



70th
成立週年紀念
Anniversary



中國香港棍網球總會

HONG KONG, CHINA LACROSSE ASSOCIATION



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關於我們 About us

中國香港棍網球總會為香港棍網球運動之監管機構。
總會成立於 1993 年，現時為世界棍網球聯會，亞太棍網球聯會
以及中國香港體育協會暨奧林匹克委員會成員。

自 2014 年起，總會舉辦每年一屆的香港棍網球公開賽，
現已成為亞洲區內的重要賽事。

總會亦會定期參與地區性或全球性的比賽，
當中包括世界錦標賽、亞太錦標賽等。

Hong Kong, China Lacrosse Association is the governing body of lacrosse in Hong Kong.
Founded in 1993, the Association is now a member of World Lacrosse (WL),
Asia Pacific Lacrosse Union (APLU), as well as
Sports Federation & Olympic Committee Hong Kong, China (SF&OC).

Since 2014, the Association has re-established the Hong Kong Lacrosse Open which is now
one of the major tournaments in Asia.

The Association also regularly participates in global and regional tournaments including
but not limited to World Lacrosse Championship, Asia Pacific Championships, etc.



使命及願景

Mission and Vision

使命 Mission

作為香港棍網球的監管機構，本會的使命為提供資源及支持發展棍網球，使普羅大眾有機會接觸此項運動。同時間，本會亦致力提供機會予運動員同時建立正向態度及技術，使運動員們能終生享受此項運動，並且培養運動員的自信、自律以及團隊精神。

最後，本會期望藉著港隊於國際賽的優異成就，能夠感染全城，使棍網球成為本港的主流運動項目。

As the lacrosse governing body in Hong Kong, our mission is to provide support and resources to grow the sport by promoting accessibility to all. We are committed to providing opportunities to develop skills and attitudes that will enhance the lifelong enjoyment of the game and develop the confidence, discipline and teamwork that will be of benefit in all aspects of the participant's life.

In addition, by the high standard of our international performances, we will inspire our city and drive Lacrosse as a major sport in our region.

願景 Vision

中國香港棍網球總會的願景是使棍網球成為香港的主流運動項目，並使港隊成為亞洲區內頂尖球隊。

It is the vision of the Hong Kong, China Lacrosse Association to continue establishing lacrosse as a major sport in Hong Kong while our Representative teams will pursue top ranking in Asia.

我們的價值 Our Values

- 體育精神** 我們的行為將能夠反映我們友好的態度以至對這項我們熱愛的運動的尊重
Sportsmanship We act in a way that reflects a sense of fellowship and a respect for the game we love.
- 合作精神** 透過建立清晰、信任及重視互相合作的氛圍，為團隊進步作出貢獻
Teamwork We contribute to the betterment of our team by creating an atmosphere of collaboration, clarity and trust.
- 責任感** 我們將為自身對社區的行為及付出承擔責任
Responsibility We hold ourselves accountable to our community for our actions and commitments.
- 熱情** 我們以投入、熱情及熱愛的態度，參與棍網球的所有活動
Passion We engage in all areas of the game with spirit, dedication and an appreciation of lacrosse.
- 卓越** 我們在所有層面包括教練、裁判、義務工作、比賽以及領導工作等，均追求卓越表現
Excellence We strive to achieve high standards in all aspects of the sport: coaching, officiating, volunteering, competing and leading.
- 尊重** 我們尊重所有持份者，包括我們的球隊以及隊員，亦包括其他國家、球隊、裁判以及任何年齡、性別或職業的公眾
Respect We respect all stakeholders: Own selves including team; teammates; nation, opponents, officials, public, age, gender and occupation etc.

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弘揚球藝
建樹體壇

行政長官李家超



中國香港棍網球總會三十周年誌慶



英才輩出
盛譽遐傳

文化體育及旅遊局局長楊潤雄



中國香港棍網球總會三十周年誌慶



中國香港體育協會暨奧林匹克委員會會長霍震霆致意



同必戮力 促進體運

賀《中國香港棍網球總會三十周年誌慶》



On behalf of World Lacrosse – the international governing body for the sport – we congratulate the Hong Kong, China Lacrosse Association on 30 successful years!

We applaud the Hong Kong, China Lacrosse Association for its significant efforts over three decades to grow the sport and create opportunities for athletes of all ages to enjoy lacrosse.

We very much look forward to the 2024 World Lacrosse Women's U20 Championship in Hong Kong, China. It will mark Hong Kong's hosting debut for a World Lacrosse championship, and also the first time this world championship will be staged in Asia.

Thank you to Hong Kong, China, for your investment in and passion for lacrosse, and to the HKLA for its strong engagement and commitment to the sport.

Regards,


Sue Redfern
President


Jim Scherr
CEO



Mike Slattery
APLU President

On behalf of the Asia Pacific Lacrosse Union (APLU) we are pleased to congratulate Hong Kong, China Lacrosse Association on their 30th Anniversary since establishment.

Their successful development of lacrosse, in all its formats for both men and women, has been very successful in their domestic territory together with strong support in recent years for the evolution of the China Lacrosse Association. Their professionalism in development, hosting and competing has earned them the respect and admiration of their fellow members of APLU as well as international respect within the World Lacrosse community.

Their historic and successful operation of their regular field-game Open competition and more recently their Sixes competition establishment is testimony to their versatility and initiative. And further recognition of their capabilities has been granted with their formal acceptance for hosting the World Lacrosse Women's Under 20 World Championships in August 2024 which we are all confident will be a quality and successful lacrosse event.

The APLU are proud to have Hong Kong, China Lacrosse as an original founder (since 2004) and currently as a full member. The APLU appreciates and values the ambition and initiative of the Hong Kong, China Lacrosse organisation in developing the sport of lacrosse domestically while always supporting the competition and comradeship within our region of Asia Pacific.

We applaud and recognise your contribution and achievements within our region and wish you every future success domestically, regionally and internationally.



康樂及文化事務署署長劉明光



球藝弘彰
英才卓育

中國香港棍網球總會三十周年誌慶



球出類拔萃
藝精湛

立法會議員鄭泳舜

中國香港棍網球總會三十周年誌慶



Hong Kong, China Lacrosse Association
30th Anniversary Memorial Book

On behalf of The University of Hong Kong, I am pleased and honoured to offer my hearty congratulations to the Hong Kong, China Lacrosse Association on its 30th anniversary celebration.

I am very proud to say that HKU is recognised as the cradle of lacrosse in Hong Kong, where it was first introduced in the early 1960s. Over the years, HKU has played an instrumental role in spreading the popularity of this exciting sport among its students, many of whom went on to represent Hong Kong in world competitions.

Since its inception, the HKCLA has dedicated itself to promoting lacrosse not only at elite levels, but also to the wider community, enabling everyone to enjoy the camaraderie and health benefits of this fun and exciting team activity.

I am delighted to know that many present and past HKU lacrosse players have reunited to celebrate this momentous occasion. Please accept my warmest congratulations and best wishes to the HKCLA for continued success in the years to come.

Professor Xiang Zhang
President and Vice-Chancellor
The University of Hong Kong

31 August 2023

會長獻辭

Message from the President



Van Sternbergh

2023年，中國香港棍網球總會慶祝成立三十周年。在過去數十年的發展進程中，棍網球從香港大學的舍堂中展開，發展至今，運動員已經能參加各項世界性賽事。我們現在於世界棍網球排名中位居前列，而在亞洲則名列第二。香港棍網球已成為一股不可忽視的力量，這一切皆受益於那些在發展路上給予我們幫助和支持的人。

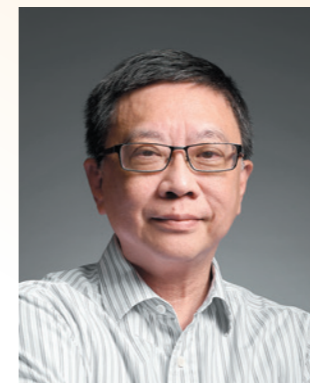
我們明白未來仍有很多工作尚待完成，我們定會盡力帶領總會更上一層樓。感謝各位熱愛棍網球的有心人提供贊助、積極參與總會舉辦的活動，以及在志願工作方面提供幫助。期待在未來的三十年裏，能夠持續得到您的支持。

In 2023, Hong Kong, China Lacrosse Association marks its 30th year anniversary. Lacrosse has grown from a Hall team sport in the University of Hong Kong to competing in World Tournaments. We are now in the top bracket of World Lacrosse ranking and second in Asia. HK Lacrosse is a force to be recognized and it is only possible with those who helped and supported us along the journey.

We understand there are still lots of work ahead of us and we will certainly try our very best to reach the next level. We thank you for your support in sponsorship, participation and volunteer work. We look forward to the next many 30 years with your continuous support.

總幹事獻辭

Message from the CEO



黎振國
Lawrence LAI

在中國香港棍網球總會成立三十周年這個特別時刻，讓我們共同慶祝這本紀念特刊正式問世。這本特刊記錄了我們總會三十年來的發展歷程，包括我們所取得的成就、過往面臨的挑戰與成長等，百味雜陳，每一個片段都被精心地記錄下來。

雖然我加入總會只有四年，但一路見證總會的發展歷程，所見所聞已讓我感到非常驕傲和激動。作為一個體育總會，我們堅守自創會便傳承下來的理念，同時保持大膽創新的態度，逐漸建立起獨特的品牌形象。這全賴大家一直不計付出，默默耕耘。

作為總幹事，我對總會的未來發展充滿期待。相信在全體成員的共同努力下，我們日後將能迎來更大突破。同時，我也希望我們能夠不斷提升自身的專業水平，加強總會管理和營運能力，為會員提供更好的服務和支持。讓我們攜手共進，不斷學習和創新，以應對變化不斷的環境，繼續追求卓越。

三十年是一個里程碑，亦是一個全新開始，我衷心希望在下一個三十年裏，我們能取得更多成就，讓中國香港棍網球總會成為一個傑出的體育組織，為香港人爭光。

On this momentous occasion of the 30th anniversary of the establishment of the Hong Kong, China Lacrosse Association, I am delighted to join you in celebrating the official release of this commemorative booklet. This publication serves as a comprehensive record of our Association's development over the past three decades, encapsulating our achievements, challenges, and growth with diverse perspectives and meticulous attention to detail.

Though my involvement with the Association spans a relatively brief period of four years, I have had the privilege of witnessing the Association's remarkable progress with immense pride and excitement. As a sports association, we have remained steadfast in upholding the founding principles while embracing a bold and innovative approach, gradually carving out a distinctive brand image. This accomplishment is a testament to the collective hard work and unwavering dedication exhibited by every individual involved.

In my role as CEO, I am filled with optimism and high expectations for the future development of the Association. I firmly believe that through our collective efforts, we will achieve even greater breakthroughs in the years ahead. Concurrently, I urge us to consistently enhance our professional capabilities, fortify the Association's management and operational competencies, and provide enhanced services and support to our esteemed members. Let us unite in our pursuit of continuous learning and innovation, enabling us to navigate the ever-evolving landscape and strive for excellence.

Thirty years mark a significant milestone and signify a new chapter in our journey. It is my sincerest hope that over the next three decades, we will accomplish even greater feats, establishing the Hong Kong, China Lacrosse Association as an exceptional sports organization that brings honour to the people of Hong Kong.

我們的奧運夢

Our Olympic Dream

棍網球源自北美原住民。對他們來說，棍網球是一項備受尊敬的傳統活動，推崇公平競爭、勇敢、領導等核心價值，是治療族人心靈的一帖妙藥。在世界的另一端，位處亞洲的日本棍網球有一句名言：「以棍網球會友 (Lacrosse makes friends)」。兩者所表達的價值，可說是涵蓋了全球棍網球界的普世價值，更與奧林匹克主義精神所謂的「相互理解、友誼長久、團結一致和公平競爭」不謀而合。可以說，棍網球這項運動，註定是一項奧運項目。

事實上，棍網球遠至 1904 及 1908 年的奧運會均是正式項目，唯其後被剔除。雖然 1928、1932 及 1948 年的奧運會，棍網球「重返」奧運會成為示範項目。然而，棍網球未有因此而站穩陣腳。1948 年的這一別，距離重逢之時，便是接近 80 載。

過去十年 (2014-2023 年)，是中國香港棍網球總會成立三十年的後十年，是本會正式於香港起飛的時期。恰巧的是，這十年亦是棍網球於世界起飛的時期。10 年前，世界棍網球聯合會 (WL) 的成員國大約有 40-50 個，直至今日，已經倍增至 90 個。發展迅速伴隨而來的，其實是重返奧運之夢。

重返奧運會一直是棍網球界的夢想，亦是 WL 的願景。為了這奧運夢，棍網球首先於 2017 年世界運動會登場。世界運動會可算是奧運會的「弟弟」，內裡的比賽項目均是進入奧運的備選項目。2018 年，WL 成為國際奧委會的暫許認可會員資格，其後於 2021 年獲得正式會員資格。另外，WL 為了增強加入奧運會的機會，亦創立一套全新的棍網球六人制賽事，目標令比賽更具觀賞性，各國發展上亦更容易，以滿足成為奧運項目的各種要求。

終於，經過一番努力，2023 年 10 月 16 日，國際奧委會於印度孟買舉行的第 141 次全體會議中，宣佈棍網球以及另外四個項目包括壁球、板球、奪旗式美式足球，以及棒球/壘球，成為 2028 年洛杉磯奧運會的比賽項目。此消息對棍網球界來說，可能是近 100 年最具影響力的消息。

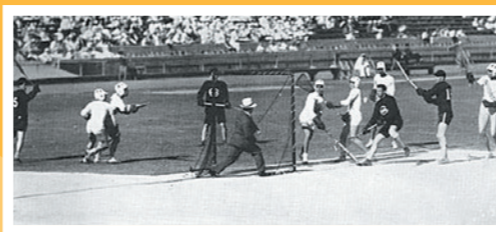
四年一度的奧運對運動員來說，是世界體壇的最高舞台。原因不只是奧運的比賽四年一度難能可貴，更是因為奧運是一項不單止吸引運動愛好者，就算是平常不太關注運動的人士，亦會留意奧運會的消息，在家中看著電視觀賞奧運比賽。棍網球進入奧運的舞台，意味著此項運動將進入更多從未認識這項運動的眼簾裡，亦將讓更多不認識此項運動的人士，投入於這項運動中。

這十年，棍網球可謂於世界逐漸起步，發展愈趨成熟。不過，相比進入奧運這一消息，或者棍網球這時候才是真正展翅高飛的時刻！

1904 棍網球項目奧運冠軍隊伍 - Winnipeg Shamrocks lacrosse team, Olympic champions at the St. Louis Games of 1904



1932 年棍網球於奧運會的比賽相片
Lacrosse as a demonstration sport in 1932 Olympic Games



棍網球於 1948 年倫敦奧運會作為示範項目
Lacrosse at the Olympics, London, 1948



The game of lacrosse originated from the Indigenous people of North America. To the Native Americans, the sport of lacrosse is more than just a recreational game, it is a tradition that holds significant cultural and spiritual importance, promoting fair play, bravery and leadership, it is often referred to as the medicine game by the Indigenous people. On the other side of the world, the Japan Lacrosse Association has the slogan "Lacrosse Makes Friends". These values combined together, represents the values and beliefs of the global lacrosse community and is also in line with the Olympism values of mutual understanding with a spirit of friendship, solidarity and fair play. One can say that lacrosse was destined to be an Olympic Sport.

In fact, in 1904 and 1908, lacrosse was included in the Olympics as a regular event, but then it was removed and only placed back in the 1928, 1932 and 1948 Olympic Games as a demonstration sport. However, it failed to remain in the Olympic Games, and it has taken 80 years for it to now return to the Games in LA2028.

In the last ten years of our 30 years history, it is when the growth rate of lacrosse in Hong Kong increased at an exponential rate. On the global scale, it is also when World Lacrosse saw its most rapid growth. 10 years ago, World Lacrosse (WL) only had around 40-50 member nations. Currently, WL has 90 members, and the numbers are still growing.

Returning to the Olympic Games has always been a dream of the lacrosse community and a vision of World Lacrosse. In 2017, lacrosse appeared in the World Games, which was seen as a stepping stone in reappearing in the Olympics. In 2018, World Lacrosse was provisionally recognized by the International Olympic Committee (IOC) and in 2021, after a three-year provision period, lacrosse was granted full recognition. But this inclusion does not guarantee inclusion in the Olympic Games. In order to enhance the chances of inclusion, WL developed a new format of lacrosse, Sixes Lacrosse, which combines the most exciting elements of the more traditional disciplines with quicker transitions and non-stop, high scoring action, making it a more appealing to audiences that may not know the game well.

Finally, on the 16th October, 2023, in the 141st IOC session held in Mumbai, India, it was announced that lacrosse, alongside with squash, cricket, flag football and baseball/softball, will be included in the LA2028 Olympic Games. For the lacrosse community, this is the news of the century.

Participating in the Olympic Games is the ultimate dream of all athletes around the world. The Olympic Games appeals to even audiences that may not usually be a sports fan but want to show their full support for athletes from their nations either at the Games or just from the comfort of their home. This provides a stage for less known sports like lacrosse to be showcased to the whole world.

With the news of inclusion into the LA2028 games, the interest and popularity of lacrosse has exploded, and we believe this is only just the beginning!

國際奧委會宣佈棍網球成為 2028 洛杉磯奧運會的比賽項目，節錄自國際奧委會 Youtube 影片
IOC approves Lacrosse as one of the sport in LA28, Capture from IOC Youtube Video





總會里程

Milestone

總會里程碑 Milestone

1963

教授 Graeme Large & Murray MacKenzie
將棍網球引入香港大學並推廣和發展這項運動
Professor Graeme Large & Murray MacKenzie introduced lacrosse to promote and develop at the University of Hong Kong.



1967

首支全華人棍網球的球隊在香港大學組成
The first all-Chinese lacrosse team at the University of Hong Kong.



1983

聖約翰學院獲得香港大學舍際比賽冠軍
St. John's College won the inter-hall lacrosse championship at the University of Hong Kong.



1993

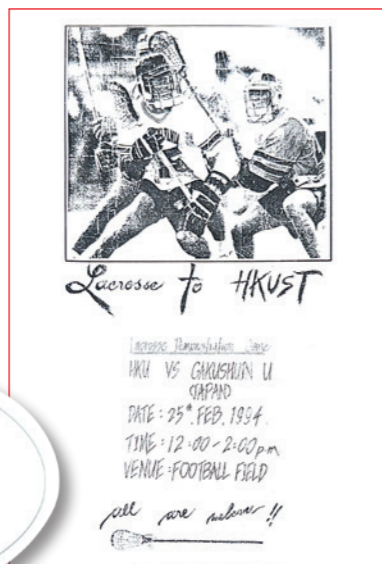
中國香港棍網球總會正式成立
Hong Kong, China Lacrosse Association was officially established.



總會里程碑 Milestone

1994

日本學習院大學到訪本港推廣棍網球，並於香港科技大學與香港大學進行示範賽。香港男子球員首次嘗試以正規裝備進行男子賽例棍網球比賽。
 Japan's Gakushuin University visited Hong Kong to promote the sport, and had a demonstration game with the University of Hong Kong in Hong Kong University of Science and Technology. It's the first time for the Hong Kong male players using proper equipment to play field lacrosse.



2001

首支男子棍網球隊到海外比賽參與「北京盃」
 First men's lacrosse team competed overseas in the Beijing Open Cup.



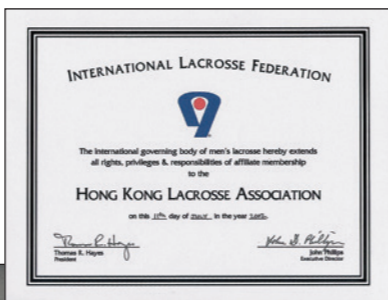
總會里程碑 Milestone

2002

1. 中國香港男子棍網球代表隊首次參加男子世錦賽—澳洲柏斯
The Hong Kong, China Men's Representative team competed in their first Men's World Championship in Perth, West Australia, Australia.



2. 總會加入世界棍網球聯會成為準會員
The Association became an associate member of the World Lacrosse.



3. 舉辦首屆香港棍網球公開賽
The Association organized the first Hong Kong Lacrosse Open.



