**Level 1 Coach**

**Practical Hour Tracked Record**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_（Chinese） \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_（Eng）

Mobile No.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (HKLA member ID)： \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Date** | **Time** | **Program Name** | **Duration (Hr)** | **Signature by Senior Instructor/Head Coach** |
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A proof document of the practical hour must be attached with this document if the program/team is not organised/co-organised by HKLA.