



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

香港物理治療學會有限公司

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2017-18 Sports Specialty Group - Evening Seminar 2

High Performance Strength and Conditioning for Hong Kong Rugby's Elite Rugby Program

One of the biggest challenges in team sports is for athletes to maintain strength and fitness, without sustaining an injury. Effective loading is essential in good training programs and one method of improving a team's performance.

Luke Davey is the head Athletic Performance for Hong Kong Rugby Union where he manages the strength and conditioning for Hong Kong Rugby's Elite Rugby Program. Attend the session to learn the techniques and strategies that the Hong Kong Rugby Union employ for their athletes.

Date:	Tuesday 27 th March 2018		
Time:	1845 (registration) 1900 – 2030 (lecture) 2030 – 2045 (Round up)		
Presenter:	Mr Luke Davey		
Venue:	HKPA Premises Room 901, 9/F Rightful Centre, No. 12 Tak Hing Street, Jordan, Kowloon, Hong Kong		
Capacity:	30 (*Priority will be given to SSG members on "first come, first served" basis.)		
CPD:	Pending		
Certificate:	Certificate of Attendance issued by HKPA SSG		
Course fee:	HKPA SSG member	HKPA member	Non-HKPA member
	Free	HKD \$ 50	HKD \$550
Deadline of application: 1 week prior to seminar			

Remarks:

- Successful applicants would be contacted by email. After confirmation of successful application, course fees are **NOT** refundable.
- Please prepare **crossed cheque** payable to 'Hong Kong Physiotherapy Association Limited', with your 1) name, 2) HKPA membership number, 3) course name & 4) mobile number written at the back of the cheque.
- Status of membership is based on the updated list from HKPA and is counted up to the date of deadline of application. Lots will be drawn if number of applicants exceeds the capacity. For application issues, please contact **Mr. Indy HO** via email hkpassg@gmail.com.

Speaker biography:

Luke Davey

Head of Athletic Performance for Hong Kong Rugby Union

Luke moved to Hong Kong upon completing his undergraduate in the United Kingdom in 2011 where he started his internship with Hong Kong Rugby. Over the past six years he has developed in his career taking over the role as Head of Athletic Performance where his responsibilities include managing and facilitating strength and conditioning for Hong Kong Rugby's Elite Rugby Program including load management, injury prevention and speed and strength development.



APPLICATION FORM

HONG KONG PHYSIOTHERAPY ASSOCIATION – SPORTS SPECIALTY GROUP

Course Name	<input type="checkbox"/> High Performance Strength and Conditioning for Hong Kong Rugby's Elite Rugby Program	
Name	(English)	(Chinese)
HKPA member	<input type="checkbox"/> Yes (membership no. _____) <input type="checkbox"/> No	SSG member : <input type="checkbox"/> Yes <input type="checkbox"/> No
# Please ✓ in the box accordingly.		
Year of Graduation		
Workplace/ Setting		
Contact number	(office)	(Mobile)
Address		
E-mail address		
Cheque no.		Issuing Bank:
Registration	<p>Please send this form with a crossed cheque payable to “Hong Kong Physiotherapy Association Limited”, with your 1) <u>name</u>, 2) <u>HKPA membership number</u>, 3) <u>course name</u> & 4) <u>mobile number</u> written at the back of the cheque to the following address:</p> <p style="text-align: center;">To: Sports Specialty Group c/o: Mr Indy HO s1202 Thei, 133 Shing Tai Road, Chai Wan, Hong Kong</p>	
() I would NOT like to receive updated news regarding SSG activities <u>via</u> my e-mail address.		
<p><u>Legal Claim Waiver Consent</u></p> <p>In consideration of HKPA Ltd. accepting my application to I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.</p> <p>Signature : _____ Name of Applicant : _____</p> <p>Date : _____ <i>*Please sign the above consent before submitting your application</i></p>		
<p><u>Special Weather Arrangement:</u></p> <p><i>When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:</i></p> <p><i>For classes & examinations have NOT YET STARTED</i></p> <p>– <i>If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.</i></p> <p><i>For classes & examinations that have already started</i></p> <p>– <i>When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.</i></p> <p><i>After confirmation of successful application, course fee paid are NOT refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.</i></p>		