總會里程碑 Milestone

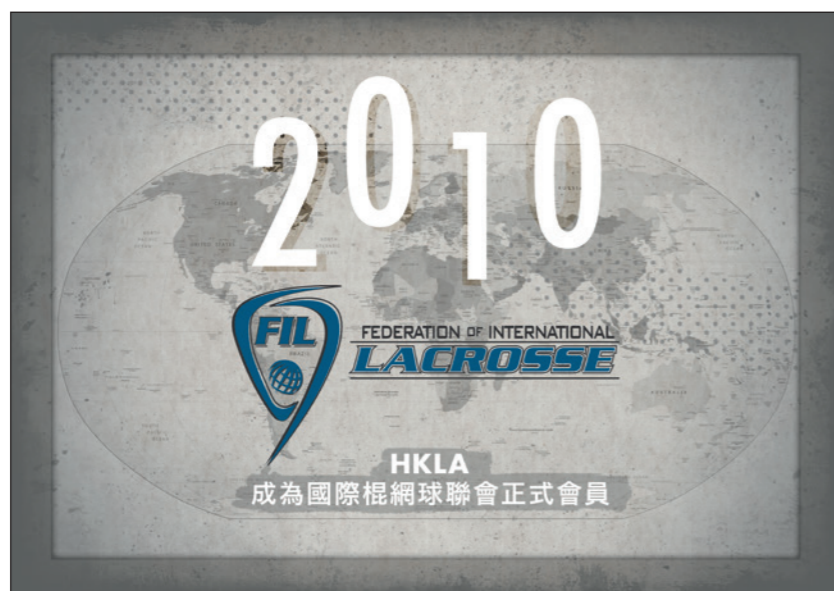
2006

首支女子棍網球隊到海外比賽參與「布拉格盃」
First women's lacrosse team competed overseas in the Prague Cup.



2010

總會成為世界棍網球聯會正式會員
The Association became an official member of World Lacrosse.



2013

中國香港女子代表隊首次參加女子世界盃—加拿大奧沙華
The Hong Kong, China Women's Representative team competed in their first Women's World Cup in Oshawa, Ontario, Canada.



總會里程碑 Milestone

2016

- 總會正式成為港協暨奧委會觀察會員
 The Association officially became an observer member of the Sports Federation and Olympic Committee of Hong Kong, China.



- 中國香港男子 U19 代表隊首次參加男子 U19 世錦賽－加拿大高貴林
 The Hong Kong, China Men's U19 Representative team competed in their first Men's U19 World Championship in Coquitlam, B.C., Canada.



總會里程碑 Milestone

2019

1. 中國香港女子 U19 代表隊首次參加女子 U19 世錦賽—加拿大彼得柏勒
The Hong Kong, China Women's U19 Representative team competed in their first U19 World Championship in Peterborough, Ontario, Canada.



3. 中國香港男子室內棍網球代表隊首次參加室內棍網球世錦賽—加拿大蘭里市
The Hong Kong, China Men's Box Lacrosse Representative Team competed in their first World Indoor Lacrosse Championship in Langley, B.C., Canada.

港男子棍網球隊首征室內世錦賽

香港男子棍網球代表隊昨日啟程，出征9月19至28日在加拿大卑詩省蘭里市舉行的世界男子室內棍網球錦標賽。這是港隊首次派隊參與這項四年一度的賽事，同時亦是賽事唯一來自亞洲的參賽球隊。

本屆賽事共有20支參賽球隊，除了東道主加拿大、易洛魁聯盟、美國、以色列及英格蘭5支世界排名最高的球隊被列入藍組，肯定可以晉級1至8

名的爭標組爭奪賽事冠軍，其餘15支隊伍分別被編入黃、綠、橙組。經過小組單循環賽後，這3組的首名可以晉級爭標組，其餘2至5名球隊則會進入9至20名排名賽。香港在小組賽與愛爾蘭、塞爾維亞、瑞士及荷蘭被編入黃組。

香港隊隊長麥浩駿表示：「作為亞洲地區唯一的代表隊，目標當然是為世界棍網球壇製造驚喜！」

香港文匯報記者 陳曉莉



2. 連續六年舉辦香港棍網球公開賽，當屆規模為歷年最大：共21支強隊參加
The Hong Kong Lacrosse Open (HKLO) has been organized for six consecutive years and HKLO 2019 became the biggest ever tournament with 21 teams participating.



4. 首次舉辦全港中學及小學校際棍網球比賽
The Association organized the first ever All Hong Kong inter-secondary and primary school lacrosse competition.



首屆全港中學校際棍網球比賽分別由順德聯誼總會鄧裕彤中學及英華女校奪得男子組及女子組的冠軍寶座。

Shun Tak Fraternal Association Cheng Yu Tung Secondary School and Ying Wa Girls' School won the Champion in Boy's and Girl's Division respectively in the first All Hong Kong Inter-secondary schools lacrosse competition in 2019.



首屆全港小學校際棍網球比賽則由吳氏宗親總會泰伯紀念學校包攬高級組及初級組的冠軍殊榮。

Ng Clan's Association Tai Pak Memorial School won champion in both Senior division and Junior division of the first All Hong Kong Inter-primary schools lacrosse competition.



總會里程碑 Milestone

2021

總會正式成為康樂及文化事務署「體育資助計劃」的受資助體育總會
The Association officially became the subvented National Sports Association under the Sports Subvention Scheme of Leisure and Cultural Services Department.



2022

中國香港女子代表隊於 2022 世界棍網球女子錦標賽以第 16 名完成賽事，創歷史佳績。目前在亞洲排名第 2 位。

The Hong Kong, China Women's Representative team finished the 2022 World Lacrosse Women's World Championship in 16th place, and ranked 2nd in Asia, the best-ever result the team has achieved.



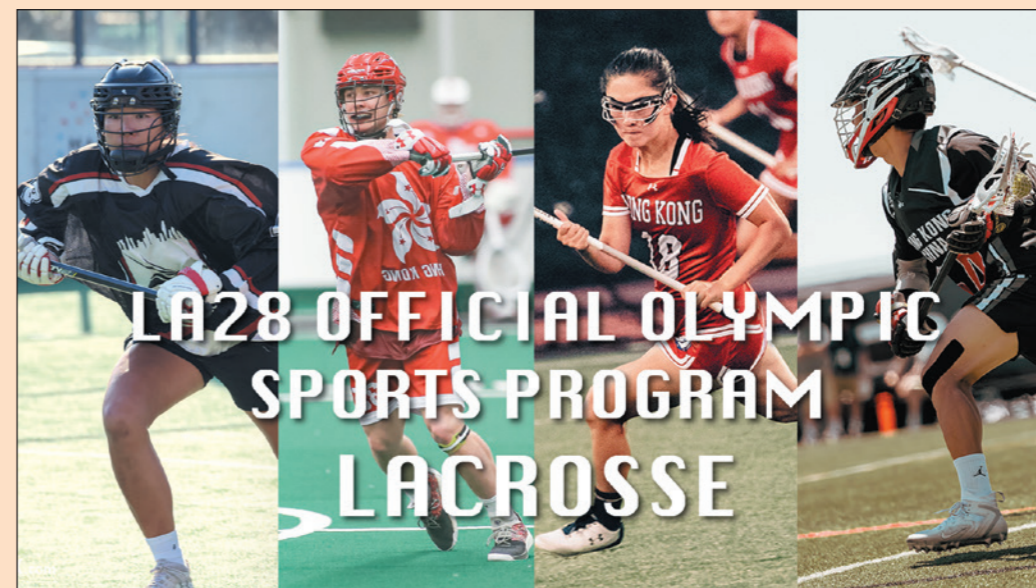
總會里程碑 Milestone

2023

1. 中國香港男子代表隊於 2023 世界棍網球男子錦標賽以總排名第 13 位完成賽事，創出歷史最佳成績，且獲得亞洲排名第 2 位。
The Hong Kong, China Men's Representative team made a historic achievement by finishing in 13th place in the 2023 World Lacrosse Men's World Championship and also ranked 2nd in Asia.



2. 2023 年 10 月 16 日
國際奧林匹克委員會宣佈，棍網球正式成為 2028 年洛杉磯奧運會的比賽項目。
16 October, 2023
The International Olympics Committee approves Lacrosse in the 2028 Olympic Games in Los Angeles.



3. 2023 年 12 月 29 至 31 日
由總會主辦的「國際超級棍網球六人賽—香港站」，是首個於亞洲舉辦的超級六人賽，吸引全球頂尖的棍網球隊伍參賽。此項超級六人賽獲世界棍網球總會正式認可為國際級別中最高水平的六人賽。

29-31 December, 2023
The Super Sixes - Hong Kong organized by the Association is the first ever Super Sixes event held in Asia and attracts the world's top lacrosse teams to compete in Hong Kong. This tournament is officially recognized by World Lacrosse as the highest level Sixes Tournament.



總會里程 Milestone

2024

2024年8月15日至24日

2024世界棍網球女子U20錦標賽將會在香港舉行，亦是首次於亞洲地區舉辦的女子U20世錦賽，預計將有超過20個國家及地區參加。

15-24 August, 2024

The 2024 World Lacrosse Women's U20 Championships will be held in Hong Kong, marking the first time that the tournament takes place in Asia. Over 20 countries and regions are expected to participate in the competition.



WORLD LACROSSE
WOMEN'S U20
CHAMPIONSHIP
HONG KONG, CHINA 2024



棍網球可追溯到約1000年前，起源自北美原住民，到了16至17世紀，再由傳教士引進至美國、加拿大及歐洲各地推廣，並開始在這些地區發展起來。1963年，英國教授將此項運動傳入香港大學，從此燃起一班港大學生對棍網球的熱情。歷經六十年寒暑，棍網球已從港大生的專屬運動項目，發展成適合香港社會各年齡及性別階層的運動。

1993年，中國香港棍網球總會正式成立，總會多年來在港推廣棍網球運動，致力讓棍網球的發展邁向系統化，並向國際水平看齊。發展至今，中國香港棍網球代表隊已是亞洲區內一支有實力的球隊。

為慶祝總會成立三十周年這紀念性時刻，特此出版紀念特刊，當中收錄三十個聯繫總會成長的故事。這些故事將從四個章節敘述，以此羅列出中國香港棍網球總會過往三十年各個標誌性時刻。

Lacrosse, with its origins dating back approximately 1,000 years to the Indigenous people of North America, has a rich history. In the 16th and 17th centuries, missionaries introduced the sport to the United States, Canada, and Europe, laying the foundations for its development in these regions. In 1963, lacrosse found its way to the University of Hong Kong through a British professor, sparking the passion of a group of HKU students. Over sixty years, lacrosse has evolved from an exclusive sport for HKU students to a game embraced by individuals of all ages and genders across Hong Kong.

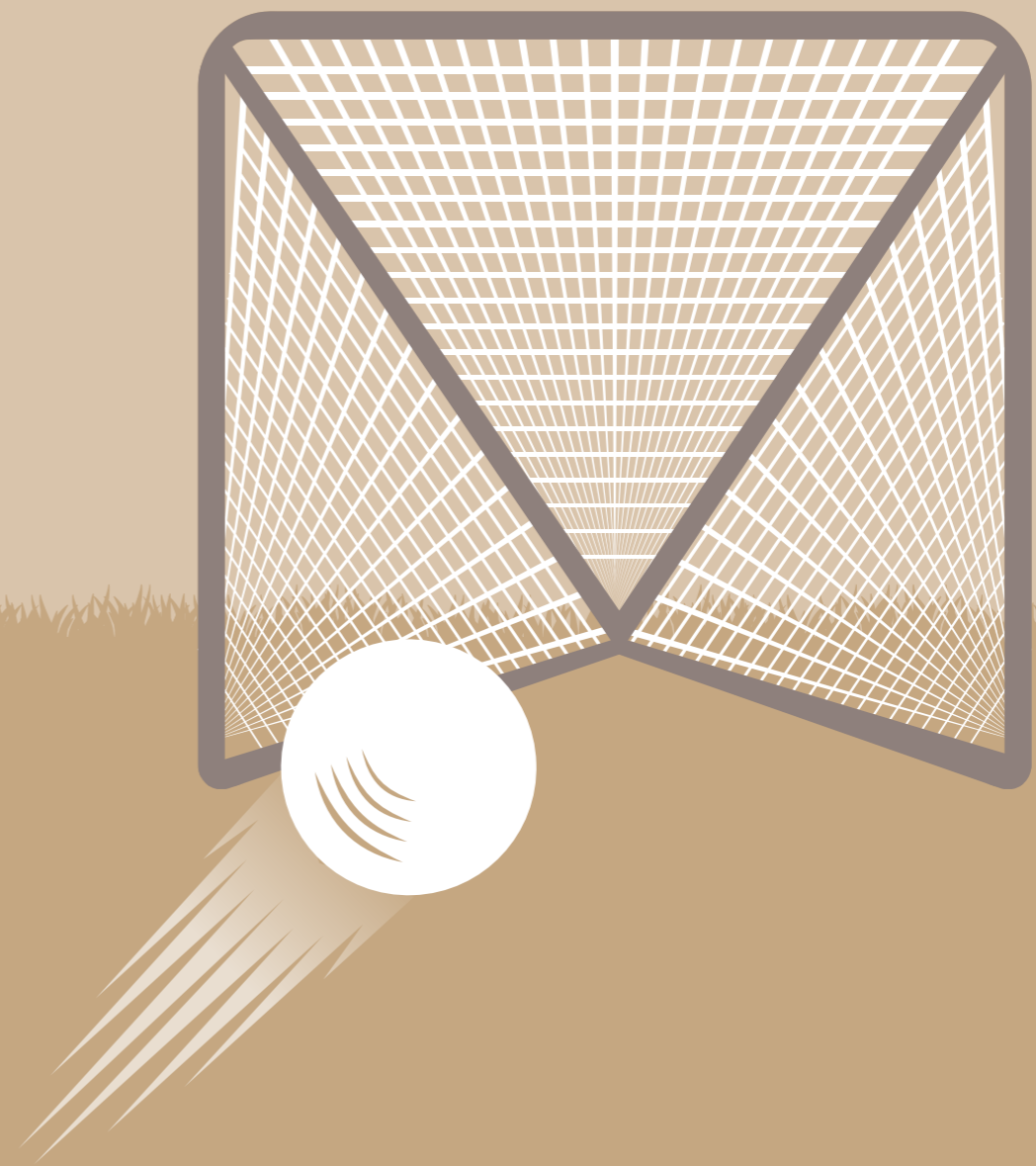
In 1993, the Hong Kong, China Lacrosse Association was formally established. The association has dedicated itself to promoting lacrosse in Hong Kong, striving to establish a more systematic and internationally aligned approach to its development. Through its efforts, the Hong Kong, China Lacrosse Team has emerged as a formidable force within Asia.

In celebration of the momentous 30th anniversary of the association, we present this commemorative booklet, comprising thirty stories that chronicle the growth of the association. These stories are organized into four chapters, highlighting the defining moments of the Hong Kong, China Lacrosse Association over the past three decades.

前言
Foreword

第一章
**香港棍網球
早期發展**

Chapter 1
**Early Development of
Hong Kong Lacrosse**



香港棍網球源起：

傳統港大 舍堂文化

謝家德博士

The Origin of
Hong Kong Lacrosse: **Traditional Hall Culture
at the University of
Hong Kong** Dr. Michael TSE



謝博士(下排左一)參與2021年元老賽
Michael Tse (Bottom 1st Left) playing in
2021 Master Game.

1963年，英國教授 Graeme Large 和 Murray MacKenzie 將棍網球引入香港大學，從此燃起一班大學生對這項運動的熱情。作為本地棍網球的發源地，香港大學一直是棍網球運動員的重要產地。香港大學將體育視為重要的學習和社交活動，致力於發展學生的全面體藝才能。校園中獨特的「舍堂文化」提倡宿生積極參與所屬舍堂的活動，並組隊參與舍際運動比賽。

棍網球、曲棍球、壘球三項並列為新球類運動，許多學生在舍堂舉辦的比賽中初次體會到打棍網球的滋味，並被它的節奏和刺激感所吸引。自那

時起，這運動便開始在港大舍堂間流傳，並迅速擴散到整個校園。棍網球不僅僅是一項運動，更成為了港大舍堂文化的重要組成部分，一個流淌在學生靜脈中的 DNA。

在 60 年代中期，當時只有「利瑪竇宿舍」(Ricci Hall)、「馬禮遜堂」(Morrison Hall)、「大學堂」(University Hall)、「梅堂」(May Hall) 共四間舍堂參與棍網球運動。隨著香港大學的棍網球會成立，球隊逢星期二、四展開恆常訓練，球員們的水平亦穩步提升。自此，棍網球逐漸成為香港大學的主要運動項目之一，並發展出港大男女子代表

隊。後來，參與的學生們更在 1967 年組成首支華人棍網球隊。

學生們沉醉在棍網球的風采之中，而這項運動亦在港大形成了脈搏，不斷跳動著。在經典愛情電影《玻璃之城》中，故事以港大舍堂生活為背景，講述 70 年代校園情侶韻文(舒淇飾)與許港生(黎明飾)一段跨越二十年的愛情絕唱。電影其中一幕紀錄女主角舒淇與其他居住在何東夫人紀念堂(Lady Ho Tung Hall)的女生一同練習棍網球，男主角黎明對她心生情愫。電影講述了一段如煙花般閃爍燦爛，卻又轉瞬消逝的愛情。然而鏡頭以外，

棍網球依然是港大宿生之間一個長存不滅的青春印記及舍堂回憶。

直到 1993 年，香港大學舊生侯仲銘先生希望港大學生即使畢業後，仍能傳承棍網球文化，於是便成立香港棍網球總會(2022 年正式改名為中國香港棍網球總會)，讓這項運動能走出校園，繼續連繫一眾棍網球愛好者。

香港大學運動中心總監謝家德博士(Dr. Michael TSE)表示，棍網球至今仍然備受香港大學的學生歡迎。Michael 本身亦是一名體育好手，他於 1996 年曾代表香港出戰亞特蘭大奧運會的賽艇項目。此外，他廣泛涉獵多種運動，例如美式足球、空手道、棍網球等。自 1998 年離開中國香港賽艇代表隊後，Michael 將熱情轉移到棍網球運動上。早在中國香港男子棍網球隊 2002 年首次出戰世錦賽前，他已經有份參與球隊的訓練。

後來，Michael 加入香港大學工作，多年來見證棍網球在校園內的發展。Michael 分享雖然同學有眾多體育項目選擇，但在校園的舍堂之間，仍有不少宿生打棍網球。即使就整體而言，棍網球未必是最熱門的項目，但校方依然有提供資源用以聘請教練及完善設備。他說：「過往有不少優秀的香港棍網球選手都是來自香港大學，這裏就像是一個港隊球員的培育基地。當然，我們將繼續做好校園支援的部分，並會與總會緊密合作，一起將這優良的棍網球傳統延續下去。」

香港大學在本地棍網球發展的進程中，佔著一個非常重要的位置。Michael 為此而感光榮，他亦希望能為棍網球發展貢獻自己的力量。在未來十年，他希望棍網球能從校園作為起點，繼續延伸至社區、其他亞洲地區，並能登上奧運會的舞台上。相信在總會的同行下，學生運動員的誠摯與熱忱將會繼續傳承下去，讓香港棍網球運動在發展路上越走越遠。



HKU
1964 1st Inter Hostel
Lacrosse Champion May Hall Team.

In 1963, British professors Graeme Large and Murray MacKenzie introduced lacrosse to the University of Hong Kong (HKU), sparking the enthusiasm of a group of college students for the sport. As the birthplace of local lacrosse, HKU has been a significant producer of lacrosse players. HKU places great importance on sports as a means of learning and socializing and is committed to nurturing students' comprehensive physical and artistic talents. The unique "hall culture" on campus encourages hall students to actively participate in their respective halls' activities and organize groups for interhall sports competitions.

Lacrosse, hockey, and softball were the three "New Ball Games". Many students experienced playing lacrosse for the first time in interhall competitions, and they were captivated by its rhythm and excitement. Subsequently, the sport began to spread among the halls of HKU and quickly expanded throughout the entire campus. Lacrosse became more than just a sport; it became an integral part of HKU's hall culture, a defining element ingrained in the students' DNA.

In the mid-1960s, there were only four residential halls—Ricci Hall, Morrison Hall, University Hall, and May Hall—that actively engaged in lacrosse. With the establishment of the HKU Lacrosse Club, the team began regular training sessions on Tuesdays and Thursdays, leading to a steady improvement in the players' skills. Since then, lacrosse has progressively become one of the major sports at the University of Hong Kong, with the establishment of men's and women's teams. In 1967, the participating students formed the first Chinese lacrosse team.

Students were captivated by the elegance of lacrosse, and the sport became an ongoing presence at HKU, pulsating with life. In the classic romance film "City of Glass," set against the backdrop of life in the residential hall of the University of Hong Kong, the story revolves around the love affair spanning two decades between campus lovers Vivian (played by SHU Qi) and Raphael (played by Leon LAI Ming) in the 1970s. One scene in the movie depicts the heroine, SHU Qi, practising lacrosse with other girls residing in Lady Ho Tung Hall, while the hero, Leon LAI, develops a crush on her. The film tells a tale of love that shines brightly like fireworks but fades in an instant. However,

beyond the cinematic realm, lacrosse remains an enduring symbol of youth and memories among HKU hall residents.

In 1993, Mr. Louis HOU, a former HKU student, established the Hong Kong Lacrosse Association (officially renamed Hong Kong, China Lacrosse Association in 2022) to ensure the continuity of the lacrosse culture among HKU students even after graduation. The association enables the sport to transcend the confines of the campus and continues to connect lacrosse enthusiasts.

