

Organized by



2024-25 Bowling Instructor Course for School Team Coaches / PE Teachers

Subvented by



A. Instructor Course for School Team Coaches

Certificate will be provided to participants with FULL attendance.

Schedule

Date	Time	Venue	Session
July 24, 2024 (Wed)	13:00 – 16:00	SCAA Bowling Center	Practical session
July 26, 2024 (Fri)	13:00 – 14:30	Room 6, 1/F, Olympic House	Theoretical session
	15:00 – 16:30	SCAA Bowling Center	Practical session
July 27, 2024 (Sat)	13:00 – 14:30	Room 6, 1/F, Olympic House	Theoretical session
	15:00 – 16:30	SCAA Bowling Center	Practical session

Course Instructor

Hong Kong, China Team Coach – Mr. Eric Tseng

Class Size

15 – 25 participants on a first-come-first-served basis

Course Outline

1. Introduction to the 5 Essential Elements of Bowling
2. Helping your athlete choose their style
3. Fundamentals of one-handed and two-handed techniques
4. Targeting and Alignment
5. Lane Play and Ball Motion
6. Foundational Theories, Skills Development and Drills
7. Structures of a Sample of Training Session
8. Evaluating the athlete

Personal Information

English Name: _____ Chinese Name: _____

School Name: _____ Contact No.: _____

Email: _____

Entry fee HK\$500/person. Pleases fill in Entry Form and return in person or by mail with cheque made payable to “Hong Kong, China Tenpin Bowling Congress Limited” to our office at; Hong Kong, China Tenpin Bowling Congress, Room 2004, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay

Organized by



2024-25 Bowling Instructor Course for School Team Coaches / PE Teachers

Subvented by



B. Instructor Course for PE Teachers

Certificate will be provided to participants with FULL attendance.

Schedule

Date	Time	Venue	Session
August 7, 2024 (Wed)	13:00 – 14:30	Room 6, 1/F, Olympic House	Theoretical session
	15:00 – 16:30	SCAA Bowling Center	Practical session
August 9, 2024 (Fri)	13:00 – 14:30	Room 5, 1/F, Olympic House	Theoretical session
	15:00 – 16:30	SCAA Bowling Center	Practical session
August 10, 2024 (Sat)	13:00 – 14:30	Room 6, 1/F, Olympic House	Theoretical session
	15:00 – 16:30	SCAA Bowling Center	Practical session

Course Instructor

Hong Kong, China Team Coach – Mr. Eric Tseng

Class Size

15 – 25 participants on a first-come-first-served basis

Course Outline

1. Introduction to Sports Science of Bowling
2. Benefits of Bowling
3. The Constants and Definition of Bowling
4. Basic Rules and Safety
5. Bowling Skill Fundamentals
6. On the Lanes Drills
7. Targeting and Alignment
8. Evaluating the athlete

Personal Information

English Name: _____ Chinese Name: _____

School Name: _____ Contact No.: _____

Email: _____

Entry fee HK\$500/person. Pleases fill in Entry Form and return in person or by mail with cheque made payable to “Hong Kong, China Tenpin Bowling Congress Limited” to our office at; Hong Kong, China Tenpin Bowling Congress, Room 2004, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay