



**ST. LOUIS SCHOOL.**

Circular No. 275 (2025-2026)

24<sup>th</sup> April, 2026

Dear Parents/ Guardians,

**Re: Summer Cycling Team Physical Enhancement and Road Training Program**

The cycling team is organizing a physical enhancement and road training program in summer 2026. On top of the in-school cycling training to improve the physical fitness, we are going to organize some road training sessions which include day rides outside school. Details are given as follows:

Date	Time	Gathering point	Dismissal point	Purpose
13/7/2026 (Mon)	1400 – 1700	School		Physical training
20/7/2026 (Mon)	1200 – 1500	School		Physical training
27/7/2026 (Mon)	1400 – 1700	School		Physical training
3/8/2026 (Mon)	1000 – 1800	Tai Wai MTR station exit A	Sheung Shui MTR station	Outing
10/8/2026 (Mon)	1000 – 1800	Tai Wai MTR station exit A	Tai Wai MTR station exit A	Outing
17/8/2026 (Mon)	1000 – 1800	Sheung Shui MTR station	Yuen Long MTR station	Outing
19/8/2026 (Wed)	1000 – 1800	Yuen Long MTR station	Tuen Mun MTR station	Outing

Outing venue: Cycling trails in the New Territories

Fee: \$300

Dress code: PE uniforms

Please bring along with a **helmet**, sunglasses, water bottle, lunch fee and transportation fee for the road training.

Please kindly check the box below and submit cash/ cheque (\$300) payable to ‘The IMC of St Louis School’ on or before Friday, 8<sup>th</sup> May 2026. Feel free to contact Mr. WU Man Hui Samuel for further enquiries or clarifications. Look forward to your son’s active participation.

(Mr. WU Man Hui Samuel)  
*for Principal*

**Reply slip**

Re: Summer cycling team physical enhancement and road training program

I \*allow  do not allow my child \_\_\_\_\_ of Class \_\_\_\_\_ (no. \_\_\_\_\_) to take part in the program. I understand the risks involved in the captioned activity and will ensure my son to be abide by the instructions given by the coach/ teacher.

\*Date(s) available:

13/7/2026

27/7/2026

10/8/2026

19/8/2026

20/7/2026

3/8/2026

17/8/2026

Parent’s Signature: \_\_\_\_\_

Parent’s Name: \_\_\_\_\_

Parent’s Contact No.: \_\_\_\_\_

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

*\*Please tick as appropriate*