Dr. Michael TSE, the Director of the Center for Sports and Exercise at HKU, expressed that lacrosse remains highly popular among students at the university. Michael himself is an accomplished athlete, having represented Hong Kong, China in rowing at the Atlanta Olympic Games in 1996. He is involved in a wide range of sports, including American football, karate, and lacrosse. Even before the Hong Kong, China Men's Lacrosse Team made their debut in the World Championships in 2002, Michael had already been involved in the team's training.

Subsequently, Michael joined HKU and witnessed the growth of lacrosse on campus over the years. He shared that despite students having various sports options to choose from, many students still engage in lacrosse activities within their halls. Although lacrosse may not be the most popular sport overall, the university allocates resources to hire coaches and enhance equipment. Michael stated, "In the past, many outstanding Hong Kong lacrosse players emerged from the University of Hong Kong. It serves as a training ground for Hong Kong, China team players. We will continue to support the growth of the game on campus and work closely with the association to carry on this great tradition of lacrosse."

HKU holds a crucial position in the development of local lacrosse, and Michael feels honoured by this fact. He also aspires to contribute to the sport's advancement. Over the next decade, he hopes that lacrosse will expand from the campus and extend to the community and other Asian regions, ultimately making its way to the Olympic stage. With the guidance of the association, and with the genuine passion and dedication of studentathletes, Michael believes that Hong Kong lacrosse will continue to progress and flourish on the path of development.

Graeme Large (上排右一)與首屆舍際
棍網球比賽亞軍大學堂合照
Graeme Large (Top 1st Right) taking
photo with the 1st inter-hall lacrosse
1st runner-up - University Hall.



Graeme Large (上排左二)與首屆舍際棍網球
比賽冠軍梅堂合照
Graeme Large (Top 2nd Left) taking photo with
the 1st inter-hall lacrosse champion - May Hall.

港大舍際體育比賽：

棍網球篇

鍾逸基醫生

HKU Inter-Hall Sports Competition -

Lacrosse Edition

Dr. CHUNG Yat Ki, Benedict



鍾醫生 (左) 於訪問時展示其珍藏多年的相片及剪報
Dr. Chung (Left) showing the valuable newspaper and photos he kept for years.

港大生對體育有著特殊的情意結，幾十年來，這種熱情未曾減退，並全然傾注在舍際體育比賽之中。

對港大男生來說，舍際體育比賽的終極目標就是一座「馬來人盃」(Malayan Cup)。50年代，當時港大校長賴廉士爵士(Sir Lindsay Tasman Ride)因熱愛運動，繼而大力推動校園的體育發展。那時二次大戰結束，不少馬來西亞人來到港大唸書，他們在學業和體育方面均有出色表現。後來，校方邀請馬來亞商會捐贈舍際體育比賽的總冠軍獎盃，以此鼓勵學生們參與各項運動。此後，這座象徵勝利榮譽的獎項被命名為「馬來人盃」，讓歷代舍堂趨之若鶩。

舍際體育比賽帶來多樣項目，其中包括田徑、游泳、手球、足球、籃球、排球、羽毛球、乒乓球、網球、壁球、曲棍球、壘球等。1964年，港大將棍網球列為舍際比賽的項目之一。然而，項目眾多並不意味著人多勢眾

的舍堂就佔有優勢。相反，往往在舍際比賽中成功奪魁的，都是那些人數較少的傳統舍堂。

在棍網球初納入為舍際體育比賽的那一年，比賽正是在香港大學體育中心進行，球賽採用六人制比賽規則。最終，舍堂之間經歷一番激烈競爭過後，梅堂(May Hall)獲得了冠軍殊榮。當年，其中一位參賽球員便是鍾逸基醫生(Dr. CHUNG Yat Ki, Benedict)。Dr. Chung 分享當年「梅堂」有「咪書」的稱號，全因舍堂有濃厚的讀書文化，宿生們多是在「咪書」(埋頭讀書)。不過自他和幾位喜歡運動的學生入住這舍堂後，便由他們作為運動主力，參加不同體育賽事。

在該年的棍網球決賽中，梅堂對上大學堂(University Hall)，兩隊1:1平手，需加時作賽。Dr. Chung 在加時賽中攻入致勝一球，為梅堂贏得首屆舍際棍網球比賽冠軍，展現了他的非凡實力。他如今已年屆八十餘歲，但那場賽事

對他而言依然記憶猶新，而他和當年幾位隊友仍有聯絡，足見兄弟情之深厚。

半個世紀過去，舍際體育比賽的魅力依然存在，而棍網球比賽的競爭仍然激烈。「馬來人盃」作為港大舍際體育比賽的重要部分，代表著港大學生對體育的熱愛和追求卓越的精神，更是承載著青春熱血的信物。無論是參與其中的運動員還是觀眾，這個比賽、這個獎項都成為了他們珍而重之的回憶。

在不少港大同學和舊生心中，舍際體育比賽和棍網球已成為港大體育傳統的象徵，也是構築個人價值及品格的必經之路。學生們團結一致，眾志成城，為著目標共同奮鬥。球場上的勝利與失敗背後，其實都體現了最真誠的體育精神教育。學生們「打波學做人」，其實亦不無道理。

梅堂代表領取舍際比賽冠軍軍盾
Representative of May Hall
receiving the Inter-hall Champion
Shield.



1964年梅堂棍網球隊合照
Photo of 1964 May Hall Lacrosse Team.

HKU students hold a special affinity for sports, which has remained undiminished over the past decades, with a steadfast dedication to inter-hall sports competitions.

For male students at HKU, the pinnacle of inter-hall sports competitions is the Malayan Cup. In the 1950s, Sir Lindsay Tasman Ride, the Vice-Chancellor of the University of Hong Kong at the time, actively fostered the development of sports on campus due to his personal passion for the field. Following the Second World War, many Malaysian students enrolled at HKU, excelling in both academics and sports. In recognition of their achievements, the Malayan Chamber of Commerce was invited to donate a championship trophy for the inter-hall sports competition, serving as a source of encouragement for student participation. Since then, this coveted award symbolizing victory and honor has been known as the "Malayan Cup," capturing the attention of generations of hall residents.

Inter-hall sports competitions encompass a range of events, including athletics, aquatics, football, basketball, volleyball, badminton, table tennis, tennis, squash, hockey, softball, and more. Lacrosse was introduced as an inter-hall competition event at HKU in 1964. However, the multitude of events does

not necessarily favor the halls with larger populations. On the contrary, it is often the traditional halls with smaller numbers that emerge as champions in the inter-hall competitions.

During the inaugural year of lacrosse as an inter-hall sport, the games were held at the HKU Sports Center, following a six-a-side format. May Hall emerged victorious after intense competition among the halls. Dr. CHUNG Yat Ki Benedict, one of the participating players, shared that May Hall was referred to as "Mi Hall" at the time due to its strong studying culture, as most of the residents were deeply immersed in their studies. However, with the arrival of Dr. Chung and several sports enthusiasts as residents, they became the main players, participating in various sports events.

In the lacrosse final that year, May Hall faced off against University Hall, resulting in a 1-1 tie that necessitated overtime. Dr. Chung scored the winning goal during the overtime period, securing the 1st inter-hall lacrosse champion and showcasing his exceptional abilities. Even in his eighties, he vividly remembers that game and maintains contact with several of his teammates from that time, a testament to the profound camaraderie forged.

Half a century later, the allure of inter-hall sports competitions endures, with fierce competition still prevalent in lacrosse. As an integral component of HKU's inter-hall sports competition, the "Malayan Cup" embodies the students' passion for sports and their pursuit of excellence, serving as a symbol of youthful ardor. Whether as participants or spectators, this competition and its accompanying award have become cherished memories for all involved.

In the minds of numerous HKU students and alumni, inter-hall sports competitions and lacrosse have become emblematic of HKU's sports tradition and the pathway to personal growth and character development. Students stand united, working collaboratively towards shared objectives. Beyond the victories and defeats on the field, these competitions epitomize the most genuine teachings of sportsmanship, encapsulating valuable lessons in becoming exemplary individuals. It is truly fitting to regard this facet of student life as a means to "learn how to be a better person."

¹ In Cantonese, Mi means have your head buried in books and study hard. Mi sounds like May, that's why such nickname was created.



1964年梅堂成為舍際冠軍時獲報紙報導
Newspaper cover of May Hall becoming
1st Inter-hall lacrosse champion in 1964.

棍網球種子初萌芽

趙承平醫生

The Initial Sprouting of Lacrosse Seeds

Dr. CHIU Shing Ping, James



趙醫生參觀總會辦公室
左至右為前男子港隊隊長麥浩駿、趙承平醫生、總會創始人侯仲銘
Dr James Chiu visiting HKLA office
Left to right Former Hong Kong, China Men's Team Captain, Kelvin Mak, Dr James Chiu and HKLA Founder Louis Hou.



1966 年大學堂棍網球隊合照
1966 University Hall Lacrosse Team Photo.



1967 年香港大學舍際比賽男女子冠軍隊伍合照
1967 HKU Inter-hall Lacrosse winning teams (men's and women's).



香港大學自 1963 年正式引入棍網球以來，這項運動在校園內逐漸蓬勃發展。同年 9 月，在一次大學體育協會理事會會議上，全體成員一致同意成立港大棍網球會，為同學們提供發展這項運動的平台。這一重要決定對棍網球運動在港大，乃至整個香港的發展，皆產生了深遠的影響。

後在 1964 至 1965 年度，趙承平醫生 (Dr. CHIU Shing Ping, James) 獲選為港大棍網球會首屆主席。James 回憶道：「我當選全因 Riccian 的精神。當時棍網球是一項全新的運動，沒有人能打得很好。那場選舉是在港大體育中心進行的，離 Ricci hall 很近。我們很容易聚集了十個以上的宿友步行到那裏，這已經超過其他宿舍的學生人數，我認為自己全憑 Ricci spirit 才成功當選。」

James 口中提到的 Riccian 精神，其實是利瑪竇宿舍的核心價值。利瑪竇宿舍位於香港島薄扶林道 93 號，在上世紀 20 年代晚期成立，是現存歷史最悠久的男生宿舍。舍堂有句特別的格言，那是引自 13 世紀神學家 Thomas Aquinas 的拉丁文話語 "Quantum potes tantum aude" (英譯："As much as you are able, that you should dare to do")，這跟舍堂那栗紅代表色所象徵的熱血、自信、百折不撓的氣質不謀而合。利瑪竇人 (Riccian) 之間強調「兄弟情」，這是從那時至今恆古不變的舍堂價值。而宿生們很大程度上是透過一起運動，建立起深厚的兄弟情誼。

當時棍網球剛在校園興起，利瑪竇人一向在運動場上奮勇善戰，這項新興運動自然獲得這群血氣方剛的男生青



80 年代利瑪竇宿舍棍網球隊合照，熱血非常
Ricci Hall Lacrosse Team of the 80s, showing their Riccian Spirit.

Since the official introduction of lacrosse at the University of Hong Kong in 1963, the sport has experienced gradual growth on campus. In September of that same year, during a University Sports Association Council meeting, all members unanimously agreed to establish the HKU Lacrosse Club, providing students with a platform to develop their skills in this sport. This significant decision had a profound impact on the development of lacrosse at HKU and throughout Hong Kong.

From 1964 to 1965, Dr. CHIU Shing Ping James was elected as the inaugural chairman of the Hong Kong University Lacrosse Club. Reflecting on his election, James recalled, "I was chosen due to the spirit of Riccian. At the time, lacrosse was a new sport, and no one was proficient in playing it. The election took place at the HKU Sports Center, which was conveniently located near Ricci Hall. More than ten hall residents, exceeding the number from other halls, easily attended. I believe I was elected due to my embodiment of the Riccian spirit."

The Riccian spirit mentioned by James refers to the core values of Ricci Hall. Situated at

93 Pok Fu Lam Road on Hong Kong Island, Ricci Hall is the oldest existing boys' hall, established in the late 1920s. The hall embraces a special motto derived from the Latin words of the 13th-century theologian Thomas Aquinas: "Quantum potes tantum aude" (As much as you are able, that you should dare to do). This motto aligns with the hall's representative color, maroon, which symbolizes passion, confidence, and an indomitable temperament. Riccians prioritize "brotherhood," a value that remains steadfast throughout the years. Playing sports together has played a significant role in fostering a deep sense of brotherhood among the residents.

During that period, lacrosse was newly introduced on campus, and the energetic Riccians naturally gravitated toward it. Due to the proximity of Ricci hall to the HKU Sports Center, it was conveniently accessible for hall residents to attend practices. In that year, the Hong Kong University Lacrosse Club was officially established. Through the unity of fellow Riccians, James was successfully elected as the club's first president. Over the following decades, Ricci Hall bred numerous skilled lacrosse

player and played a pivotal role in the development of lacrosse both in Hong Kong and the University of Hong Kong.

With the establishment of the HKU Lacrosse Club, the sport garnered increased attention and participation. Students who joined the club could engage and compete with their peers, forming deep friendships. This cultivation of social and team spirit not only facilitated personal growth but also enhanced the cohesion and effectiveness of the university lacrosse team. Additionally, the club provided training venues and opportunities for competition, fueling the growing popularity of lacrosse.

Having a history of approximately 60 years, the HKU Lacrosse Club has demonstrated leadership in the development of lacrosse in Hong Kong. Its successful experiences and development model have served as a reference for the Hong Kong, China Lacrosse Association, established in the early 1990s, laying the foundation for the long-term growth of the sport of lacrosse in Hong Kong.

從「玫瑰碗」到《歡樂今宵》

劉麥懿明女士

From "Rose Bowl" to "Enjoy Yourself Tonight"

Mrs. LAU MAK Yee Ming, Alice



劉麥懿明 (中) 及余志明 (右) 於 40 多年後與棍網球重逢並到總會辦公室參觀
Mrs. Alice Mak (Middle) and Gabriel Yu (Right) visited HKLA office after leaving lacrosse for over 40 years.

不少人普遍將棍網球歸類為衝撞性較大的運動項目，不過其實男女玩法大有不同，男子球員比賽期間容許劇烈身體接觸，女子比賽則不需要太多的肢體碰撞。追溯上世紀 60 年代棍網球初傳入港大校園時，女生球員多是穿上輕盈舒適的短裙上場比賽，她們手執連網長棍做出傳球、接球和運球的動作，靈動的身姿就如古代女子撲蝶般，看起來十分優雅，因此吸引部分女生參與。

自 1965 年起，女子組的舍際比賽正式啟動，當時女子總冠軍的獎項正是「奧米加玫瑰碗」(Omega Rose

Bowl)，而棍網球亦是其中一個比賽項目。港大從那時開始至 70 年代都有設立女子棍網球隊，但後來因打棍網球的女生人數不斷減少，因此女子棍網球隊的發展亦出現滯留。

前香港稅務局局長劉麥懿明女士 (Mrs. LAU MAK Yee Ming, Alice) 在 1968 年初入香港大學，並在 1969 至 1970 年間出任香港大學體育協會副會長，見證了當時男女生棍網球隊在校園內的發展。

Alice 的主要職務除了管理校園眾多體育屬會外，還要積極對外籌募費用，

以贊助港大學生出國參與東南亞地區的大學生聯賽。當時 Alice 入住聖約翰學院 (St. John's College)，憑著出色的運動表現，她曾獲選為學院的年度最佳女運動員。棍網球便是其中一項她有份參與的運動之一。那時她憑藉自己作為香港大學體育協會副會長的影響力，積極協助推廣棍網球運動。

1969 年 8 月，她邀請了來自英國的 All England 及美國的 All US 女子棍網球隊來港進行表演賽，選址位於跑馬地的香港足球會球場。那時香港才引入棍網球不久，參與這項運動的亦只

有香港大學學生。一班港大生作為「棍網初哥」，能夠親身看到一些國際棍網球強隊來港示範球技，都令他們興奮不已。由於該次表演賽是對公眾開放，Alice 那時透過印海報、寄信到不同中學等，希望吸引更多觀眾參與其中。

在當時男友 (現時 Alice 的丈夫) 劉偉傑先生 (Mr. Winkie LAU) 的牽線下，Alice 認識了《歡樂今宵》的製作人蕭孫郁標女士 (Mrs. SIU SUN Yuk Bui, Yvonne)，讓棍網球有機會首次登上「公仔箱」。由於拍攝場地的空間有限，當時僅由時任港大棍網球會會長余志明先生 (Mr. Gilbert YU) 與兩位香港大學同學帶上球棍和裝備，在鏡頭前展示了打棍網球的基本技術。

雖然知道節目有一定的收視保證，但大家依然遠遠低估了《歡樂今宵》的強大影響力。在節目上的宣傳展示過後，棍網球立即在全港收穫熱烈迴響，香港大學棍網球會事後陸續收到了幾百封來自各方的信件查詢棍網球資訊，宣傳效果十分驚人。而這場宣傳活動的成功，猶如為香港大學棍網球會的成員注入強心針。之後的幾個月裏，球會接連舉辦了許多示範活動，更多人有機會了解和參與這項運動，棍網球瞬間成為了香港體育界的新寵兒。

《歡樂今宵》的歡呼聲，見證了當年香港電視產業的蓬勃發展，讓我們深深感受到了那個時代的活力。就像當年 Alice 和 Gabriel 一樣，他們將自己對棍網球的熱情帶到主流綜藝節目中，讓更多人認識到這項運動的魅力。而這種熱情和創意亦成為本地棍網球發展的重要根基，讓棍網球在香港這個繁華城市中尋找到它的發展路徑。

Lacrosse is commonly recognized as a sport with high impact, but the gameplay differs significantly between men and women. Men's lacrosse involves intense physical contact, whereas women's lacrosse emphasizes less physical collisions. When lacrosse was first introduced to the HKU campus in the 1960s, female players pre-dominantly wore lightweight and comfortable skirts during matches. They wielded long sticks with nets and executed passing, catching, and dribbling movements. The posture resembled that of an elegant woman fluttering a butterfly, attracting the participation of many girls.

Since 1965, the women's inter-hall competition has been officially established, with lacrosse being one of the featured events. At that time, the Omega Rose Bowl was awarded to the women's champion. The University of Hong Kong had a women's lacrosse team throughout the 1960s until the 1970s. However, due to a decline in the number of female lacrosse players, the development of the women's lacrosse team eventually came to a halt.

Mrs. LAU MAK Yee Ming Alice, the former Commissioner of the Hong Kong Inland Revenue Department, entered the University of Hong Kong in 1968 and served as Deputy President of the HKU Sports Association from 1969 to 1970. She witnessed the progress of both the men's and women's lacrosse teams during her time on campus.

Apart from overseeing numerous sports clubs, Alice's responsibilities included actively raising funds to sponsor HKU students' participation in Inter-university competition in Southeast Asia. As a student at St. John's College, Alice's exceptional athletic performance earned her the title of Sportswoman of the Year. Lacrosse was one of the sports she participated in. Leveraging her position as Deputy President of the HKU Sports Association, she actively promoted the sport of lacrosse.

In August 1969, Alice invited the All England and All US women's lacrosse teams to Hong Kong for an exhibition match at the Hong Kong Football Club Stadium in Happy Valley. At that time, lacrosse had just

been introduced in Hong Kong, with only University of Hong Kong students involved in the sport. A group of enthusiastic HKU students, referred to as "novice lacrosse players," were thrilled to witness the skills of top international lacrosse teams in Hong Kong. Alice aimed to attract more spectators to the exhibition match by printing posters and sending letters to various secondary schools.

With the assistance of her then-boyfriend (now Alice's husband), Mr. Winkie LAU, Alice connected with Mrs. SIU SUN Yuk Bui Yvonne, the producer of the TV show "Enjoy Yourself Tonight," which featured lacrosse on the program for the first time. Due to limited space at the shooting location, Gabriel YU, the president of the HKU Lacrosse Club at that time, and two HKU classmates demonstrated the basic techniques of playing lacrosse in front of the camera with their sticks and equipment.

Despite knowing the program's impact, the popularity of "Enjoy Yourself Tonight" exceeded everyone's expectations. Following the promotional segment, lacrosse immediately received a huge response throughout Hong Kong. HKU Lacrosse Club received numerous inquiries about lacrosse, resulting in an impressive publicity effect. This success injected new energy into the HKU Lacrosse Club members. In the subsequent months, the club organized numerous demonstration activities, providing more people with the opportunity to understand and engage in this sport. Lacrosse swiftly became a beloved sport within Hong Kong's sports community.

The enthusiasm generated by "Enjoy Yourself Tonight" witnessed the vibrant development of Hong Kong's television industry at that time and highlighted the vitality of the era. Alice and Gabriel's passion for lacrosse showcased the sport on mainstream variety shows, raising awareness about its allure. This enthusiasm and creativity formed a crucial foundation for the local lacrosse development, enabling the sport to find its path in the bustling city of Hong Kong.



