



SKY DRAGON SWIMMING CLUB

Test The Waters

Promulgating this beloved avenue of fitness and sport begins but does not necessarily end at the grassroots, says JASON TANG.

Swimming is one of the best recreational activities and forms of exercise in the world. Engaging in it presents numerous benefits, both physical and otherwise. Learning how to swim is on a large scale considered essential to human development, as well as a landmark in one's lifetime.

Director and Head Coach Jason Tang has made it his mission to provide Hong Kong's youth with adequate swimming facilities and instruction, from beginner to athletic levels. He founded Sky Dragon Swimming Club in 2001, which, together with Co-Head Coach John Tsang and their team of elite instructors, promotes swimming in the city.

Make A Splash

Sky Dragon Swimming Club advocates swimming as regular exercise, and seeks to proclaim its importance in achieving overall fitness. The initial goal would be to generate sustained interest, and steadily increase the proficiency of its students from basic survival technique to competitive skill. Accordingly, it wishes to promote water safety awareness.

"Our swimming courses are divided into three categories," says Tang. The first, 'Learn to Swim', covers the rudiments, where students become acquainted with the environment and are taught how to float and perform the basic strokes. This is accompanied by two advanced courses. 'Swimming Team' trains participants in various aspects of the modern Olympic-style sport and similar events. The 'Triathlon' course addresses the needs of those interested or already participating in the increasingly popular multiple-stage competition.

"The objectives and content of each course varies but our core concept is consistent. We are convinced that the foun-



dation is the most important part of all sports. The early part of training should focus on learning the proper technique and developing endurance, to prepare for the next steps in the future," he says.

Immersion

Jason Tang takes much pride in the calibre of Sky Dragon's coaching staff. "We are convinced that each person's individual talents are an important asset for our swimming club. Our coaches are very well trained and regularly evaluated to ensure the utmost quality of our coaching programs."

The swimming club naturally provides accident insurance for all its students. It also participates in many national sports exchanges with different organizations in Mainland China to provide students a wider scope of training and further enrichment.

A related offering is its pool management and maintenance services. It provides public pool operators and private owners various forms of support, including water quality control, active lifeguard duty, and construction and design consultancy for whirlpools and hot tubs.

At its heart, Sky Dragon Swimming Club is a staunch proponent of swimming, for recreation, exercise, sportsmanship, and sheer fun. Few businesses are as pure in purpose. "Sky Dragon Swimming Club adheres to 'Joyful Learning, Serious Training' as chief teaching principles," says Tang. "In addition to sports training, we also focus on moral education and the development of character, instilling discipline and respect, learning punctuality, and cultivating a helpful attitude towards each other." ■

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