



ST. LOUIS SCHOOL

Circular No. 50 (17-18)

15th September, 2017

Dear Parents/Guardians,

Re: Silver Level Cycling Training

This is to inform you that your son has expressed interest in the St Louis cycling team, which was formed in 2016. We have run a series of training sessions in school and road training outside school last year. This summer, we also have completed a 12-day Tour de Taiwan cycling trip. You may find the pics and stories of those student cyclists on school SL90 website.

Following the success and positive feedback from the student cyclists in our last year adventure, we are going to organize another round of recruitment for our school cycling team members. It is hoped that we can develop students' self-confidence, social skills and physical endurance through the strenuous and demanding training. We are also planning to have an overseas cycling excursion in summer 2018.

Details of St Louis Cycling Team recruitment and cycling training are given below:

Silver Level / Gold Level Cycling Training

- Venue : St Louis Basketball Court
- Fee : \$340 (including \$40 certificate fee if passed in the cycling assessment, cash or cheque payable to 'The IMC of St Louis School')
- Period : Oct 2017- May 2018
- Coach : TBC (provided by the cycling association of Hong Kong, China)
- Quota : 20 students

Silver Level	Gold Level
17 Oct (Tue) 4-6 pm	23, 30 Jan (Tue) 4-6pm
24 Oct (Tue) 4-6 pm	6, 13, 27 Feb (Tue) 4-6pm
31 Oct (Tue) 4-6 pm	6, 13 Mar (Tue) 4-6pm
7 Nov (Tue) 4-6 pm	10, 17, 24 Apr (Tue) 4-6pm
21 Nov (Tue) 4-6 pm	8, 15 May (Tue) 3-5pm
28 Nov (Tue) 4-6 pm	

In the in-school training course, students are provided with necessary skills and safety precautions for road cycling in Hong Kong. Cycling Gears such as bicycles and helmets will be provided. Additional road sessions will be offered to cyclists from Feb – May 2018. **Full attendance** to these two training courses is expected.

Please return the reply slip to Mr Rigas Wan or Mr Lawrence Ho together with the training fee (\$340) on or before 29th September, 2017 (Friday). Student who needs financial support can apply for assistance from school. Feel free to contact us should you have further enquiries.

We look forward to seeing your son in the cycling team.

(Mr Lawrence Ho)
for the Principal