香港大學女子棍網球隊 (1966-67)
HKU Ladies team 1966-67.

1969 年 All England 及 All US 隊伍於跑馬地香港足球會作示範賽
All England & All US Lacrosse Teams displayed their skills at Hong Kong Football Club Stadium in 1969.



1969-1970 年度香港大學棍網球會幹事成員與劉麥懿明合照
余志明 (前排左三) 為幹事會主席，其他成員包括 Wan Ho Yu, Lawrence (前排左一)、Wong Chun Kuen (前排左二)、Lau Chun Kay (前排左四)、Chan Wan Tung, Therese (後中) 以及 Elizabeth Fong (後右)。劉麥懿明 (後左) 則因屬 Lacrosse Display 籌委會主席與眾人合照。

Photo of 1969-70 HKU Lacrosse Club Committee Member and Mrs. Alice Lau
The Lacrosse Club Committee for 1969-70 was chaired by Yu Chi Ming, Gabriel (front left 3rd), with committee members Wan Ho Yu, Lawrence (front left 1st), Wong Chun Kuen (front left 2nd), Lau Chun Kay (front left 4th), Chan Wan Tung, Therese (back middle), and Elizabeth Fong (back right). Mrs. Alice Mak (back left) was in the photo as the Chairman, Organizing Committee for Lacrosse Display 1969.

半世紀後重遇的緣份

The fate of reuniting after half a century

周伯展醫生

Dr. CHOW Pak Chin, BBS, JP



周醫生(右)觀賞2023香港棍網球公開賽時留影
Photo of Dr. Chow (Right) watching 2023 Hong Kong Lacrosse Open.
左至右為 AST 創辦人羅朗思、總會董事會成員 Warren Alderige、
總會董事會主席方剛、周伯展醫生
From Left to Right: AST Founding Partner Loron Orris,
HKLA Board Member Warren Alderige,
HKLA Chairman Raymond Fong, Dr. Chow.

2023 香港棍網球公開賽男子組決賽
港隊與 FOGO Japan 激戰
Hong Kong, China vs FOGO Japan
during 2023 Hong Kong Lacrosse
Open Men's Final.



2023 香港棍網球公開賽女子組
決賽港隊與中華台北激戰
Hong Kong, China vs Chinese
Taipei during 2023 Hong Kong
Lacrosse Open Women's Final.



有關棍網球在香港大學盛行，一直有個有趣的傳聞——就是不少玩棍網球的運動員都是醫科生。香港著名眼科醫生周伯展 1972 年初入香港大學校園，選擇入住「大學堂」(University Hall)，他在那裏首次邂逅棍網球、壘球、木球等運動，並在五年的醫科生學習生涯中，與棍網球結下微妙的緣份。事隔數十年，周醫生透過 2023 年 4 月舉辦的「香港棍網球公開賽 2023」，重新連結起這項自己年少時曾經參與的運動，勾起不少大學時期的舍堂回憶。

每間舍堂都有自己獨特的文化，周醫生笑言當時大學堂的宿生正是以「貪玩」著稱。年輕的他初次接觸群體生活，開始了眾多令人驚艷的冒險，其中打棍網球便是其中一項新鮮的體驗。由於很多宿生都是初次打棍網球，加上當時校內並沒有專業教練，很多時候都是靠學長們親身傳授打球技巧。周醫生形容那時大家都是「赤膊上陣」，拿起球棍便可以競賽。他回憶課餘時，同學們都會走到港大運動

中心練習。有時人數不足，大家都會對牆練球，一個人一顆球一面牆，默默精進自己的球技。

每到舍際比賽的季節，舍堂之間便會匯聚所有運動好手參加各類型比賽，充斥著鬥志昂揚的氛圍。他形容大學堂和利瑪竇宿舍是運動場上的兩大勁敵，作為兩間最早引入棍網球運動的舍堂，宿生們在棍網球場上亦是各不相讓，務求取得勝利榮譽。而這些熱血時刻，亦成為他大學時期學習以外的重要印記。雖然醫科生面對著繁重學業，但五年的學制讓他們有更多時間留在舍堂中，並持續參與運動集訓，這亦是為甚麼當時會有「大多打棍網球的都是醫科生」這種說法。

畢業後，周伯展成為執業眼科專科醫生，擔任多項公職，包括香港眼科醫學院院長、香港選舉委員會委員、甘肅省及安徽省政協委員等，並任智庫組織「香江智匯」會長。由於工作忙碌，他在離開校園後亦已放下球棍，這段棍網球記憶被他深埋於心底。直

There has always been an interesting rumour surrounding the University of Hong Kong—a rumour that claims many of the lacrosse players at the university are medical students. In the early 1970s, a renowned Hong Kong ophthalmologist named Dr. CHOW Pak Chin stepped foot onto the campus of the University of Hong Kong. He chose to reside in the vibrant and bustling "University Hall," where a delicate bond with lacrosse would soon be formed. Little did he know that decades later, through the "Hong Kong Lacrosse Open 2023," held in April 2023, he would reconnect with the sport that had shaped his youth and rekindle a flood of memories from his college days.

In those days, each hall in HKU boasted its own unique culture. Dr Chow remembers with a warm smile that the denizens of the University Hall were notorious for their playful nature. It was during his formative years, amidst the embrace of communal living, that he embarked on countless extraordinary adventures. Among these experiences, playing lacrosse stood out as a fresh and exhilarating endeavour. Because many of the boarding students were novices to the sport and lacked professional coaches, they often relied on senior players to impart their knowledge and skills. Dr Chow recalls that back then, with bare torsos and sticks in hand, they would compete fervently. During their leisure time, his classmates would flock to the HKU Sports Center to practice. On occasions when player numbers were insufficient, they would individually

hone their skills by repeatedly throwing the ball against a wall, silently striving for improvement.

As the season of inter-hall competitions approached, athletes from all walks of life would converge upon the halls, ready to engage in various contests, enveloped by an atmosphere brimming with enthusiasm. Dr. Chow vividly describes the University Hall and Ricci Hall as two formidable rivals on the sports field. As the pioneering residential halls embraced lacrosse, their students clashed fiercely on the lacrosse court, each vying for glory and honour. These passionate moments etched themselves as indelible marks beyond the realm of his academic pursuits. Despite the heavy academic load borne by medical students, the five-year schooling system granted them ample time to reside in the dormitories and continue their athletic training—a testament to their commitment to both education and sports.

Following his graduation, Dr. CHOW Pak Chin embarked on a career as a practising ophthalmologist, assuming various public positions of influence. He served as the president of College of Ophthalmologists of Hong Kong, Member of Hong Kong Election committee, Member of Chinese People Political Consultative Conference (Anhui and Gensu), and the president of the esteemed think tank organization, "Wisdom (Hong Kong) Foundation." Consumed by the demands of his busy professional life, he had long set aside his lacrosse stick, burying

到 2023 年 4 月，周醫生在地鐵上看到了一則「香港棍網球公開賽 2023」的廣告。相隔接近半個世紀，那段充滿青春活力的回憶再次湧上心頭。

從球場上的選手化身觀眾，周醫生表示那場比賽讓他感受到香港棍網球在過去數十年間的發展和變化。現在的球員們有著精良的裝備和更機動靈活的戰術，令比賽可觀性十足。作為初代接觸棍網球的港大學生，他見證了這項運動首先在香港大學興起一番浪潮。直到今天各國棍網球運動員雲集香港競賽，場上座無虛席，足見總會這三十年來盡心推廣棍網球。周醫生表示香港在運動產業上，應該接納更多如棍網球般的冷門運動。尤其棍網球靈活性強，正能配合香港人的特性。他覺得這項運動具備一定潛力，相信在總會的積極推動下，未來將能繼續蓬勃發展。

the cherished memories of the sport deep within his heart. However, in April 2023, fate intervened when Dr. Chow stumbled upon an advertisement for the "Hong Kong Lacrosse Open 2023" while commuting on the subway. Nearly half a century had passed, and yet, those youthful memories came flooding back with an intensity that took him by surprise.

From the players on the field to the spectators in the stands, Dr. Chow felt the pulse of Hong Kong lacrosse and witnessed the sport's evolution and transformation over the past few decades. The current generation of players showcased excellent equipment and employed more sophisticated tactics, rendering the game a spectacle to behold. As the first generation HKU student to be exposed to lacrosse, he had borne witness to the sport's nascent beginnings at the college. Today, lacrosse enthusiasts from around the world gather in Hong Kong to compete, with the fields teeming with participants—a testament to the association's relentless efforts in promoting lacrosse over the past three decades. Dr. Chow passionately advocates for Hong Kong to embrace lesser-known sports such as lacrosse within the sports industry. He believes that lacrosse, in particular, with its flexibility and compatibility with the characteristics of Hong Kong people, holds tremendous potential. Driven by the active promotion of HKLA, he envisions a future where lacrosse flourishes.

聖約翰 歷史性一戰

黃克強、楊德強

Historic battle of St. John's

WONG Hak Keung, Albert &
YEUNG Tak Keung



黃克強 (上排右二) 及楊德強 (上排左一) 與一眾 1983 年聖約翰學院棍網球隊隊友於 2021 年元老賽重拾球棍
Albert Wong (Top 2nd Right),
TK Yeung (Top 1st Left) and their
teammates of 1983 St. John's College
Lacrosse Team reunited and picked up the
lacrosse stick again in 2021 Master Game.

利瑪竇宿舍與聖約翰學院兩間傳統宿舍多年來在舍際比賽中鬥得難分難解，尤其在棍網球項目上，經常展現兩強相爭的緊張局勢。不過原來早在 80 年代以前，棍網球比賽項目的冠軍幾乎都是由利瑪竇宿舍與大學堂包攬，反觀聖約翰學院，他們當時的技術水平仍是相較落後。直到 1983 年，聖約翰學院在當年舍堂棍網球隊隊長黃克強的帶領下，打破輸波魔咒，首次拿下棍網球項目冠軍。宿生們成功揚眉吐氣，一雪多年陪跑前恥。多年後重提這場歷史性賽事，Albert 對於當時大小細節依然歷歷在目。

體育作為舍堂文化的重要組成部分，每間舍堂所選出來的體育隊長，肯定都是驍勇善戰的運動強手。時任香港科技園公司行政總裁黃克強 (WONG Hak Keung, Albert) 和香港首任體育專員楊德強 (YEUNG Tak Keung)，都曾擔任聖約翰學院的舍堂男子體育隊長，前者任期為 1981 至 1982，後者則是 1982 至 1983。二人作為同門師兄弟，當年也是在運動場上一同衝鋒陷陣的親密戰友，他們兩個亦有份見證當年聖約翰首奪棍網球冠軍那場經典比賽。

Albert 分享當年港大體育中心有為學生提供基本的棍網球裝備，當時聖

約翰宿生仍是用著傳統の木製球棍，但那時利瑪竇宿舍的球員已經具備更為先進的裝備，因此舍堂之間在「硬件」上已存有差異。直到 1982 年暑假，有宿生在美國引進當時最新穎的球棍，物料上更便利於球員進行傳球、運球等動作，使得球員們更熱衷於練習。他至今仍然覺得當時那批新裝備是助他們贏波的重要關鍵。

Albert 回憶當年在冠軍戰中，他們正是對上常勝將軍利瑪竇人。當時兩隊實力旗鼓相當，兩邊宿生都聲勢浩大，大家看得咬牙切齒。他說起來依然津津樂道：「我們每隊十個人，每個隊友的企位我至今仍記得。冠軍爭奪戰的第一場，我們兩隊先以 1:1 打平手，後來加時開展第二場。當時第二場即將完賽，我們正落後 0:1，快要完場之際，我將球運到龍門後，然後把它傳給隊友，再由他射入，我興奮得與隊友相擁在一起。即使過了數十年，我仍相當記得那個時刻。」

那刻成功扭轉整場局勢，兩場和局以後，雙方以十二碼¹分勝負，最後聖約翰學院驚險獲勝，締造歷史性一刻。Albert 打趣說道：「那班隊友的情誼深厚，至今依然有聯繫。現在有時重遇當年利瑪竇的球員，我們都會聊起那場波，他們對賽果仍是耿耿於懷。」

雖然 Albert 和楊德強在畢業後已經鮮有打棍網球，但當年在舍堂一起練球的熱血時刻，依然烙刻在彼此心底。2022 年，總會特意組織棍網球元老賽，邀請當年一班棍網健兒組隊重回賽場，他們亦有參與其中。雖然他們放下球棍已有數十載，但存在在他們體內的棍網基因並未消失，下場時依然相當有魄力，彷彿重鑄當年熱血沸騰的戰魂。

Albert 由衷地表示：「棍網球對我這整個人生來說，永遠是一個重要部分，我希望可以有更多人能分享到這個運動所帶來的樂趣。」而對於見證香港整個體壇發展的楊德強來說，他亦為著總會一直以來為推廣這項運動所投入過的資源及努力而感高興。棍網球是一項講求團結、責任及承擔的團體運動，遙想當年一班大男孩在球場上奮力拼搏，他覺得棍網球已經超脫單純只是運動的層面，而是一個培養個人品格的過程。勝利是一時，但棍網球為他們所帶來的價值，絕對遠超於當年一切榮辱得失。

¹ 十二碼對決本為足球項目的比賽形式，棍網球比賽一般沒有以十二碼分勝負的規則。當年決賽因兩場和局仍未能分勝負，故此參考足球比賽的十二碼形式決勝，反映當時因球員們對棍網球的比賽規則了解不深，從而參考傳統運動項目的規則進行比賽。



1983 年聖約翰學院棍網球隊合照
上排左三為楊德強，右三則為黃克強
1983 St. John's College Lacrosse Team
Top row 3rd left is T.K. Yeung,
3rd right is Albert Wong.



黃克強於舍際比賽英姿
Albert Wong playing in
Inter-hall competition.

黃克強時隔多年重拾球棍於 2021 年
元老賽比賽英姿
Albert Wong (Right) playing in 2021
Master Game.

Throughout the years, HKU residential halls Ricci Hall and St. John's College have engaged in fierce competitions, particularly in the sport of lacrosse, showcasing a tense rivalry between the two powerhouses. However, it was revealed that before the 1980s, the champions of the lacrosse competition were almost always dominated by Ricci Hall and University Hall, while St. John's College lagged in terms of technical proficiency. It was not until 1983 when St. John's College, under the leadership of Albert WONG, captain of the Lacrosse Team, broke the longstanding losing streak and secured their first-ever lacrosse championship. The fellow St. Johnians were filled with pride, finally shedding the embarrassment that had persisted for many years. Even now, after several decades, Albert vividly recalls the intricate details of that momentous match.

Sports play a significant role in the hall culture, and the sports captains chosen for each hall are expected to be courageous and skilled athletes. WONG Hak Keung Albert, who currently serves as CEO of Hong Kong Science and Technology Parks Corporation, and YEUNG Tak Keung, the first Sports Commissioner of Hong Kong, both held the position of Men's Sports Captain at St. John's College. Albert served from 1981 to 1982, while Yeung held the position from 1982 to 1983. As comrades and brothers on the field, their friendship extended beyond sports, and they both bore witness to St. John's historic victory in the lacrosse championship.

Albert recounted that the HKU Sports Center provided students with basic lacrosse equipment. During that period, residents of St. John's College still utilized traditional wooden sticks, while players from Ricci Hall had access to more advanced equipment,

resulting in noticeable disparities in the "hardware" between the two halls. It was not until the summer break of 1982 when a student from the hall brought in lacrosse sticks from the United States, which revolutionized the game. The stick's material facilitated smoother passing, dribbling, and other maneuvers, igniting greater enthusiasm among the players during practice sessions. Albert still believes that the equipment during that time played a pivotal role in their triumph.

Albert reminisced about the championship game, where they confronted the consistently triumphant Ricci Hall team. Both teams were evenly matched in terms of strength, and the determination displayed by the students on both sides was palpable. With great enthusiasm, he recounted, "Each team consisted of ten players, and I can still vividly recall the position of each teammate during that time. In the first game of the championship, both teams ended in a 1-1 tie, leading to overtime for the second game. As the second game neared its conclusion, we found ourselves trailing 0-1. Just moments before the end of the match, I carried the ball behind the goal, then passed it to my teammate who scored. The exhilaration of that moment was overwhelming as we embraced each other. Even after several decades, that moment remains etched in my memory."

That particular moment became the turning point of the game. After two draws, the winner was determined through a penalty shootout.¹ Ultimately, St. John's College emerged as the thrilling victor, creating a historic moment. Albert jestingly remarked, "The camaraderie among those teammates ran deep, and to this day, we still maintain contact. Occasionally, when I encounter players from Ricci Hall from that era, we

reminisce about that game, and they still harbor some regret."

Although Albert and YEUNG Tak Keung seldom played lacrosse after their graduation, the passionate moments they shared while practicing together in the hall remain etched in their hearts. In 2022, the Association organized the "Master Game", inviting former lacrosse players from different eras to form teams and compete once again, and they eagerly participated. Despite having set aside their lacrosse sticks for decades, the spirit of the game still resides within them, and they demonstrate great courage as they rekindle the fiery competitiveness of their youth.

Albert sincerely expressed, "Lacrosse will always hold a significant place in my life, and I hope that more people can experience the joy this sport brings." Similarly, YEUNG Tak Keung, who witnessed the development of Hong Kong's entire sports scene, is pleased with the resources and efforts invested by the Hong Kong, China Lacrosse Association in promoting the sport. Lacrosse is a team sport that emphasizes unity, responsibility, and commitment. Reflecting on the days when a group of determined young men fiercely battled on the field, he believes that lacrosse transcends mere physical activity and serves as a catalyst for personal character development. While victory may be transient, the values instilled by lacrosse far surpass any triumphs or setbacks of that time.

¹ The format of a penalty shootout, originally associated with football, was used in the final. Generally, lacrosse matches do not employ the rule of a penalty shootout to determine the winner. However, due to two drawn games in the final, a victor could not be determined. Therefore, the format of a penalty shootout, inspired by football, was adopted to decide the winner. It is interesting to know that this unique approach reflected a limited understanding of the rules of lacrosse among the players at that time, prompting them to draw upon the regulations of traditional sports disciplines.

趣聞
Fun fact

裝備篇
Equipment Section

工欲善其事，
必先利其器

“If a workman
wishes to do
a good job,
he must first
sharpen
his tools.”

所謂：「工欲善其事，必先利其器。」尤其在體育賽事上，要讓運動員有良好的發揮，精良的裝備必不可少。就棍網球而言，球員最主要的裝備是一支稱為 Lacrosse Stick 或者 Crosse 的連網球棍。球員拿著它做出傳球、接球、運球等動作，目標就是將球射入對手龍門得分。

長久以來，香港大學吸引了許多學生參與棍網球運動。上世紀 60 年代，一位外國教授將自己平時用以練習棍網球的球棍帶入校園，以棍網球本質上的魅力征服了一眾年青人。棍網球素有「陸地上速度最快的球類運動」之

稱，球場上你追我逐，不論球員走位、傳球時的反應、球速等，一切疾如雷電，爆炸力十足。

在現時國際標準男子賽例中，球員們需要配戴頭盔，護甲，護肘和手套等，以增加運動的安全性。不過其實早在 90 年代以前，由於購買棍網球設備並不容易，加上當時香港男子球員們還採用女子賽例競賽，所以對裝備要求並未太嚴謹。很多時候球員只要手執一支棍，便能上場競技，而且不少香港球員們仍使用較傳統の木製球棍。

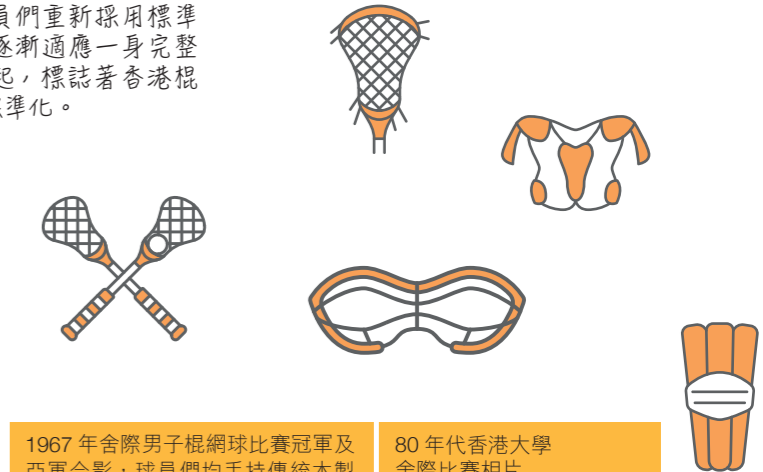
後來，一些大學生在外國旅遊期間，購入海外較為新型的球棍並帶回港使

用，球員們的裝備水平才稍有提升。除了出國購買球棍以外，他們還會從外國運動品商家所印製的產品目錄上物色棍網球用具。隨著舍際比賽愈見激烈，球員們參考外國的比賽規則，比賽逐漸衍生出一套獨特的「混合規則」，男子球員會戴上手套比賽以保護持棍之手，並有如男子賽例般有限度容許擊打球棍或持棍手，但總體仍然使用女子賽例。但礙於那時尚未有網上購物的形式，所以他們需要透過信件、傳真或長途電話來查詢產品報價，繼而使用電匯模式付錢。完成整套流程後，外國商家才安排貨品運送來港，這樣一來一回，又是長達數個

月的時間。等到裝備正式到手，可能已是大半年的事了。

一直到 2002 年男子隊出戰世錦賽，球員們必須跟隨國際標準球例參加，因此他們開始探索穿戴完整裝備進行比賽的可能性，並嘗試戴上棍網球頭盔、手套、護甲等裝備上場迎戰。球員們以前大多只是透過閱讀書籍、觀看錄影帶，才能看到這身標準的裝備造型。如今，他們終於可以穿上正統的裝備比賽，感覺截然不同。完成該年的世錦賽以後，香港球員們重新採用標準男子賽例練習，並逐漸適應一身完整保護裝備。從這時起，標誌著香港棍網球運動開始走向標準化。

如今，棍網球發展比以前更蓬勃，香港亦開始有更多銷售商出售棍網球裝備，加上總會有良好的裝備基礎供運動員使用，球員們不再為購買裝備而煩惱。而對於初學者來說，一般由總會主辦的訓練班及試玩活動，都會提供球棍及護具等基本裝備，參加者毋須事先購買。這種在裝備上的便利性，讓新一代球員更容易參與運動，促進了香港棍網球的競技水平。



1967 年舍際男子棍網球比賽冠軍及亞軍合影，球員們均手持傳統木製球棍比賽
Photo of 1967 Inter-Hall Men's Lacrosse competition champion and 1st runner-up team, players are all holding traditional wooden stick

80 年代香港大學舍際比賽相片
HKU Inter-hall competition in the 80s

90 年代香港大學舍際比賽相片
HKU Inter-hall competition in the 90s



In Chinese saying, "If a workman wishes to do a good job, he must first sharpen his tools.". This adage holds, particularly in the realm of sports where the performance of athletes greatly relies on sophisticated equipment. In the context of lacrosse, the primary equipment for players is the lacrosse stick, also known as a crosse. This stick is used for passing, catching, cradling, and shooting the ball into the opponent's goal to score.

The University of Hong Kong has long been a hub for lacrosse enthusiasts, attracting numerous students to partake in the sport. In the 1960s, a foreign professor brought his lacrosse stick onto the campus for practice, captivating many young individuals with the inherent allure of the game. Lacrosse is renowned as "the fastest game on two feet," characterized by lightning-fast player movements, quick ball passing, and explosive power.

In contemporary men's lacrosse competitions adhering to international standards, players are required to wear helmets, shoulder pads, arm guards, and gloves to enhance safety during gameplay. However, before the 1990s, lacrosse equipment was not readily available in Hong Kong, and Hong Kong men's players still competed under the rules designed for women's lacrosse. Consequently, the equipment requirements were less stringent. In many cases, players only needed a stick to participate, with many Hong Kong players still employing traditional wooden sticks.

Subsequently, some university students began purchasing modern lacrosse sticks during their travels abroad and brought them back to Hong Kong, thereby raising the level of equipment among players. Additionally, athletes would peruse product catalogs from foreign sporting goods merchants to search for lacrosse gear. As the inter-hall lacrosse competition became more intense, players took reference from

foreign countries and developed a unique set of "mixed rules" in the competition. Men's players would wear gloves to protect their hands, just like the men's lacrosse rules. While hitting opponent's sticks and even gloves hands are permissible, women's lacrosse rules still apply in the game. However, without the convenience of online shopping, they had to rely on letters, fax or long-distance phone calls to inquire about product details and pricing, followed by wire transfers for payment. The entire process would take months, including the shipping time, resulting in a delay of over half a year before the equipment finally arrived.

It was not until the Hong Kong, China men's team participated in the 2002 World Championships that players were required to adhere to international standard rules. Consequently, they explored the possibility of wearing complete protective gear during competitions, including lacrosse helmets, gloves, shoulder pads, and other equipment.

Before this, most players had only witnessed the appearance of such standardized equipment through books and videos. Finally, they were able to don orthodox gear and compete, experiencing a wholly different sensation. Following the conclusion of the World Championships that year, Hong Kong players embraced standard men's training routines and gradually adapted to the complete set of protective equipment. This marked the dawn of the standardization of lacrosse in Hong Kong.

Today, the development of lacrosse is more vigorous than before, and more sellers of lacrosse equipment are beginning to operate in Hong Kong. Additionally, the Hong Kong, China Lacrosse Association ensures a robust equipment base for athletes to utilize, eliminating the need for players to worry

about equipment purchases. For beginners, basic equipment such as sticks and protective gear is generally provided in training sessions and trial classes organized by the association, eliminating the need for advance purchases. This convenience in accessing equipment facilitates the entry of a new generation of players into the sport and contributes to the overall advancement of lacrosse in Hong Kong.

第二章
總會創會初期
領軍人物

Chapter 2
Leading Figures
in the early stages



滿足自己， 成就他人

侯仲銘

Fulfill Yourself, Empower Others

HOU Chung Ming, Louis

侯仲銘長子侯晴(右)代表中國香港隊出戰
2022年男子U20世錦賽
Hou Ching (Right), Son of Louis Hou, playing for
Team Hong Kong, China in 2022 Men's U20
World Championship.



2018年侯仲銘代表總會贈送港隊紀念球衣予到港來訪的美國傳奇球星 Louis Hou presented a Team Hong Kong, China jersey to Kyle Harrison, a legendary USA player, who came to Hong Kong for a clinic in 2018.



侯仲銘於2002年首屆香港棍網球公開賽致開幕辭
Louis Hou giving an opening speech in the first ever Hong Kong Lacrosse Open in 2002.

2001年侯仲銘(下排右二)與港隊到韓國進行友誼賽
Louis Hou (bottom row, 2nd right) went to South Korea for an exhibition game in 2001.

對一項運動「熱愛到極致」是種怎樣的體驗？比起三言兩語的偉大說辭，中國香港棍網球總會創辦人侯仲銘(大福 / HOU Chung Ming, Louis)卻選擇用三十年時間去交出答案。大福的棍網球故事始於香港大學，但他對這項運動的極致追求與一以貫之的堅持，並不止於學生時期。本著畢業後還想繼續打球，以及將棍網球傳承開去的願望，他在1993年正式創立了當年的香港棍網球總會(現稱：中國香港棍網球總會)，致力將這項運動發揚光大。

當年大福邀請了幾位舍堂的球員共同組織總會，縱然發展方面未明，但一班熱愛棍網球的年輕人依然將想法付諸行動，建立起總會的雛形。對於那時剛畢業的他而言，夢想依然遙不可及，但他心底有個清晰的想法，他說：「講夢想實在太遠大，但我知道自己從小到大都希望以自己能力所及，去創造一些價值，並帶到些影響給其他人。」而事實證明，中國香港棍網球總會這個平台就如一航帆船，而大福就如這艘船的掌舵人，帶領著一眾熱愛這運動的年輕人透過棍網球，察看外面更大的世界。

2002年，當年男子隊首次出戰世錦賽，大福亦剛踏入而立之年。以這年紀來說，這恐怕是他唯一一次能以棍網球運動員的身份代表香港出賽。為了好好預備這場賽事，他與委員們於同年籌辦香港首屆棍網球公開賽，讓球員們能有多點與外國球員交手的機會。2002年那場男子世錦賽對球員們來說，是一次難忘的學習之旅。這亦促使大福回港後著力整頓香港棍網球的發展，並舉辦更多本地聯賽，以提升球員實力。

後到2006及2010年的世錦賽，當時因為球員都想下場比賽，所以大福也將出賽機會留給其他人，自己則離開球員的角色，肩負球隊總教練的工作。後在2013年，總會很幸運地得到贊助，讓他們可以聘請外國的專業教練去指導球員。於是在2014年及2018年的世錦賽中，大福便以球隊經理的身份統籌球員出國比賽的事務。

從1993年創會起，大福遊走在球員、教練、球隊經理、總會創會會長等不同角色之中，哪裡有需要人手的地方，他亦會自動補位，從不計較自己付出多少。被問及不同身份為他帶來的滿足感時，他答道：「做球員就是滿足

自己，而其他位置就是成就他人。其實不能貪心，到了某個年紀後，你就會發現繼續走下去的話，必然是成就別人。」

2014年後，大福從總會管理層的位置退下來，交棒給新一代。對於總會能走到30周年，他覺得全因球員們對棍網球愛得純粹。他分享：「全世界的棍網球發展都沒有與金錢有很大的掛勾，我們有句口號是“Lacrosse makes friends”，我們主要是透過運動結識朋友，每次比賽都感受到球員們的真摯，他們並不為甚麼，只是因為熱愛這運動。當中有些人更將棍網球變成事業，他們的人生將會以別樣的方式演繹這項運動，這為新一代的球員帶來很好的示範。」

多年來，總會匯聚了不少熱愛棍網球的新知舊雨，大家都以自身力量灌溉棍網球的發展，讓這項運動能茁壯成長。不論是「滿足自己」，還是「成就他人」，每個人參與棍網球運動的方式都不一樣，但不約而同的是，大家都能從棍網球中找到快樂。

What does “Extreme Passion” mean to you? Instead of encapsulating it in a few brief statements, HOU Chung Ming Louis, the founder of the Hong Kong, China Lacrosse Association of China, dedicated 30 years of his life to embodying the answer. Louis' lacrosse story began at the University of Hong Kong, but his ultimate pursuit and consistent persistence in the sport did not end with his student days. In line with his desire to continue playing after graduation and to pass on the sport of lacrosse, he officially founded the Hong Kong Lacrosse Association (now known as Hong Kong, China Lacrosse Association) in 1993, dedicated to promoting the sport in Hong Kong.

At that time, Louis invited several players from the residential hall to jointly organize the Association. Even though the future development was unclear, a group of young people who loved lacrosse still put their ideas into action and established the prototype of the Association. For him, who had just graduated at that time, his dream was still out of reach, but he had a clear idea in his heart. He said: "It is too lofty to talk about dreams, but I know that since I was a child, I have wanted to do whatever I can within my ability. Create some value and bring some influence to others." It turns out that the platform of Hong Kong, China Lacrosse Association is like a sailboat, and Louis is like the helmsman of the ship, leading a group of young people who love this sport, to observe the larger world outside through lacrosse.

In 2002, Louis HOU, in his thirties, led the Hong Kong men's lacrosse team to their debut in the World Championships. Recognizing this as a unique opportunity to represent Hong Kong as a player, Louis, and the committee members organized the inaugural Hong Kong Lacrosse Open in the same year. This event provided valuable opportunities for local players to compete against international counterparts. The 2002 Men's World Championship proved to be an unforgettable learning experience for the team, prompting Louis to focus on developing lacrosse in Hong Kong upon his return. He organized local leagues to strengthen the players' skills and enhance the sport's growth.

Subsequently, in the 2006 and 2010 World Championships, when many players expressed their desire to play, Louis willingly stepped aside as a player and assumed the role of head coach, allowing others to seize the opportunity. In 2013, through acquiring sponsorship, the Association was able to hire foreign professional coaches to train their players. In the 2014 and 2018 World Championships, Louis served as the team manager, coordinating the logistics for players competing abroad.

Since the establishment of the Association in 1993, Louis has worn various hats, including player, coach, team manager, and founding president. He willingly fills any manpower gaps, regardless of the amount of effort required. When asked about the satisfaction he derives

from these different roles, he humbly responds, "Being a player is about fulfilling oneself, while other positions are about achieving success for others. One should not be greedy. As you reach a certain age, you realize that if you continue, it must be to bring success to others."

In 2014, Louis stepped down from his management position within the Association, passing the baton to the new generation. Reflecting on the association's 30th anniversary, he attributes its success to the pure love for lacrosse exhibited by the players. He emphasizes that the global development of lacrosse is not solely dependent on financial resources, but rather on the sport's core values of friendship and camaraderie. Each competition reflects the players' genuine passion and love for the sport. While some players have turned lacrosse into a career, their lives serve as a testament to the sport's impact, benefiting the next generation of players through their inspirational example.

Over the years, the Association has united a diverse group of lacrosse enthusiasts, young and old, who have contributed their efforts to nurture the sport's growth. Whether their involvement is driven by "Fulfill Yourself" or "Empower Others", everyone finds happiness in various aspects of lacrosse, collectively contributing to its thriving development.

亞太區棍網球發展 之先導者

黎浩然

The Pioneer of Lacrosse Development in the Asia-Pacific Region

LAI Ho Yin, Albert



黎浩然(8號)代表港隊比賽
Albert Lai (No. 8) playing for
Team Hong Kong, China.



黎浩然(右三)與APLU成員於
2023年世錦賽亞太區外圍賽合照
Albert Lai (3rd Right) taking a photo with
other representatives of APLU during
the 2023 Men's World Championship
Asia Pacific Qualifier.



黎浩然(左)與馮建威於亞太
錦標賽合照
Albert Lai (Left) and
Frankie Fung in ASPAC.

總會成員從千禧年初至今，積極聯繫不同國家的棍網球組織，希望讓本地棍網球發展能與國際接軌。在2002年男子世錦標賽後，澳洲、香港、南韓及日本四地的代表，於2004年正式創立亞太棍網球聯合會(Asia Pacific Lacrosse Union, 簡稱APLU)，旨在促進亞太地區在棍網球運動上的交流。當中，由APLU舉辦每兩年一度的亞太棍網球錦標賽(ASPAC)，便是其中一項球壇盛事。香港作為APLU的開山鼻祖，當時由黎浩然(LAI Ho Yin, Albert)代表總會參與其早期管理及發展事務。時至今日，Albert已是APLU的副主席兼任董事會成員，他多年來一路見證著總會從最初只有4名成員，慢慢拓展至現今共19名。

Albert回憶自己在1993年初入港大利瑪竇宿舍，那時候還目睹侯仲銘先生(Louis HOU)等總會創會成員在舍堂裏開會，當時的他也未曾想過自己在未來會與他們並肩發展香港棍網球運動。90年代初，Albert形容當時港大學生打的球例都是師兄們傳授下來的「男女子混合球例」。他形容大家多是在閉門練兵，雖然球員們在舍際比賽中競爭激烈，但不同舍堂的運動員實力仍有明顯差距。那時利瑪竇宿舍已經在舍際棍網球比賽中蟬聯多年冠軍，其他舍堂的進步空間有限。

後來，港大學生希望一改只有某些舍堂長勝的局面，於是決定修改賽例，

採用女子進攻及防守的模式，讓更多人願意參與其中。改例之後，效果比預期中好，Albert說：「那時確是多了新生玩棍網球，因為大家都採納新模式去打，不同舍堂的人都一起加緊練習。整體來說，不論學生對棍網球的興趣，還是球員的實力水平都明顯提高。」直至2000年代中期，他們才慢慢轉變以全男子球例進行比賽。

從2000至2006年間，Albert在總會負責對外發展事務。2002年，當時為了讓球員們在出戰男子世錦賽前好好裝備自己，總會組織了一系列交流活動及區內聯賽。Albert分享當年世錦賽共有15隊球隊參加，其中只有澳洲、日本、香港、南韓、紐西蘭為亞太地區。由於亞太區之間交流密切，彼此亦萌生起建立一個聯合組織的念頭，以加強交流。因此，在2004年澳洲亞特蘭大舉行的一場亞太區賽事中，澳洲、香港、日本、南韓的總會成員共同創立APLU，致力讓棍網球在亞太區發揚光大。

Albert表示：「當時APLU主要想推廣亞太區棍網球發展，並提升球員們實力水平。我們希望建立一個平台，讓大家可以互相交流及進行比賽。及後，我們開始在東南亞發掘那些有興趣發展棍網球運動的國家，並加強宣傳，希望吸納更多成員，讓成員數量可以更貼近歐盟地區。」Albert現時為APLU的副主席，目前仍然忙於構

思為會員帶來更多交流賽事及活動。他觀察到香港總會在近十年的急速發展，而最讓他感動的是香港總會有時會派員到泰國、新加坡等地與當地球員交流，協助彼此發展，展示了APLU成員之間的守望相助。

Albert因工作關係早已在2003年移居墨爾本，但他多年來依然不停歇地參與亞太區棍網球的發展工作。從見證著香港總會剛成立的雛形，到今天總會迎來三十周年，Albert感受良多。他覺得總會總體發展可以分三個階段去說，頭十年(1993-2003)是一群充滿熱誠的球員將棍網球從港大校園推廣出去，第二個十年(2004-2013)是將本地棍網球帶到國際舞台上，而最近十年(2014-2023)則是將香港球員的參賽實力提升至更高水平。

從男子港隊在2023年世錦賽中創下歷史佳績一事可見，港隊技術水平可見一斑。他感觸地分享道：「總會在這數十年的發展進度確是讓人高興，看著更多人參與香港棍網球的發展工作，並將其推進至現今的高度，我為此感到自豪。」而他自身亦本著振興棍網球運動的雄心，帶著香港所習得的經驗與智慧走向國際，為亞太區棍網球發展寫下全新篇章。

Since the turn of the millennium, members of the Hong Kong, China Lacrosse Association have proactively engaged with lacrosse organizations in various countries, intending to align local lacrosse development with international standards. Following the conclusion of the 2002 Men's World Championships, representatives from Australia, Hong Kong, South Korea, and Japan officially established the Asia Pacific Lacrosse Union (APLU) in 2004, with the primary objective of fostering lacrosse exchanges within the Asia-Pacific region. Among its notable endeavors, the Asia-Pacific Lacrosse Championship (ASPAC), held biennially under the auspices of the APLU, stands as a prominent sporting event. Hong Kong, as the founding member of the APLU, was represented by LAI Ho Yin Albert, who actively contributed to its early management and development initiatives. Presently, Albert holds the esteemed positions of vice chairman and board member within the APLU. Over the years, he has witnessed the gradual expansion of the APLU, starting from a modest membership of four at its inception and steadily progressing to its current count of nineteen members.

Recalling his journey, Albert fondly reminisced about his entrance into Ricci Hall at the University of Hong Kong in 1993. It was during this formative period that he first encountered Mr. Louis HOU and other founding members of the General Association convening within the hall. At that time, he never could have envisioned the future collaboration that awaited him, working alongside these individuals to develop lacrosse in Hong Kong. Describing the lacrosse landscape of the early 1990s, Albert portrayed the game played by HKU students as a "mixed lacrosse" format imparted by their senior players. Training sessions were predominantly conducted behind closed doors, and although fierce competition ensued during inter-hall competitions, there remained a conspicuous discrepancy in the skill levels of athletes representing different residential halls. Notably, Ricci Hall claimed championship titles in inter-hall lacrosse competitions for several years, leaving limited scope for improvement in other halls.

Subsequently, HKU students sought to address the issue of certain halls consistently dominating the lacrosse competitions. To achieve a more inclusive and diversified participation, they decided to modify the rules and adopt a women's rules. The results surpassed expectations. Albert remarked, "At that time, more freshmen joined lacrosse because everyone embraced the new model of play, and individuals from different halls increased their practice frequencies. Overall, student interest in lacrosse and the overall skill level of players experienced significant growth." It was only after the mid-00s that a transition to a men's rules took place in inter-hall competition.

From 2000 to 2006, Albert assumed responsibility for external development affairs at the Hong Kong, China Lacrosse Association. In preparation for the Men's World Championships, HKLA organized a series of exchange activities and local leagues in 2002 to effectively equip the players. Albert shared that 15 teams participated in the World Championships that year, with Australia, Japan, Hong Kong, South Korea, and New Zealand representing the Asia-Pacific region. As a result of the close exchanges within the Asia-Pacific region, the idea of establishing a joint organization to enhance lacrosse exchanges emerged. Consequently, during an Asia-Pacific tournament held in Atlanta, Australia, in 2004, representatives from Australia, Hong Kong, Japan, and South Korea collaborated to establish the APLU, dedicated to promoting lacrosse in the Asia-Pacific region.

Albert expressed, "Initially, APLU's primary objective was to foster the development of lacrosse in the Asia-Pacific region and enhance the players' caliber. We aimed to establish a platform for communication and competition among participating nations. Subsequently, we began exploring interest in lacrosse development among Southeast Asian countries, intensifying promotional efforts to attract more members and bridge the gap between our membership count and that of the European region." Presently serving as the vice president of APLU, Albert remains actively engaged in conceptualizing additional exchange events and activities for the members. He witnessed the rapid

progress of the Hong Kong, China Lacrosse Association over the past decade, and what touched him the most was the association's efforts to send personnel to Thailand, Singapore, and other locations to interact with local players and provide support in their development, exemplifying the strong bonds among APLU members who observe, assist, and uplift one another.

Although Albert relocated to Melbourne in 2003 due to work, he has continued to contribute to the development of lacrosse in the Asia-Pacific region for many years. Having witnessed the establishment of the Hong Kong, China Lacrosse Association from its early days to celebrating its 30th anniversary today, Albert has accumulated a wealth of experiences. He believes that the overall development of the Lacrosse Association can be divided into three stages. The first decade (1993-2003) witnessed a passionate group of players promoting lacrosse from the HKU campus. The subsequent decade (2004-2013) saw local lacrosse being propelled onto the international stage. The most recent decade (2014-2023) has elevated the competitiveness of Hong Kong players to new heights.

The technical prowess of the Hong Kong, China team is evident in their historic accomplishments at the 2023 World Championships. With heartfelt emotion, Albert shared, "The development progress of the Lacrosse Association over the past few decades has been truly exhilarating. Witnessing the increasing number of individuals contributing to the development of lacrosse in Hong Kong and witnessing its current achievements fills me with immense pride." Driven by his passion for revitalizing the sport of lacrosse, he has drawn upon the experiences and wisdom acquired in Hong Kong to embark on a global journey, authoring a new chapter in the development of lacrosse in the Asia-Pacific region.

男子世錦賽 之開端

梁友智

The Beginning of the Men's World Championships

LEUNG Yau Chi, Franklin

2002年世錦賽中國香港隊成員於2021年元老賽中重聚合照
The members of the 2002 Men's World Championship Hong Kong, China team reunited for a group photo during the master game in 2021.



梁友智(左4)與隊友們代表中國香港出戰2021北京盃合影
Franklin Leung (Left 4) and his teammates representing Hong Kong, China in 2021 Beijing Open Cup.



香港2002年首次舉辦香港棍網球公開賽的大合照
The group photo of the first-ever Hong Kong Lacrosse Open in 2002.



港隊(藍色球衣)於北京盃比賽相片
Team Hong Kong, China (Blue jersey) competing in Beijing Open Cup.



總會在1993年成立後的幾年間，參與者主要都是圍繞著對棍網球有興趣的港大本科生及畢業生。當時參加者對國際賽例、所需裝備仍未達標準水平，大家都是透過舍堂「大仙」¹的教導，或是從錄影帶的片段來學習打棍網球。一切直到2001年開始，總會為了組織男子隊參與2002年世錦賽，不論在籌辦本地賽事或是參加海外比賽上，都解鎖了許多「第一次」，而總會亦在那幾年間迎來突破性成長。

梁友智(LEUNG Yau Chi, Franklin)從1994年開始打棍網球以來，一直有參與總會發展事務。其中，他跟元老級創會成員們曾一起經歷多場賽事。在千禧年初期，他更擔任總會的教練及裁判總監一職。他分享在2001年6月，當時日本棍網球協會為了到中國推廣棍網球，於是在北京體育大學首辦「北京盃」²，邀來鄰近亞洲國家一起參與。那時總會更特意邀請在港工作的外籍球員到薄扶林沙灣徑一起練習，讓球員們見識到外國運動員的水平。那次交流活動讓他們得悉2002年將有一場在澳洲珀斯舉行的世錦賽，當時大家躍躍欲試，便朝著參賽的目標去加強練習密度。

後到2002年初，當時總會主席侯仲銘決定舉辦首個香港棍網球公開賽，並邀請日本、南韓、北京等球隊來港參與賽事，阿智表示那次比賽其實主要作用是讓球員備戰同年世錦賽。此

外，球員本身亦堅持每周一至兩次的集體訓練，風雨不改地走到跑馬地的足球場上練習，那時他們還要背著兩個龍門到球場，過程好不容易，但他們都靠毅力挨了過去。

直到7月，一隊20人浩浩蕩蕩往澳洲出發，將香港棍網球推向國際舞台。其中行程安排、聯絡主辦方處理住宿問題、訂機票等事務，都要由球員們分工合作進行。在正式比賽之前，他們更邀請了威爾斯隊打了一場友誼賽。阿智形容：「那時就似看到第二個世界，我們球隊的水準就好像是別人打了兩年的水平般，實力相差得有點遠。」而這份實力懸殊的感覺，亦隨著正式比賽開始而延續。

由於香港是首次參加世錦賽，因此只能以綠色組別²身份參與小組賽，同組別的還有愛爾蘭、新西蘭、南韓。雖然那次世錦賽「包尾」收場，但球員們依然享受其中，參賽過程亦使得球員們眼界大開，並激發起他們想要進步的決心。

回港後，總會開始加緊籌辦本地棍網球聯賽，希望香港球員能繼續進步。從當時起，阿智更多時候是以球員身份參加賽事。在2002年、2006年、2010年及2014年的世錦賽中，他亦有份代表中國香港出戰，成為香港棍網球界中唯一一個四度出征男子室外棍網球世錦賽的「超級元老」。他說自己更享受打球的過程，但他同時非

常感激與佩服過去一直為總會發展無私付出的大福(侯仲銘)、Albert Lai與Frankie Fung等人。正因為他們投放很多時間在發展工作上，香港棍網球才能發展至如今的規模。

他表示：「2002至2014那段時間要留住球員並不容易，大多數人畢業後打多幾年，都因為家庭或工作等原因各散東西，所以實力水平仍沒有很大的進步。後來，隨著總會轉型，他們有能力聘請到外國資深教練培訓球員，本地多了很多精英隊伍的訓練，他們對於球員的水準要求亦更高。我自己在體能及時間上配合不到，就選擇專注本地聯賽上。」2014年總會發展走上新軌道之時，亦是阿智急流勇退的時候，但他依然活躍在本地聯賽及六人賽中，從沒想過放下棍網球。

2023年，港隊在男子世錦賽30隊球隊中排名第13，(連同外圍賽共89個參賽國家及地區，最終只有共30隊球隊入圍世錦賽)，成績比起20年前提升不少。阿智表示篤信港隊實力仍然有進步空間，正如廿年前的球員們當日所邁出的那一步般，只要繼續接受挑戰，定能為香港棍網球發展開闢一片全新領土。

1 「大仙」一詞源自「senior」，意指高年級生。
2 在錦標賽的小組賽階段，球隊被分為三個組別一五隊：頂級藍色組，六隊紅色組，四隊綠色組。藍色組前三名直接晉級準決賽，第四名則需與紅色組冠軍爭奪最後的準決賽席位，而綠色組參賽者則沒有資格贏得冠軍。

In the few years after Hong Kong, China Lacrosse Association's establishment in 1993, the participants were still mainly undergraduates and graduates of the University of Hong Kong who were interested in lacrosse. At that time, the participants' understanding of international competition rules and the required equipment were still not up to standard. Everyone learned to play lacrosse through the guidance of the "Senior" in the residential halls or from video clips. Until 2001, when the Association decided to participate in the 2002 Men's World Championships, many "firsts" were unlocked, such as organizing local events or participating in overseas competitions, and the Association also experienced breakthroughs in those years of growth.

LEUNG Yau Chi Franklin, has been involved in the development of the Association since he started playing lacrosse in 1994. Among them, he and the veteran founding members have experienced many events together. In the early 2000s, he served as the Director of Coaching and Officiating of the Association. He shared that in June 2001, to promote lacrosse in China, the Japan Lacrosse Association helped the club in Beijing hold the first "Beijing Open Cup" at Beijing Sport University and invited neighboring Asian countries to participate. At that time, the Association specially invited foreign players working in Hong Kong to practice together at Shawan Drive, Pok Fu Lam, so that the players could see the level of foreign athletes. At that exchange event, they learned that there would be a World Championships to be held in Perth, Australia, in 2002. At that time, everyone was eager to try, and they intensified their practice toward the goal of participating.

Subsequently, in early 2002, Louis HOU, the chairman of the Lacrosse Association at that time, decided to host the inaugural Hong Kong Lacrosse Open. Teams from Japan, South Korea, Beijing were invited to participate in the event held in Hong Kong. Franklin stated that the primary objective of this tournament was to prepare the players for the upcoming World Championships later that same year. Moreover, the players

themselves were committed to training, meeting once or twice a week, and persevering in their practices on the football field in Happy Valley, regardless of inclement weather. They had to carry two nets to the field every training, which posed challenges, but their resilience sustained them.

In July, a formidable team of 20 individuals embarked on a journey to Australia, propelling Hong Kong lacrosse onto the international stage. The players were responsible for various logistical aspects, such as organizing itineraries, liaising with organizers to address accommodation matters, and booking air tickets, all accomplished through the division of labor and cooperative efforts. Before the official matches, they even arranged a friendly match against the Welsh team. Franklin described this experience as akin to entering a whole new world, realizing that their team's performance was nowhere near the level of the foreign teams. This realization of differing levels persisted throughout the official games.

As Hong Kong, Hong Kong was participating in the World Championships for the first time, they could only compete in the Green Group as a newcomer team¹. Ireland, New Zealand, and South Korea were also part of the same group. Although the World Championships concluded with a less-than-satisfactory outcome, the players still relished the experience. Their participation in the tournament broadened their horizons and ignited their determination to improve.

Upon their return to Hong Kong, the Association intensified their preparations for the local lacrosse league, aiming to facilitate the continual improvement of Hong Kong players. Since then, Franklin has been more actively involved as a player. He represented Hong Kong, China in the World Championships in 2002, 2006, 2010, and 2014, earning the distinction of being the only "super veteran" in the Hong Kong lacrosse community to compete in the Men's World Championships (Senior Field Format) four times. While he derives more enjoyment from playing the sport, he is profoundly grateful for and admires individuals such as

Louis Hou, Albert Lai, and Frankie Fung, who selflessly contributed to the association's development in the past. Their substantial commitment of time and effort has been instrumental in fostering the growth of Hong Kong lacrosse to its present scale.

Franklin stated, "Retaining players from 2002 to 2014 was a challenging task. After graduating, most individuals played for a few more years but eventually dispersed due to family or work commitments, resulting in limited improvement in their skill levels. However, with the transformation of the Association, the hiring of experienced foreign coaches to train players became possible. The establishment of numerous local elite teams has also raised the standards and expectations for players. Unfortunately, I couldn't meet the physical fitness and time requirements for such training, so I decided to focus on the local league." In 2014, when the association's development was on a new trajectory, it was also the time for Franklin to retire. Nonetheless, he remained actively involved in the local league and Sixes competitions, never entertaining the thought of giving up lacrosse.

As of 2023, the Hong Kong team secured the 13th position out of 30 teams in the Men's World Championship. It is important to note that only 30 teams out of a total of 89 participating countries and regions qualified for the World Championship. While the team's performance has significantly improved compared to 20 years ago, Franklin maintains his belief that the Hong Kong, China team still possesses untapped potential. Just as the players took that initial step 20 years ago, he believes that by embracing challenges and persevering, they can pave the way for a new era in the development of Hong Kong lacrosse.

1 During the tournament's group stage, the participating teams are divided into three distinct groups. The top-tier blue group consists of five teams, the red group comprises six teams, and the green group consists of four teams. The teams within the blue group have the opportunity to directly advance to the semi-finals, with the top three teams securing their spots. The fourth-place team from the blue group will then compete against the champion of the red group for the remaining semi-final position. It is important to note that teams in the green group are not eligible to contend for the championship title.

"No Nice Judge, No Nice Game"

馮建威 FUNG Kin Wai, Frankie



2018 年香港棍網球公開賽全體裁判合照
Photo of the Zebra Team of 2018 Hong Kong Lacrosse Open.

對一場正式的棍網球比賽而言，裁判的存在絕對是不可或缺，全因他們肩負起維持比賽秩序、安全和公平性的重任，因此裁判們亦被稱作是「球場上的第三隊」。總會前男子賽例首席裁判馮建威 (FUNG Kin Wai, Frankie) 對香港棍網球的整體發展作出了重大貢獻，尤其在裁判的培訓和發展工作上。他在 2018 年男子世錦賽中獲頒發發展嘉許獎，成為首位得獎的香港棍網球裁判，他笑言這個榮譽就像是一個「終身成就獎」。

在 90 年代，香港大學的男子球員仍然是採用女子球例來進行比賽。直到 2002 年，香港首次組織隊伍到澳洲柏斯出戰男子世錦賽。當時球員們不熟悉國際標準球例，因此出現不少技術上的犯規。自那時起，作為球員的 Frankie 已經有感唯有跟隨國際男子球例的標準去打，香港棍網球才能與世界銜接。

2005 年，香港派隊到日本大阪參加亞太棍網球錦標賽，當時日本棍網球協會安排了棍網球裁判課程予港隊，那是他們第一次正式接觸裁判方面的知識。這次經歷堅定了 Frankie 的決心，他覺得只有真正了解球例和比賽

流程，才能提高香港棍網球運動的水平，這亦促使他開始學習做棍網球裁判。

經過數年的學習，Frankie 於 2009 年在南韓水原市舉行的亞太棍網球錦標賽中，首次擔任國際裁判。在時任 JLA 總裁判長 Kentaro Shimizu 的支持下，Frankie 回港後便積極籌辦第一級裁判證書課程，他秉持著 "No Nice Judge, No Nice Game" 的理念，希望推動本地裁判的培訓和發展。及後 2013 年，香港開始出現第二級棍網球裁判¹，他們具備資格擔任本地聯賽的主裁判，以及有機會參與不同亞洲區錦標賽。近年，甚至越來越多香港裁判已經晉身國際賽行列。

Frankie 在 2014 至 2016 年於總會任職男子賽例首席裁判，當時他在香港棍網球公開賽期間，邀請了不少國際知名的棍網球裁判來港交流。他分享道：「當時本地裁判尚未有太多經驗，大部分都只有本地聯賽的裁判經驗。邀請外國裁判來港，能在他們身上學到國際級裁判水平應該是怎樣。雖然本身裁判承受不同方面的壓力，但在這個圈子中，你會感受到大家都是互相支持，展現出團體的合作性。」其

後，Frankie 不但以裁判身份活躍於不同國際棍網球賽事，更會到中國內地、台灣等參與裁判發展工作。他在 2018 年 FIL 世錦賽中獲得發展嘉許獎，肯定了他在棍網球整體發展上帶來重要功績。

回想第一次去做世界賽裁判，他說：「那時的我還是初哥，很多規矩都不懂。但眼見現在不少我們派出去的裁判，大家都有足夠能力與經驗去應付這些大型比賽，我覺得這就是一個最大的成就，也體現了本地裁判努力的結果。」

Frankie 的付出和奉獻不僅在球場上見效，也對香港棍網球的整體發展產生了積極的影響。他希望未來能吸納更多對棍網球裁判有興趣的新血，或是由退役球員加入成為裁判一員，讓他們以另一個有意義的方式參與棍網球發展。

¹ 第一級裁判有資格在所有香港棍網球總會舉辦的聯賽中執法。第二級裁判有資格擔任所有中國香港棍網球聯賽比賽的總裁判，參與不同的亞洲區錦標賽和本地第一級裁判的導師，具一定程度亞太區執法經驗的第二級裁判，更能通過 World Lacrosse Standard 獲得國際認證。持有二級認證的裁判，有機會登上世界錦標賽的舞台以及其他國際比賽。



馮建威 (左) 於 2012 年與 Kentaro Shimizu (右) 在曼谷一起擔任裁判
Frankie Fung (Left) and Kentaro Shimizu (Right) served as referees together in Bangkok in 2012.



馮建威 (右二) 於 2014 年世錦賽擔任裁判
Frankie Fung (2nd Right) served as a referee at the 2014 World Championships.



馮建威於 2018 年香港公開賽擔任裁判
Frankie Fung served as a referee in the 2018 Hong Kong Open.



In a formal lacrosse game, the presence of officials' is essential, as they bear the crucial responsibility of upholding order, safety, and fairness within the game. Officials are often referred to as "the third team on the field" due to their significant role. FUNG Kin Wai Frankie, the Association's Referee-in-chief of Association, has made noteworthy contributions to the overall advancement of lacrosse in Hong Kong, particularly in the training and development of referees. In recognition of his achievements, he was honoured with the World Lacrosse Development Award at the 2018 Men's World Championships, becoming the first Hong Kong referee to receive this accolade. In jest, he likened this recognition to a "Award for Lifetime Achievement"

During the 1990s, the male players at the University of Hong Kong adhered to the rules of women's lacrosse when participating in games. It was not until 2002 that Hong Kong formed a team to compete in the World Championships in Perth, Australia for the first time. At that time, the players were unfamiliar with the international standard rules of the sport, resulting in numerous technical fouls. Subsequently, Frankie, as a player, realized that Hong Kong lacrosse could only establish connections with the global lacrosse community by adhering to the internationally recognized men's rules and regulations.

In 2005, Hong Kong, China dispatched a team to Osaka, Japan to take part in the Asia Pacific Lacrosse Championship. The Japan Lacrosse Association organized a referee course for the Hong Kong, China team, marking their initial exposure to formal

refereeing knowledge. This experience strengthened Frankie's resolve, as he recognized that a genuine understanding of the rules and gameplay was necessary to enhance the standard of lacrosse in Hong Kong. Consequently, this motivated him to embark on becoming a referee.

After several years of study, Frankie made his international referee debut at the Asia Pacific Lacrosse Championships in Suwon, South Korea in 2009. With the support of Kentaro Shimizu, the former Referee-in-Chief of the Japan Lacrosse Association, Frankie actively organized the Level 1 referee course upon his return to Hong Kong. Guided by the principle of "No Nice Judge, No Nice Game," he aimed to promote the training and development of local referees. Consequently, in 2013, Hong Kong produced its first Level 2 lacrosse referee². These individuals possessed the qualifications to serve as head referees in local leagues and had opportunities to participate in various Asian championships. Over the past few years, an increasing number of Hong Kong referees have even entered the realm of international competitions.

From 2014 to 2016, Frankie served as the referee-in-chief in the Association. During the Hong Kong Lacrosse Open, he invited numerous internationally renowned referees to visit Hong Kong. He reflected on this, "At the time, our local referees had limited experience, primarily gained from refereeing local leagues. By inviting foreign referees to Hong Kong, I hoped to learn from them and understand the standards of international referees. Despite the differences among referees, within this community, one can sense the mutual support and cooperative

spirit." Subsequently, Frankie not only became actively involved as a referee in various international lacrosse events but also participated in referee development in Mainland China and Taiwan. His significant contributions to the overall development of lacrosse were acknowledged with the World Lacrosse Development Award at the 2018 Men's World Championships.

Recalling his first experience as a referee in the World Championships, he stated, "Back then, I was still a novice and had limited knowledge of many rules. However, witnessing the capabilities and experiences possessed by the referees we send out today, I consider this to be our greatest achievement. It exemplifies the hard work put in by our local referees."

Frankie's unwavering dedication and commitment have not only yielded positive results on the field but have also exerted a beneficial influence on the overall development of lacrosse in Hong Kong. He aspires to attract new individuals interested in refereeing in the future, or even encourage retired players to join as referees, enabling them to contribute to the development of lacrosse in a meaningful capacity.

¹ In the world of lacrosse, officials refer to both referees and umpires. Generally, referees refers to the officials officiating in the men's game, while umpires refers to the officials officiating in the women's game.

² Level-1 referees with Hong Kong Lacrosse are eligible to officiate any HKLA league games. Level-2 referees are eligible to be the head official at all league games, officiate in regional tournaments, and mentor/shadow level-1 referee. Level-2 referees with significant regional experience can work to obtain international certification through the World Lacrosse standard. Individuals with level-3 accreditation are eligible to officiate at World Championship events as well as other international tournaments.

戴君儀於 2023 香港棍網球公開賽擔任裁判時照片
Photo of Joyce Tai serving as an umpire during the 2023 Hong Kong Lacrosse Open.

球場上的 執法者

戴君儀

Enforcer on the field

Joyce TAI



2017 年香港棍網球公開賽女子賽事裁判合照
2017 HK Lacrosse Open Umpires Group photo.



2016 年 Cheryl (左二) 到港指導本地裁判留影
Cheryl (2nd Left) taking a photo after holding a umpire clinic in Hong Kong.



戴君儀 (右二) 與 Cheryl (左一)、Sachi (右三) 及其他女裁判於 2016 年香港棍網球公開賽合照
Joyce Tai (2nd Right) taking photos with Cheryl (1st Left), Sachi (3rd Right) and other umpires during HK Lacrosse Open 2016.

戴君儀 (左三) 與一眾總會前義務幹事於 2016 年於總會新辦公室合照
Joyce Tai (3rd Left) taking photos with ex-committee member in the new office of the Association in 2016.



