run to Ma On Shan swimming pool (additional run content will be included on the way to Ma On Shan swimming pool)
 - 16:00 Swim in Ma On Shan Swimming Pool (RCHK has a booking for two lanes)
 - 17:05 Leave Ma On Shan swimming pool and run back to RCHK (additional run content will be included on the way to RCHK)
 - 17:30 End of training session and students dismissed in RCHK