

會員通訊 (2023. 9)

OPR/Mem/NL/2023. 9

一．李福林體育館中秋節提早休館

2023 年 9 月 29 日 (星期五) 中秋節，李福林體育館將提早於晚上 8:00 休館。

二．第 50 屆吐露港渡海泳公開賽

第 50 屆吐露港公開渡海泳賽定於 2023 年 9 月 30 日舉行，以船灣沙欄海灘為起點，大美督水上活動中心為終點，全程約 2600 米，今年比賽參加者供 552 人。

三．第 19 屆杭州亞洲運動會

亞洲運動會於 9 月 23 日至 10 月 8 日在杭州舉行，香港體操總會派出吳翹充、詹文軒、吳家祺、黃曉盈、陳卓琳參加競技體操賽事，並且首次派出李冠緯(本會體操教練)、賴舜熿、劉潔瑩參加彈網比賽；其中吳翹充，陳卓琳、黃曉盈、吳家祺、劉潔瑩、賴舜熿皆為本會運動員，本會體操總教練林柏樑先生亦是香港代表隊教練之一。競技體操比賽日期 9 月 24 至 29 日，彈網比賽日期 10 月 2 至 3 日。曾在本會訓練之運動員更有羽毛球香港代表隊鄧俊文，將與謝影雪參加混合雙打比賽。

四．香港超級足球聯賽

大埔足球隊參加今年香港超級足球聯賽，十月份賽事如下：

日期	星期	時間	地點	對賽隊伍	賽事
10 月 1 日	日	下午 3:00	大埔運動場	均業北區	高級組銀牌
10 月 7 日	六	下午 3:00	大埔運動場	晉峰	超級聯賽
10 月 21 日	六	下午 2:30	大埔運動場	冠忠南區	超級聯賽

五．大埔體育節

李福林體育館建館 40 週年大埔體育節，下半年節目如下：

- 10 月 8 日 國慶乒乓球邀請賽 (地點：東昌街體育館)
- 10 月 22, 23 日 羽毛球隊際邀請賽 (地點：李福林體育館)
- 11 月 12 日 第八屆新界區際跆拳道比賽 (地點：李福林體育館)
- 12 月 10 日 全港跆拳道邀請賽 (地點：李福林體育館)
- 12 月 16 日 李福林體育館建館 40 週年慶典暨舞蹈匯演 (地點：李福林體育館)
- 12 月 31 日 第一屆大埔單車節 (地點：白石角科學園)
- 2024 年 3 月 大埔半程馬拉松 (地點：白石角科學園)

六．新班組

個人健身計劃：健身室除了日常開放之外，現增設個人健身計劃，由教練宋國文先生，黃志敏先生及劉小琴女士提供個別教授，每小時 600 元，上課時間可與教練安排。
電競賽車及模擬飛行班：逢星期三 18:00, 19:15 及 20:30 上課。詳情可在本會網頁或大堂佈告板閱覽。

七．會員通訊發放

會員如未能收到會員通訊電郵，亦可以在本會網頁、Facebook 及 Instagram 瀏覽。



Tai Po Sports Association

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Newsletter (2023.9)

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1. The Sports Centre will close early for Mid Autumn Festival

The Li Fook Lam Indoor sports centre will close early at 8:00 p.m. on 29th September, 2023 for Mid-autumn Festival. We wish you a happy Mid-autumn Festival.

2. The 50th Cross Tolo Harbor Swimming Race

The 50th cross Tolo Harbor swimming race is scheduled for 30th September 2023. It's a 2,600 meter race with 552 enrollments.

3. The 19th Asian Games Hangzhou

The Asian Games are held in Hangzhou from September 23 to October 8 this year. The Hong Kong Gymnastics Federation has sent eight athletes to participate in competitive gymnastics events. Five out of eight athletes were trained in the Tai Po Sports Association. Mr Lam Pak Leung, the Tai Po Sports Association's head coach, is one of the coaches of the Hong Kong Team. The gymnastics competition will be held from September 24th to 29th, and the trampoline competition will be held from October 2nd to 3rd. Athletes who have trained in this association include Tang Chun-man from the Hong Kong Badminton Team, who will participate in the mixed doubles competition with Tse Ying-suet.

4. The Hong Kong Premier League

The Tai Po Football Team participates in this year's Hong Kong Premier League. The matches in October are as follows:

Date	Time	Venue	Team against	Events
October 1	3:00pm	Tai Po Sports Ground	Crownity North District	Senior Shield
October 7	3:00pm	Tai Po Sports Ground	RCFC	Super League
October 21	3:00pm	Tai Po Sports Ground	Kwoon Chung Southern	Super League

5. Tai Po Sports Festival

To celebrate the 40th anniversary of the Li Fook Lam Indoor Sports Centre, the Tai Po Sports Association is organizing the Tai Po Sports Festival this year. Activities include: the 50th Cross Tolo Harbor swimming race on 30th September, table tennis competition on 8th October, badminton competition on 22nd and 23rd October, the inter-district Taekwondo competition on 12th November, the HK Taekwondo competition on 10th December, the 40th anniversary celebration on 16th December, Tai Po cycling festival on 31st December and the Tai Po half marathon in March 2024.

6. New classes

Personal fitness classes are available for booking. Please contact instructors Mr Sung, Mr Wong or Fiona for details.

E-Sports Racing and Flight Simulator classes are available on Wednesday 18:00 · 19:15 and 20:30. Please check www.tpsa.org.hk or display boards at the sports centre for details.

7. Newsletter

In addition to emails, members may receive newsletters from Tai Po Sports Association web site, Facebook as well as Instagram.