當我們要評估一個地區在棍網球運動發展的成熟程度時，裁判質素絕對是其中一個重要指標。總會女子賽例首席裁判戴君儀 (Joyce TAI) 認為，裁判的專業水準將會直接影響比賽的流暢度和觀賞性。若更多香港裁判能躍身世界舞台，便證明其專業資格受到國際認可，這在某程度來說，其實亦是為該地區的棍網球發展增光添彩。

Joyce 分享香港現時絕大部分女裁判都是現役棍網球球員，而她近年仍然會以球員身份參與本地聯賽。除了打球以外，Joyce 早於 90 年代末已經參與總會的發展事務。在 2002 年男子隊首次參加棍網球世錦賽時，她更以球隊經理的身份隨行，管理球隊在旅程上的大小事務。而在 2013 年，她亦有份出戰女子棍網球世界盃 (舊稱，現被命名為女子棍網球世錦賽)。2015 年起，Joyce 開啟了棍網球裁判的發展道路。她回憶道：「當時剛完成世界盃賽事，其實都不情願轉去做裁判，大家都想繼續打波。」後來她受到當時女子棍網球世界盃總教練 Noriko Nishiyama 的經驗啟發，明白到裁判的重要性，使她慢慢接受裁判的工作。自該年起，她便在球員與裁判兩個身份間遊走。

雖然接觸裁判工作已有約八年時間，但 Joyce 坦言自己亦是自 2017 年在濟州那場亞太錦標賽中，才真正了解擔當裁判是甚麼一回事。在棍網球圈子中，雖然球員們在球場上鬥個你死我活，但其實脫下裝備，大家都是抱著一種推廣棍網球文化的心態，希望地區與地區之間能共同進步。由於香港之前在棍網球裁判的發展相對緩慢，因此外國有些資歷豐富的裁判會特意來香港教授相關知識，協助培育新一批本地裁判。在 2016 至 2017 年間，來自加拿大的 Cheryl Green MacNeill 和日本的 Sachiko Goto 便是其中來港開班的國際資深裁判之一，而 Joyce 至今仍對她們的無私教導心懷感激。

除了精進理論層面上的知識外，實戰經驗同樣重要。在 2016 年的香港棍網球公開賽中，Joyce 有份擔任賽事裁判，過程中，她亦從國際裁判們身上見識到他們執行判決的方式，讓她更明白這崗位的重要性。翌年，Joyce 在濟州舉行的亞太錦標賽中再次大開眼界。作為當時裁判團隊中資歷最淺的一員，她確切地感受到各位裁判的專業水準，這亦讓她更堅定地想要發展香港的裁判領域。

時至今日，總會提供裁判培訓課程及實習機會，讓有志投身其中的人能從零開始學起。現時裁判培訓計劃共分三級：第一級裁判能參與本地聯賽；第二級裁判有資格參與不同的亞洲區錦標賽；第三級裁判更可以參與世錦賽及其他國際賽事，具有明確的職業發展前景。Joyce 表示：「一個地方能產出多少國際級水平的裁判，才知道那個地區在棍網球發展上有多完善。」慶幸國際間的裁判都樂於扶持新人，例如會提供不同的實習機會予一些國際賽經驗尚淺的裁判，讓他們可以吸收更多實戰經驗。這些有幸從國際資深裁判中取經的「新人」，又會將其學到的技術，回饋到香港棍網球發展中，傳授給本土其他新人。

陪伴總會成長超過二十年，Joyce 表示這麼多年來見證著「人來人往」，最觸動她的是很多自早期就參與總會發展的人，至今仍以不同方式聯繫著彼此。當初這群人的聯繫並沒有隨著時光流逝而斷裂，而是在數十年的共同經歷中，越趨牢固。

When assessing the maturity of the development of a region, the quality of officials serves as a significant indicator. Joyce TAI, the Umpire-in-Chief of the Association, believes that the professionalism of officials directly influences the smoothness and enjoyment of the game. If more officials from Hong Kong can gain recognition on the global stage, it will demonstrate their internationally acknowledged expertise. To some extent, this will enhance the reputation of lacrosse development in the region.

Joyce shared that most umpires in Hong Kong are active lacrosse players, and she, herself, is still actively involved in local leagues in recent years. Besides playing lacrosse, Joyce has been involved in the association's development since the late 1990s. In 2002, when the men's team participated in the World Lacrosse Championships for the first time, she accompanied the team as the team manager, overseeing all team affairs during the event. In 2013, she also took part in the Women's Lacrosse World Cup (now known as the Women's Lacrosse World Championship). In 2015, Joyce began her journey as an umpire. Recalling those early days, she said, "After the World Cup, we were initially hesitant to switch to officiating. Everyone wanted to continue playing." However, she drew inspiration from Noriko Nishiyama, the head coach of the Women's Lacrosse World Cup at the time and recognized the significance of officiating. This realization allowed her to accept the role of an umpire gradually. Since

then, she has been transitioning between being a player and umpire.

Although Joyce has been involved in umpiring for almost eight years, it was only during the 2017 Asia Pacific Championship (ASPAC) in Jeju that she truly grasped the experience of being a umpire. In the field of lacrosse, although players fiercely compete on the field, they share a common goal of promoting lacrosse culture and collective progress. Due to the relatively slow development of officials in Hong Kong, experienced foreign officials used to come to the region to teach relevant knowledge and assist in training local referees. Between 2016 and 2017, senior international umpires like Cheryl Green MacNeill from Canada and Sachiko Goto from Japan came to Hong Kong to conduct training sessions, and Joyce remains grateful for their selfless guidance.

Practical experience is equally crucial to theoretical knowledge. During the 2016 Hong Kong Lacrosse Open, Joyce served as a umpire of the tournament. Throughout the process, she observed how international umpires implemented their judgment, which provided her with a better understanding of the significance of the role. In the next year, Joyce had an eye-opening experience at the ASPAC in Jeju. Being the most junior member of the umpire team at the time, she distinctly felt the professionalism of the umpires, which further strengthened her determination to

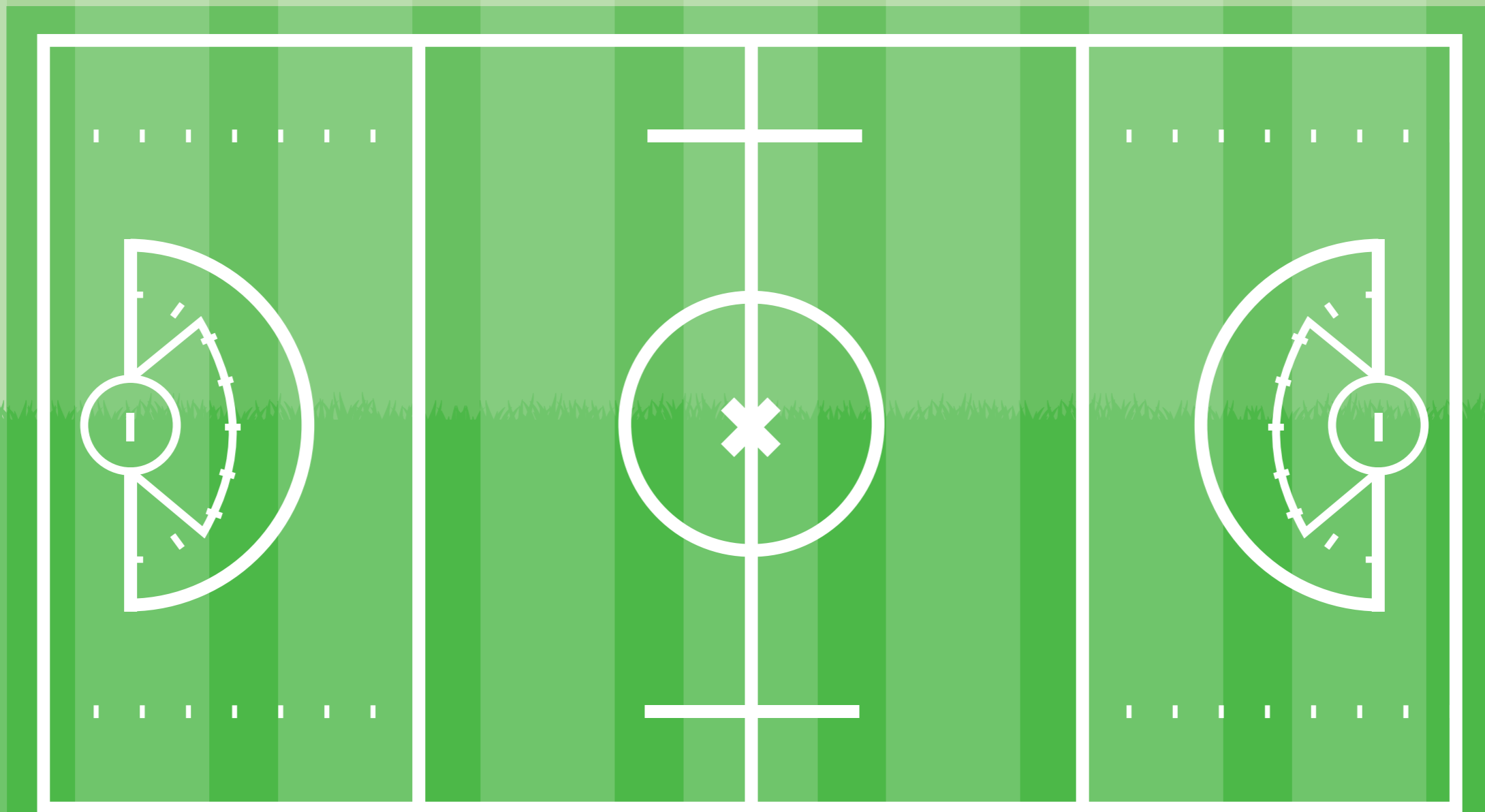
develop the field of officiating/umpiring in Hong Kong.

Presently, the association offers official training courses and practical opportunities, allowing individuals interested in joining the game to learn from scratch. The current officials training program consists of three levels: Level 1 officials can participate in local leagues, Level 2 officials are eligible to participate in various Asian championships, and Level 3 officials can partake in World Championships and other international events, thus providing clear career development prospects. Joyce remarked, "The number of world-class officials a place can produce determines the extent of lacrosse development in that area." Fortunately, international officials are willing to support newcomers by providing various internship opportunities, enabling everyone to gain practical experience and contribute to the development of lacrosse.

Having witnessed the growth of the association for over two decades, Joyce stated that she has seen people come and go throughout the years. What touched her the most is that many individuals who have been involved in the association's development since its early days still maintain strong relationships. The original connection among this group of people has not dwindled over time but has grown stronger through decades of shared experiences.

第三章
香港棍網球的成長歷程

Chapter 3
The Story of
Hong Kong Lacrosse



范德筠於 2017 年出戰女子世錦賽於比賽中獲勝後與隊友擁抱興奮慶祝
Gem Fan celebrating with her teammates during 2017 Women's World Championship.



范德筠於 2013 年女子世界盃擔任助教
Gem Fan served as an assistant coach at the 2013 Women's World Cup.



范德筠正指導港隊球員
Gem Fan coaching Hong Kong, China players.



Transforming a personal hobby into a profession is a dream for many individuals, but not everyone can endure the hardships and challenges associated with it. FAN Tak Kwan Gem, the head coach of the women's team, holds the distinction of being the "employee No. 001" of the Hong Kong, China Lacrosse Association. She joined the association on a fulltime basis in 2014, becoming its first paid employee. However, long before this, Gem had actively participated in the association's activities since the early 2000s, leading the women's team in international competitions. Her journey from being a player and assistant coach to becoming the head coach of the first Chinese women's team was a hard-won accomplishment.

Despite the association being established in 1993, all staff, coaches, and other roles within the association were working voluntarily until 2014. Gem developed a passion for lacrosse at a young age while attending a British boarding school, sensing an inseparable connection with the sport. In 2002, during a flight back to Hong Kong from the UK, she came across an advertisement for the association in a magazine, prompting her to proactively engage in the association's team training in Hong Kong. She described the training at that time as informal, consisting of a group of girls who loved playing lacrosse and practicing on a grass field.

In 2006, she took the initiative to organize a team to compete in overseas tournaments in Prague. The player recruitment process was somewhat haphazard, with nearly half of the team consisting of her juniors. Gem described the situation at the time, saying, "A group of college students led a group of middle school students in the game. No one had any experience. Even the game jerseys we prepared had issues. In the end, we wore vests and used adhesive tape to attach player numbers to our vests. But looking back now, if I hadn't taken that initial step, everything that followed wouldn't have happened." Although their performance in that competition was average due



范德筠於女子超級聯賽賽前喊話
Gem Fan gave pep-talk to the team before the Women's Super League game.



范德筠在 2023 年室內棍網球比賽擔任教練
Gem Fan served as a coach in the 2023 Indoor lacrosse competition.

001 號員工 001 號華人女教頭

范德筠

Employee No. 001 / Chinese Female Coach No. 001

FAN Tak Kwan, Gem

將個人興趣變成事業，或許是不少人夢寐以求的事，然而當中所經歷的辛酸與考驗，卻未必每人都能抵得住。時任女子隊總教練范德筠 (FAN Tak Kwan, Gem) 被稱作是總會的「001 號員工」，皆因她 2014 年加入總會全職工作，成為總會首個受薪職員。不過其實早在這之前，Gem 於千禧年初已經積極參與總會所舉辦的活動，並組織女子隊參加國際賽事。從最初的球員、助理教練，到如今躍升成為首個女子隊華人總教練，一切走來全都得來不易。

雖然總會早已在 1993 年創立，但其實一直到 2014 年之前，總會所有工作人員、教練等角色，全都是義務性質工作。Gem 自幼在英國寄宿學校讀書時，已經有打棍網球。當時年紀輕輕的她，早已預感自己將會與這項運動結下不解之緣。2002 年一趟從英國回港的航班上，她無意中看到雜誌上有關總會的廣告，便「膽粗粗」地主動加入當時總會在香港的訓練。她形容當時總會並沒有正式的隊伍，所謂的訓練，其實亦只是一班愛打棍網球的女生在草場上練球。

直到 2006 年，她主動組織球隊前往布拉格參與海外比賽。招募球員的過程可以說是東拼西湊，隊中有近乎一半都是她的師妹。Gem 形容當時的情況：「那時是一班大學生帶著一班中學生去打比賽，大家完全沒有經驗。甚至連比賽球衣都出現狀況，最後我們穿上背心，用膠紙將球員號碼貼上衣服。但現在回想，如果當初不踏出這一步，之後的一切都不會發生。」雖然她們在那場賽事的準備不足，成績亦是平平。但背後所象徵的，卻是她們勇敢地踏出第一步的標誌性時刻。在此之後，Gem 開始身兼球員和教練兩種身份，帶領球員參與亞太棍網球錦標賽等賽事。

2013 年，她以女子代表隊助理教練的身份前往加拿大參加世錦賽。之後，她的身份一直在教練與球員之間遊走，直到 2022 年 8 月，她被任命為中國香港棍網球女子代表隊總教練，負責帶領所有女子代表隊和精英訓練項目，打破總會過往一直由外籍教練擔任主教練的傳統。迎來身份上的轉變，Gem 亦道出自己對球隊的期望，她說：「我經常聽到香港球員讚嘆外國球員很厲害，但我更希望她們知道

港隊不一定比外國球隊遜色。我希望大家都能有這個心態，即使面對美加、日本等強隊，她們球隊的實力的確強勁，但並不代表我們一定會輸，一切都要實際交手過後才知道。」她希望球員們能在棍網球之旅上永遠不失勇氣與自信，更不要斷言自己的命運。

除了帶隊出賽外，Gem 過往亦積極地向本地青年推廣棍網球。她回憶當年只有一兩個人獨闖學校，她們自備數十支球棍、棍網球等裝備，深入全港不同小學，偏遠如長洲、大嶼山等學校都不放過，只為著讓更多人認識這項運動。過程雖然辛苦，但她依然無怨無悔。

作為女子隊的領頭人，Gem 堅定地表示自己未來的目標是將港隊排名提升至亞洲第一，她表示：「這並非短期內能做到的事情，但希望能在 15 年內達成這個目標。這幾年青少年培訓計劃發展有明顯進步，小至 8 到 12 歲的小朋友都開始打棍網球，但目前還在播種的階段，我的責任就是讓他們能持續參與這項運動，我十分期待將來迎來收成期。」

to insufficient preparation, it marked a significant moment when they courageously took their first step. From that point on, Gem served as both a player and a coach, leading players to participate in events such as the Asia Pacific Lacrosse Championship.

In 2013, she travelled to Canada as an assistant coach for the women's team, participating in the World Championships. Her identity fluctuated between coach and player until August 2022 when she was appointed as the head coach of the Hong Kong, China Lacrosse Women's Team. In this role, she assumed responsibility for leading all women's representative teams and elite training programs, breaking away from the association's tradition of appointing foreigners as head coaches. Embracing this change, Gem expressed her expectations for the team, stating, "I often hear Hong Kong players admiring the excellence of foreign players, but I hope they realize that Team Hong Kong, China is not necessarily inferior to foreign teams. I hope everyone adopts this mindset. Even when facing formidable opponents like the United States, Canada, and Japan, while these teams are undoubtedly strong, it doesn't mean that we're guaranteed to lose.

The true outcome will only be revealed through actual matches." She wished for the players to always maintain their courage and self-confidence throughout their lacrosse journey, refusing to succumb to predetermined outcomes.

In addition to leading the team in the competition, Gem has actively promoted lacrosse among local youths. She recalled visiting schools alone, carrying dozens of lacrosse sticks and other equipment, to introduce the sport to young students in various schools across Hong Kong, including those in remote areas like Cheung Chau and Lantau Island. Despite the challenges, she harbored no complaints or regrets.

As the leader of the women's team, Gem firmly expresses her future goal of elevating team Hong Kong, China ranking to the top. In recent years, significant progress has been made in the development of youth training programs. Children as young as 8 to 12 years old have begun playing lacrosse, although it is still in its early stages. Gem feels responsible for ensuring their continued participation in the sport, eagerly anticipating the future rewards that lie ahead.

球場外的 救護英雄

袁劭謙醫生



A Hero off the Field

Dr. YUEN Shiu Him, Jonathan

袁劭謙醫生以隊醫身份參加 2017 女子世界盃
Dr. Jonathan Yuen participated in
2017 Women's World Cup as a team doctor.

無論參與任何類型的運動，我們都很難完全避免受傷的風險。對棍網球運動員而言，他們在場上經常與對手產生激烈肢體碰撞，亦相對容易造成身體創傷。這時候隊醫的協助，便對球隊表現上發揮了至關重要的作用。

袁劭謙醫生 (Dr. YUEN Shiu Him, Jonathan) 是一名骨科專科醫生，主治各類運動創傷。因為想以自己的專業知識回饋棍網球運動，他自 2014 年起首次以隊醫身份與港隊到美國丹佛出戰世錦賽，並一路擔任總會首席醫療顧問至今。2018 年，他更成為總會董事會成員之一，負責參與指引及監察總會未來發展上的決策。從球員慢慢過渡至現今兼任醫療顧問及董事會成員的雙重身份，Jonathan 不為打球、不為金錢，那到底背後有著怎樣的信念，推動他不畏艱辛地參與其中？

Jonathan 自 2011 年起開始參與一些亞太區棍網球賽事，他說道因為自己球技未達中國香港代表隊的水平，加上工作關係，亦讓他難以投放足夠時間到球員訓練上，於是他便萌生起利用個人專業，以隊醫的身份持續參與這項運動。2014 年之前，中國香港棍

網球代表隊尚未有任何正式的隊醫，極其量也只有隨隊的物理治療師，Jonathan 當時便主動向總會提出成為隊醫。有見於球員們確實有這樣的需要，加上他在運動醫學方面能提供專業支援，兩方一拍即合。從那時起，總會在他的協助下，從零開始發展出越漸成熟的醫護架構。

隊醫雖然不用下場比賽，但他們的工作絕不輕鬆，甚至還承受著不少壓力。在比賽或訓練過程中若遇上球員受傷，隊醫需要快速做出反應，提供及時和適當的急救和醫療處理。此外，他們不僅需要在賽場上進行急救處理，還要負責受傷球員賽後的復健。過程中，隊醫需要與物理治療師、球隊教練和球員密切溝通，以確保盡可能減輕球員們在運動中所帶來的身體創傷。他們默默所做的一切就如球場上的一個無名英雄，Jonathan 說：「香港棍網球的圈子小，有時參加本地聯賽，兩隊交手的球隊中，可能有五、六個球員都是我的『手下傑作』。作為醫生，當然最希望球員們能恢復受傷前的水平。但在我的醫治下，至少看到他們能再次參與運動，這已讓我感到滿足。」

袁劭謙醫生落場比賽後與家人合照
Dr. Jonathan Yuen took a photo with
his family after a lacrosse game.



袁劭謙醫生 (左) 於 2018 年男子世錦賽中獲頒發 Spirit of Lacrosse 獎
Dr. Jonathan Yuen (Left) was
awarded the Spirit of Lacrosse
award at the 2018 Men's World
Championship.



袁劭謙醫生 (下排右三) 以隊醫身份於 2015 年亞太錦標賽與港隊成員合照
Dr. Jonathan Yuen (bottom row, 3rd Right) taking a picture with
Hong Kong, China players as a team doctor in 2015 ASPAC.

袁劭謙醫生 (左三) 與 2013 代表港隊比賽後與隊友們合照
Dr. Jonathan Yuen (3rd Left) taking a picture with his Hong
Kong, China team teammates after a tournament in 2013.

