

**Organised by the Hong Kong, China Rowing Association.
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme**

〈 Indoor Rowing 〉

Purpose: To encourage young people to continue participating in indoor rowing training, so as to promote indoor rowing.

Type of Badges:

1. Three levels of award, namely Bronzes, Silver and Gold
2. Rating standard (accumulated distance)

Award Event	Bronze	Silver	Gold
Training period	Finished within Two Months	Finished within Four Months	Finished within Six Months
Boys aged 12-14	20,000 m	65,000 m	150,000 m
Boys aged 15-18	30,000 m	78,000 m	175,000 m
Girls aged 12-14	16,000 m	52,000 m	110,000 m
Girls aged 15-18	20,000 m	65,000 m	150,000 m

3. All participants must start from the Bronze Award. After obtaining the Award, the distance can be further accumulated for the next Award. The accumulated distance at each level must be finished within a specified period of time.
4. Participants who have accumulated certain distance may apply to the Hong Kong, China Rowing Association (HKCRA) for the badges and certificates (applicable to the School Sports Programme (SSP) – Outreach Coaching Programme (Indoor rowing) course).

Award/ Participation Method: Participants of the Outreach Coaching Programme (Indoor rowing) course need to record the distance finished in each training session in the specified record sheets which should be verified by the teacher or coach. When the target accumulated distance is achieved, the participants may apply for the scheme.

Collection of Badges and Certificates: The Record of Assessment by Individual and Record of Assessment by Coach need to be completed and sent to the HKCRA. Upon verification of the record, the HKCRA will send the badges and certificates to the schools by post for distribution by teachers.

Enquiries (1): The Leisure and Cultural Services Department
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters,
1-3 Pai Tau Street, Sha Tin
Telephone No.: 2601 7602 **Fax:** 2684 9076
Website: www.lcsd.gov.hk **Email:** ssp@lcsd.gov.hk

Enquiries (2) : Hong Kong, China Rowing Association
Address: Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin, New Territories, Hong
Kong
Telephone No.: 2699 7271 **Fax:** 2601 4477
Website: <http://www.rowing.org.hk> **Email:** hkcra@rowing.org.hk

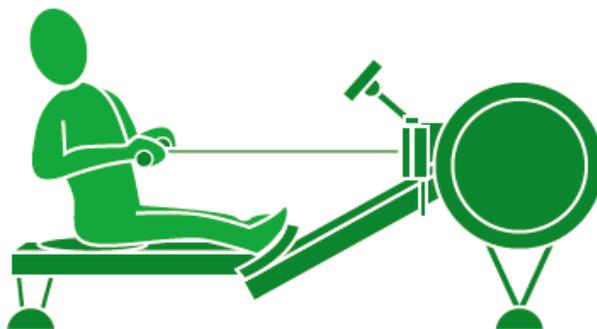
Remark: The Badges Award Scheme for Indoor Rowing is co-ordinated and developed by
the Hong Kong, China Rowing Association.

School Sports Programme – Badges Award Scheme

Techniques of Indoor Rowing

1. Back Stop Position

Normally, a single stroke starts and finishes at the back stop position. At that position, legs should be extended with the upper body leaning slightly backward, and the handle should be held slightly below your ribs.



2. The Recovery

Extend your arms fully and then lean the upper body slightly forward. Bend your knees. After that, slide the seat forward gradually until you reach the Catch position.



3. The Catch

Head stays neutral with your shins remaining vertical. Arms should be straight and at shoulder level.



4. The Drive (first half)

Use body strength and start to press with your legs. When extending your legs, keep your arms extended.



5. The Drive (second half)

After extending your legs almost straight, swing your back and then pull with your arms.



6. The Finish

Swing your back in the vertical position. Try to finish the upper body and leg movements at the same time.

