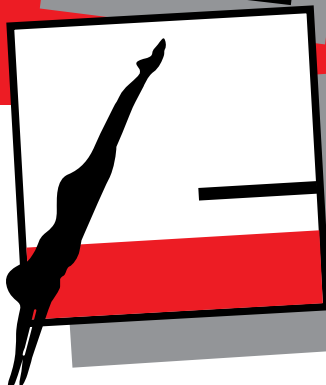
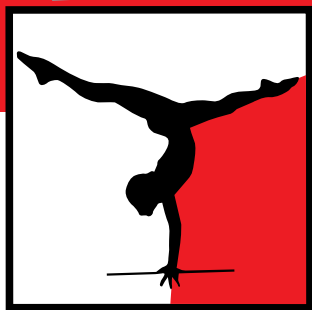


# MULTI-SPORT<sup>®</sup>



**MULTI-SPORT LTD PROGRAMMES  
IN DISCOVERY BAY  
AUTUMN TERM 2010**

# APPLICATION FORM AUTUMN TERM 2010

Please post completed form with payment to:  
Multi-Sport Ltd.  
8<sup>th</sup> Floor, Yien Yieh Bank Western Bldg  
32 – 36 Des Voeux Road West  
Hong Kong

I have read and accept all the notes and conditions and wish to enrol my child(ren) in the following Multi-Sport's programmes held in DB Autumn Term (Sept - Dec) 2010

Name	*D.O.B DD/MM/YY	VENUE & Programme	Day	Time	Fee
		DBIS / BMSE			
		DBIS / BMSE			
		DBIS / BMSE			
		DBIS / BMSE			
		DBIS / BMSE		<b>TOTAL:</b>	

\*D.O.B = Date of Birth      VENUE: DBIS / BMSE

Please let us know any medical conditions we ought to be aware of?

\_\_\_\_\_

I accept that Multi-Sport Limited and its coaches will not accept liability whatsoever arising out of any accident to any person or for loss of or damages to any property in connection with any of our programmes

Parent's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home No. \_\_\_\_\_ Work No. \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## MULTI-SPORT SPORTS PROGRAMME IN DB AUTUMN TERM 2010

Day	Activity	Venue	Time	Age	Cost
<b>Monday</b>					
Sept 20, 27	Junior Sports	*BMSE – Indoor	3:15 – 4:00	3 & 4	\$1700
Oct 4, 11, 25	Junior Sports	*BMSE – Indoor	4:15 – 5:00	3 & 4	\$1700
Nov 1, 8, 15, 22, 29	Junior Sports	*BMSE – Indoor	5:00 – 6:00	5 & 6	\$1700
Dec 6, 13					
12 sessions					
<b>Wednesday</b>					
Sept 22, 29	Junior Sports	*BMSE – Indoor	3:15 – 4:00	3 & 4	\$1700
Oct 6, 13, 27	Junior Sports	*BMSE – Indoor	4:15 – 5:00	3 & 4	\$1700
Nov 3, 10, 17, 24	Junior Sports	*BMSE – Indoor	5:00 – 6:00	5 & 6	\$1700
Dec 1, 8, 15					
12 sessions					
<b>Friday</b>					
Sept 24	Junior Sports	*BMSE – Indoor	3:15 – 4:00	3 & 4	\$1570
Oct 8, 15, 29	Junior Sports	*BMSE – Indoor	4:00 – 5:00	5 & 6	\$1570
Nov 5, 12, 19, 26	Junior Sports	*BMSE – Indoor	5:00 – 6:00	7 and up	\$1570
Dec 3, 10, 17	Basketball	DBIS – ext.court	5:00 – 6:00	7 & 8	\$1570
11 sessions					
<b>Saturday</b>					
Sept 25	Junior Sports	DBIS – ext.court	9:00 – 9:45	3 & 4	\$1570
Oct 2, 9, 30	Junior Sports	DBIS – ext. court	10:00 – 10:45	3 & 4	\$1570
Nov 6, 13, 20, 27	Junior Sports	DBIS – ext. court	11:00 – 12:00	5& 6	\$1570
Dec 4, 11, 18	Soccer	DBIS – soc ground	9:00 – 9:45	3 & 4	\$1500
	Soccer	DBIS – soc ground	9:45 – 10:45	5 & 6	\$1500
11 sessions	Soccer	DB – Astro Turf	11:00 – 12:00	7 and up	\$1500

Venue : DBIS – outdoor ext. court

Discovery Bay International School, Discovery Bay, Hong Kong

BMSE – indoor dance studio

1/F, Discovery Bay North Integrated Services Centre, 99 Siena Avenue,  
Discovery Bay, Hong Kong

DB Astro Turf

Astro area next to DBIS



## **JUNIOR SPORTS PROGRAMME**

In our Junior Sports programme children have the rare opportunity in Hong Kong to receive extracurricular Physical Education by qualified and professional coaches. Our programme works through key stages of Physical Education,

- Hand eye co-ordination,
- Gymnastics and body awareness.
- Athletics.
- Minor invasion games and ball games.
- Striking and fielding games.

Pre-school children are prepared with the skills to excel in sports played at Primary school and our juniors are prepared with the knowledge to excel in PE and the larger range of sports played at Secondary school.

Our programme starts with hand-eye co-ordination games and activities, giving the children a strong grounding to work from. In the gymnastics sessions flexibility and core strength are built upon, alongside floor work, tumbling, and vaulting. During athletics children are coached in aspects of track and field such as starts, sprints, long jump and throwing events. Ball games are introduced and modified games are practiced, gradually introducing the rules and tactics. We aim to include games such as hockey, football, basketball and cricket and striking games such as tennis and badminton.

Multi-Sport's Junior Sports programme develops a thorough grounding in Physical Education providing a positive platform on which to grow.



## JUNIOR SPORTS PROGRAMME

Day	Time	Age	Cost	Venue
<b>Monday</b> Sept 20, 27 Oct 4, 11, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13 12 sessions	3:15 – 4:00 4:15 – 5:00 5:00 – 6:00	3 & 4 3 & 4 5 & 6	\$1700 \$1700 \$1700	BMSE Indoor Dance Studio
<b>Wednesday</b> Sept 22, 29 Oct 6, 13, 27 Nov 3, 10, 17, 24 Dec 1, 8, 15 12 sessions	3:15 – 4:00 4:15 – 5:00 5:00 – 6:00	3 & 4 3 & 4 5 & 6	\$1700 \$1700 \$1700	BMSE Indoor Dance Studio
<b>Friday</b> Sept 24 Oct 8, 15, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 11 sessions	3:15 – 4:00 4:15 – 5:00 5:00 – 6:00	3 & 4 5 & 6 7 & 7+	\$1570 \$1570 \$1570	BMSE Indoor Dance Studio
<b>Saturday</b> Sept 25 Oct 2, 9, 30 Nov 6, 13, 20, 27 Dec 4, 11, 18 11 sessions	9:00 – 9:45 10:00 – 10:45 11:00 – 12:00	3 & 4 3 & 4 5 & 6	\$1570 \$1570 \$1570	DBIS Outdoor ext. court



# BASKETBALL

Learning basketball is relatively easy as the game is centered on a few basic rules and skills. With our structure scheme of work young players master these skills quickly, allowing them to focus on tactics and teamwork. For the player already familiar with the basics, basketball offers unlimited challenges with countless skills to be developed and practiced creating highly effective players.

The course will focus on teaching the rules of the game, introducing and developing fun skills and drills while building children's confidence and fitness in a no pressure environment. The following will be covered:-

- Key aspects of good dribbling and ball control
- Crisp passing and confident receiving
- Shooting techniques
- Positional play and responsibilities of each player
- Offensive concepts and defensive tactics
- Basketball terminology

Younger age groups benefit enormously from playing basketball, developing valuable ball skills and co-ordination while learning how to co-operate. Modified games will be introduced to younger age groups to facilitate a better understanding of the skills required. Older groups will focus on advanced personal skills and team plays.

Basketball will be conducted by qualified and professional Physical Education teachers, who not only aim to coach the game in-depth, but also make the session fun and an enjoyable learning experience.

Players will also be invited to test their skills and team work at our regular Basketball tournaments.

<b>Day</b>	<b>Time</b>	<b>Age</b>	<b>Cost</b>	<b>Venue</b>
<b>Friday</b> Sept 24 Oct 8, 15, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 11 sessions	5:00 – 6:00	7 & 7+	\$1570	DBIS Outdoor ext. court

# SOCCER

Players will receive coaching from our FA qualified professionals who will develop the skills, ball sense and tactics needed to play great soccer.

The classes will introduce a number of skills to wannabe soccer stars. Our lessons are planned around the following skill areas:-

- Dribbling/ Running with the ball and ball control
- Passing
- Turning
- Defensive and attacking skills
- Shooting
- Heading and skills

Players also have the opportunity to be tested on the FA Soccer Stars Award, a great way to compare themselves to youth players in England as well as Premiere league youth players who have completed the awards.

In addition, the programme aims to have players spending at least 80% of the lesson with quality ball time under the watchful eyes of our coaches. As competitive games are an important aspect of soccer, students will play games every session, however, winning is de-emphasised and teams are kept small and changed frequently.

Day	Time	Age	Cost	Venue
<b>Saturday</b>				
Sept 25	9:00 – 9:45	3 & 4	\$1500	School Pitch
Oct 2, 9, 30	9:45 – 10:45	5 & 6	\$1500	School Pitch
Nov 6, 13, 20, 27	11:00 – 12:00	7 & 7+	\$1500	Astroturf Pitch
Dec 4, 11, 18				
11 sessions				



## NOTES AND CONDITIONS

1. Spaces are strictly limited in the course. Please apply early to avoid disappointment.
2. Places are only reserved when a signed application form is received with payment. Please do not fax application forms.
3. Kindly make cheques payable to Multi-Sport Limited and write your child's name on the back of it and send to the address below.
4. Only unsuccessful applicants will be notified, otherwise simply turn up to your class as scheduled.
5. There will be no lessons on Public holidays. Please consult our brochure for other holidays, such as term breaks and keep your brochure as a reference.
6. Courses are automatically cancelled during Red/Black rain warnings or the hoisting of the No.8 Typhoon Signal or when course venues are closed due to inclement weather.
7. A credit letter shall only be issued for lessons cancelled by Multi-Sport due to unforeseeable circumstances.
8. Refunds, credit letters or make up lessons will not be given for non-attendance of lessons for any reason.
9. Uniform will be given out.
10. Please keep your children in the right age category.
11. Parents, guardians and younger siblings will not be allowed in the teaching area during lessons.
12. Although every precaution will be taken I accept that neither the School nor Multi-Sport Ltd. or their coaches, will accept responsibility for any accident or injury incurred.
13. Please note for other rules and regulations at venues.
14. Have fun, get fit and keep well!



**Enriching Life Through Sport Since 1983**



Multi-Sport Limited  
8<sup>th</sup> Floor, Yien Yieh Bank Western Bldg  
32 - 36 Des Voeux Road West, Hong Kong  
Tel: 2540 1257 Fax: 2609 1779  
Email: [admin@multi-sport.com.hk](mailto:admin@multi-sport.com.hk)  
Web: [www.multi-sport.com.hk](http://www.multi-sport.com.hk)