

**Jockey Club Believe & Bounce Basketball Programme**  
**factsheet**

The Hong Kong Jockey Club Charities Trust has committed HK\$70.75 million to support a three-year ***Jockey Club Believe & Bounce Basketball Programme*** to be co-run by the InspiringHK Sports Foundation, The Boys' and Girls' Clubs Association of Hong Kong and the Hong Kong Federation of Youth Groups.

The programme will feature a variety of initiatives to make basketball more accessible for students and underprivileged young people, thereby enhancing their physical and mental well-being and fostering their personal growth. It is expected to benefit more than 32,000 people, including over 660 coaches.

The main components of the three basketball development initiatives under the ***Jockey Club Believe & Bounce Basketball Programme*** are:

- **Jockey Club Believe & Bounce Basketball Programme: InspiringHK Dream Factory**
  - 3x3 basketball, an accessible and fun basketball format, will be introduced to kindergarten and lower primary school students, to enable them to develop healthy and active lifestyles from a young age.
  - Adopting a progressive, step-by-step approach, a school-based 3x3 basketball training scheme will be designed by professionals, including sports coaches and sports psychologists, to enable the primary students to build a strong foundation for their growth. An inter-school 3x3 Championship will provide a competitive platform for school teams.
  - To support the effective delivery of the school-based 3x3 basketball training scheme, training courses will enhance the skills of basketball coaches and university students studying subjects related to sport and sports education.
  - Basketball skills enhancement clinics will enable children and young people, outside of the programme to experience 3x3 basketball on weekends and public holidays.
- **Jockey Club Believe & Bounce Basketball Programme: BGCA Care**
  - A youth development-oriented league will be launched for young people, combining regular basketball training and competitions with career and life planning to equip them with the skills needed to overcome life challenges and develop transferable skills for their future endeavours.
  - Social workers will collaborate with coaches to prepare individual development plans for youth participants. They will also introduce basketball-related industries to help them explore different career and life development paths.
  - Academic experts will share techniques with social workers to better manage issues impacting young people.
  - Participating youths will be encouraged to organise social service events to give back to the community.

- **Jockey Club Believe & Bounce Basketball Programme: HKFYG Hustle 5**
  - East Asia Super League (EASL) coaches will be invited to lead regular district basketball training sessions, giving students and underprivileged youngsters access to high-quality professional training and elite-level competitions.
  - Training courses will help basketball coaches to enhance their skills and teach EASL courses more effectively.
  - EASL will invite 20 outstanding Hong Kong students to showcase the skills they have learned alongside peers from Macau and the Philippines.
  - Basketball-themed challenge days, carnivals and school tours will promote healthy lifestyles and physical development.

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