In any sport, the risk of injury cannot be completely avoided. In the case of lacrosse players, they frequently engage in physical collisions with opponents on the field, making them more susceptible to physical harm. In such situations, the presence of a team doctor becomes crucial to the team's performance.

Dr. YUEN Shiu Him Jonathan is an orthopedist with expertise in various sports-related injuries. Motivated by his desire to contribute his professional knowledge to the sport of lacrosse, he first served as a team doctor in 2014 for the Hong Kong, China team at the World Championships in Denver, USA. Since then, he has held the position of Chief Medical Officer for the Association. In 2018, he also assumed the role of a Board Member, actively participating in guiding and supervising the future development of the Association. Jonathan has transitioned gradually from being a player to assuming his current dual role as a medical consultant and board member. His involvement is not driven by personal gain or financial incentives, so what underlying belief motivates him to persist despite the challenges?

Since 2011, Jonathan has actively participated in various Asia-Pacific lacrosse tournaments. However, due to his skills not meeting the standard of the Hong Kong, China representative team and the time constraints imposed by his work, he faced challenges in devoting sufficient time to player training. As a result, he conceived the idea of utilizing his professional expertise and becoming involved in the sport as a team doctor.

Before 2014, the Hong Kong, China Lacrosse Team did not have an official team

doctor, with team physiotherapists being the most prominent medical support. Recognizing the players' genuine need for specialized support in sports medicine, Jonathan proactively applied to the Association to assume the role of team doctor. The association quickly recognized the significance of his expertise and the potential benefits he could provide, leading to a promising partnership. Since then, with Jonathan's guidance, the Association has developed a progressively sophisticated medical care structure from the ground up.

Although team doctors are not physically present on the field, their responsibilities are far from easy and often come with substantial pressure. In the event of a player sustaining an injury during a game or training, team doctors must respond promptly, delivering timely and appropriate first aid and medical treatment. Moreover, they are not only responsible for providing field-side first aid but also play a crucial role in the post-game rehabilitation of injured players. Throughout the process, close collaboration between team doctors, physiotherapists, coaches, and players is vital to minimizing the chance of injuries of players in the game or training. The silent dedication of team doctors resembles that of unsung heroes on the field.

Jonathan expressed, "The community of Hong Kong Lacrosse is small. Sometimes, during local leagues, there may be five or six players in a game that I have had performed surgeries on. As a doctor, my ultimate desire is for players to regain their pre-injury level. Nevertheless, I find satisfaction in witnessing their return to sports, knowing that my treatment has facilitated their participation once again."

Jonathan humorously remarked that his vacations over the years were either accompanying the team as a team doctor during their international travels or dedicated to developing the Association's medical care system. With his connections in the medical field, an increasing number of physiotherapists, general practitioners, and other professionals have joined the Association as medical staff. For instance, looking ahead to the World Championships scheduled for June 2023 in San Diego, USA, Jonathan no longer needs to personally travel with the team, as the newly recruited team medical staff are fully capable of meeting the medical needs during the games. With the presence of successors, Jonathan now focuses more on coordinating the team's medical support. He occasionally assists other medical staff by offering initial diagnostic opinions when they have questions. By "sitting in," he establishes a strong support system for the team, enabling the players to compete with enhanced confidence.

In 2018, Jonathan officially became one of the board members of the Association, bringing fresh perspectives and insights to the association's development. He emphasized that as an organization grows larger, it inevitably encounters operational challenges. However, he urged all players and individuals involved in the association's development, himself included, not to forget their original intentions. He expressed his hope that everyone would build upon the foundation established by their predecessors and maintain the same passion for the sport, perpetuating the spirit of lacrosse.

遼闊的土地， 更大的棍網球夢

鄭長威
The lacrosse dream in the
motherland CHENG Cheung Wai, Seven



鄭長威於2018年男子世錦賽的英姿
Seven Cheng showcased remarkable performance at the 2018 Men's World Championships.

前中國香港男子棍網球代表隊成員鄭長威 (CHENG Cheung Wai, Seven) 自2005年接觸棍網球，至今已有逾十七年的球齡。過去的棍網球生涯中，他曾出戰三屆室外男子世錦賽、一屆室內男子世錦賽、五屆亞錦賽、參加2014在美國丹佛市的職業球隊選拔，以及擔任2016年U19中國香港隊的助理教練。自2019年起，他將事業重心轉移到中國內地，希望秉承棍網球「傳承」的核心價值，將這項運動在內地這片龐大的土地上發揚開去。

Seven早在2005年於香港大學迎新活動中，已被棍網球運動員一身帥氣裝備而吸引「入坑」。作為左手球員，Seven在賽場上顯得更吃香。因為一些右撇子防守球員未必能適應左撇子的球路，這變相是令左撇子球員在進攻時享有獨特優勢。他亦憑著這番優勢，入選成為2010年男子代表隊成員，參加該年的世錦賽。嘗過國際賽事的滋味後，Seven希望全身投入棍網球的決心趨向堅定，並開始兼顧球員和教練的雙重身份。那段時間，他一星期有三天會回港大教球。就算沒有課的日子，他亦會抽時間回去練習。直到2013年，他更創立了香港首個棍網球俱樂部 - 捷鴉棍網，開展一些本地青少年的培訓工作。

恰逢總會在2019年嘗試與內地共同推動棍網球運動，這促使Seven主動

當上開路先鋒，親自到內地領航。憑藉其作為資深球員，以及曾在港建立球會的經驗，他獻出自身所習得的專業知識，全力輔助中國棍網球運動的發展。因為擁有多次參加國際性比賽的經歷，加上他在香港教球多年，所以他在內地亦充當起教練，從技術層面上培訓中國代表隊以至男子隊外出參與不同賽事。

為了提高這項運動在內地的認受性，Seven致力將棍網球帶入中國國家體育總局體系。其中，他負責指導棍網球運動隊伍，並參與項目普及推廣。2022年12月，國家體育總局手曲棒壘球運動管理中心其下的中國壘球協會棍網球委員會正式成立，開展研討未來五年的工作計劃。中國香港棍網球總會亦與中國壘球協會簽署合作意向書，承諾共同推動棍網球運動發展。Seven作為連結中港兩地棍網球發展的橋樑，過往默默耕耘，加速棍網球在中國的發展與普及。如今，這項運動在中國有序地發展，同時吸引更多年輕一代參與其中。

另一方面，Seven着力培育青幼年新力軍。過去幾年，他以深圳作為主要基地，協助在北京、上海和深圳等地，開設青少年棍網球培訓課程。此外，他亦有參與協辦每年一次的全國青少年錦標賽，以及定期組織地區交流賽，為小朋友們帶來更多釋放熱情，施展球技的機會。以2023年香港棍網球



鄭長威於2019年室內世錦賽擔任持旗手
Seven Cheng served as the flag-bearer at the 2019 Men's Indoor World Championships.

公開賽為例，他便帶領內地青少年隊伍參加U8、U10、U12組別賽事。

推廣一門相對冷門的運動並非易事，背後支撐著他的是一份信念與熱心，他笑說：「我做這一切的出發點就是覺得棍網球真的很有趣，想更多人認識它。如果不認識棍網球，那就真的太可惜了……」如此簡單並真誠，由衷的熱愛從來不需要多複雜的理由。

Seven在香港接觸棍網球，過去多次代表香港爭奪國際賽事殊榮，直至港隊後繼無人，他才安心退下來，嘗試到內地參與發展工作。如今即使換了身份和地方，他依然帶著一份衝勁，協助國內完善棍網球運動體系。Seven表示短期內亦會將心力投放在內地棍網球的發展工作上，希望能以自身的經驗與力量，在國內帶動一股棍網球風潮。



2016年U19世錦賽助教鄭長威(左三)與港隊工作人員團隊合照
Seven Cheng (3rd Left), as an assistant coach, taking a photo with the staff of Team Hong Kong, China in 2016 Men's U19 World Championship.



中國香港隊於2014男子世錦賽獲勝後，鄭長威(中)奔向支持者慶祝
After the victory of the Hong Kong, China men's team at the 2014 World Championships, Seven Cheng (Middle) rushed towards the supporters to celebrate.



鄭長威於2018年室內世錦賽擔任持旗手
Seven Cheng served as the flag-bearer at the 2018 Men's World Championships.



鄭長威(右一)帶領內地小朋友參與2023香港棍網球公開賽
Seven Cheng (1st Right) led the Mainland China young players to play in 2023 HK Lacrosse Open.

CHENG Cheung Wai Seven, a former member of the Hong Kong, China men's lacrosse team, has been involved in the sport for over 17 years. Throughout his lacrosse career, he participated in multiple international tournaments, including three men's world championships (field lacrosse), one indoor men's world championship, and five Asian Pacific championships. In 2014, he took part in the professional team selection in Denver, USA, and in 2016, he served as the assistant coach for the U19 Hong Kong, China team. Since 2019, Seven has shifted its focus to mainland China, aiming to promote lacrosse and uphold its core value of heritage in the vast land.

Seven's journey in lacrosse began in 2005 when he was captivated by the impressive gear worn by lacrosse players during orientation activities at the University of Hong Kong. As a left-handed player, Seven gained popularity on the field due to the unique advantage left-handed players possess. This led to his selection for the 2010 men's team, marking his debut in the world championship. Motivated by his experience, Seven committed himself to lacrosse and embraced the dual roles of player and coach. He dedicated time to coaching lacrosse at HKU three days a week while also finding additional practice time on non-coaching days. In 2013, he founded EQLax, Hong Kong's first lacrosse club, to provide training opportunities for local youth.

In 2019, when the Association aimed to collaborate with mainland China in promoting the sport, Seven took the initiative to pioneer the efforts personally. Leveraging his experience as a player and

his establishment of a lacrosse club in Hong Kong, he utilized his professional knowledge to assist in the development of China lacrosse. With his extensive participation in international competitions and years of coaching experience in Hong Kong, he also served as a coach in mainland China, training the Chinese national team and men's team at a technical side for various competitions.

To enhance the recognition of lacrosse in mainland China, Seven has been dedicated to integrating lacrosse into the framework of the General Administration of Sport of China. His responsibilities include coaching the lacrosse team and actively participating in the popularization and promotion of the sport. In December 2022, the Chinese softball association lacrosse committee was officially established under the auspices of the general administration of sport of China handball, hockey, baseball, and softball management center. The committee convened to discuss the strategic plan for the upcoming five years. Furthermore, the Hong Kong, China lacrosse association and the Chinese softball association signed a letter of intent for collaboration, pledging joint efforts to foster the development of lacrosse. As a pivotal figure bridging the growth of lacrosse between China and Hong Kong, Seven has diligently worked behind the scenes to expedite the sport's advancement and popularization in China. Today, lacrosse is progressing in an organized manner in China, attracting an increasing number of young participants.

Additionally, Seven focuses on nurturing young talent. Over the past few years, he

has established youth lacrosse training programs in Beijing, Shanghai, and Shenzhen, using Shenzhen as his main base. He also co-organizes the annual National Youth Championship and regularly arranges regional exchange competitions to provide children with more opportunities to showcase their skills and passion. As an example, he led mainland Chinese youth teams to participate in the U8, U10, and U12 divisions at the 2023 Hong Kong Lacrosse Open.

Promoting a relatively lesser-known sport presents challenges, but Seven's belief and enthusiasm sustain him. With a smile, he expressed, "My motivation behind all this is that I find lacrosse truly fascinating, and I want more people to discover it. Not knowing about lacrosse would be a missed opportunity..." His sincerity and genuine love for the sport require no complicated justifications.

Having initially encountered lacrosse in Hong Kong and representing the city in numerous international competitions, Seven retired from playing career and ventured into development work in mainland China. Despite the change in identity and location, he remains driven to contribute to the improvement of the domestic lacrosse sports system. Seven stated that, in the short term, he will continue focusing on lacrosse development in mainland China, utilizing his experience and strengths to ignite a lacrosse trend in the country.



Jordan West-Pratt (2 號) 於 2019 年室內世錦賽的英姿
Jordan West-Pratt (No.2) showcased remarkable performance at the 2019 Indoor World Championships.

棍網球的 跨國界傳承 Grow the game wherever you are

Jordan West-Pratt

香港棍網球運動能發展至現今的水平，有賴一眾運動員與總會成員的默默負出。其中，在外籍球員及教練的支援下，本地棍網球發展更是迎來了突破性成長。來自加拿大的 Jordan West-Pratt 任職教育工作，他於 2011 年移居香港發展事業。因為熱愛棍網球運動，使他投身參與總會的義務教練工作，與總會牽引出一段千絲萬縷的緣份。

成長於加拿大，Jordan 十歲前已經開始玩棍網球。他跟我們分享自己仍在十多歲時，已經開始教授年幼的孩子玩這項運動。不論在加拿大還是香港，他亦是本著“Grow the game”的宗旨，以言傳身教的方式向大眾展示棍網球的樂趣。

回望十年前，棍網球的主要基地還是在香港大學。當年初來香港，他透過加入港大舍堂所組織的代表隊打球。他分享道：「因為我是當時隊內唯一一個外籍球員，除了打球之外，我同時兼任起隊內的教練角色，向隊員們傳授有關打棍網球的技巧。」有時，他也會走入大學校園，親自教授球員

們如何修護及調整運動裝備。這些聽起來相對基礎的知識，卻有效為香港球員們鞏固根基。

當時 Jordan 在香港過著規律的上班族生活，在公餘時間或周末，他便會卸下一身正裝，穿上棍網球裝備上場打球，與本地球員們分享自身經驗。他形容在棍網球社群中，大家或多或少都對這項運動有著一種堅持不懈的心態。不論居住環境怎樣改變，棍網球已經是他們生活的一部分。即使像他一樣移居外地的人，大家都希望向不同人宣揚棍網球，並嘗試在該地區開拓這項運動發展的可能性。這亦是為甚麼 Jordan 當初願意投放時間在指導香港球員的工作上，背後沒有多複雜的理由，他說：「就只是因為我喜歡棍網球。」他熱情投入、悉心培訓本地球員，不僅為香港的棍網球運動注入了新活力，也促進了跨文化間的交流和合作。

直到 2014 年，在 Jordan 的牽線下，Mr. Scott Browning 正式加入總會並成為男子隊主教練，及後將香港隊的水平推展至全新高度。靠著資深外籍

球員及教練的加入，豐富了球隊的多樣性。他們不但使球隊技術和戰略水平提升，球員們不同風格的戰術融合一起，亦讓這項運動富有更大變化。

Jordan 在 2011 至 2021 年間，亦以球員身份多次代表香港隊參加比賽，他對本地棍網球發展稱得上是「出心又出力」。在這十年間，Jordan 以外籍球員的身份一路伴隨總會成長，他表示最值得高興的，反而是看到外籍球員在香港棍網球運動上的影響力逐漸變小。他覺得香港棍網球隊的核心是眾多香港球員，而非外籍球員。

Jordan 表示打從一開始接觸總會的人，已經眼見大家懷著巨大的勇氣與真誠邁步向前，當時的他已經對總會的發展充滿信心。現在見證總會發展至如今的規模，他表示最值得表彰的，絕對是一路不辭勞苦地付出的香港球員，以及總會一眾工作人員。



2019 年男子室內世錦賽 Jordan Westpratt (2 號) 入球後與隊友擁抱慶祝
Jordan Westpratt (No.2) celebrating with a teammate after a goal in 2019 Men's Indoor World Championship.

the university campus to personally guide players on equipment maintenance and adjustments. While these may seem like fundamental knowledge, they effectively laid a solid foundation for local players.

At that time, Jordan led a regular office life in Hong Kong. During his spare time and weekends, he would shed his formal attire and don lacrosse gear, sharing his experiences with local players. He describes the lacrosse community as a place where everyone possesses a persistent love for the game. Regardless of changing circumstances, lacrosse has become an integral part of their lives. Even expatriates like Jordan aspire to spread awareness of lacrosse to different people and foster its development in the region. This is why Jordan willingly dedicated his time to coaching local players without any complex reasons—simply because he loves lacrosse. The sport has injected new vitality, promoting cross-cultural communication and collaboration.

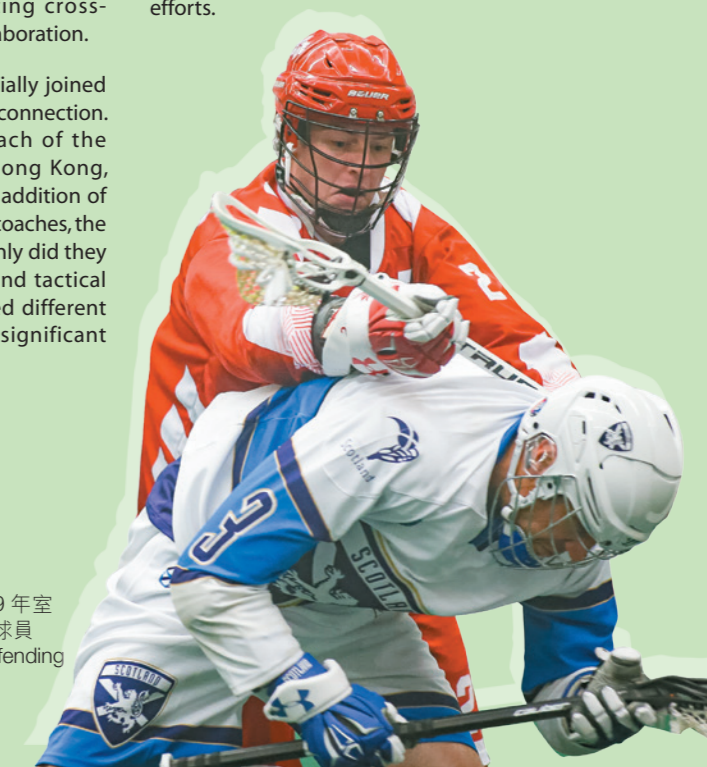
The development of lacrosse in Hong Kong owes much to the collective efforts of athletes and association members. Among them, the support of foreign players and coaches has played a crucial role in propelling local lacrosse to new heights. One such individual is Jordan West-Pratt, originally from Canada, who relocated to Hong Kong in 2011 to pursue his career in education. Driven by his passion for lacrosse, he became deeply involved in voluntary coaching work for the association and developed a strong connection with it.

Having started playing lacrosse at the age of ten in Canada, Jordan began teaching the sport to young children while still in his teens. Whether in Canada or Hong Kong, he shares the common objective of "growing the game," introducing the joy of lacrosse to the public through both instruction and personal example.

Reflecting on the state of lacrosse a decade ago, the primary hub was centered around the University of Hong Kong. Upon arriving in Hong Kong, Jordan joined a team organized by one of the university's residential halls. Being the only foreign player on the team, he not only played but also served as a coach, imparting lacrosse skills to the players. He would even visit

In 2014, Mr Scott Browning officially joined the association through Jordan's connection. He had become the head coach of the men's team, elevating Team Hong Kong, China to the next level. With the addition of experienced foreign players and coaches, the team's diversity flourished. Not only did they enhance the team's technical and tactical abilities, but they also integrated different playing styles, bringing about significant changes to the sport.

Jordan West-Pratt 於 2019 年室內世界賽正在防守蘇格蘭球員
Jordan West-Pratt was defending a Scotland player during 2019 Men's Indoor World Championship.



香港首次出征 女子棍網球世界盃

Hong Kong's first Women's Lacrosse World Cup

Noriko Uchiyama



Noriko Uchiyama 帶領港隊出戰 2013 年女子世界盃比賽時照片
Noriko Uchiyama coaching during the 2013 Women's World Cup.



2013 年中國香港隊女子棍網球的大合照
The group photo of Hong Kong, China women's lacrosse team in 2013.

2013 年，香港首次組成女子代表隊到加拿大奧沙華參加女子棍網球世界盃（舊稱，現被命名為女子棍網球世錦賽），成為本地女子棍網球發展的重要里程碑。初次亮相於世界舞台，該年負責帶隊的日籍主教練 Noriko Uchiyama 便深有體會。

Noriko 表示當初因對中華文化感興趣，才選擇到北京體育大學學習中文。期間，她亦有教授當地學生打棍網球。後來經朋友介紹後，她在千禧年初來到香港並與總會產生聯繫。當時她在香港一間日資公司上班，周末時間便與香港棍網球球員一起練習，並向他們分享自己的經驗。Noriko 回憶道，當時總會尚未是現在的規模，甚至還未有正式的員工，大家都是憑著對棍網球的熱情，以義務性質組織運動訓練及組隊出國參加比賽。

直到 2011 年，亞太棍網球錦標賽在紐西蘭舉辦，Noriko 當時以副教練的身份，與女子代表隊出發當地應戰，累積出國比賽經驗。兩年後，球隊迎來了 2013 年女子棍網球世界盃的參

賽機會，大家都對此興奮不已。當時一直擔當主教練的 Keiko Muramatsu 因為想以球員身份參與比賽，因此 Noriko 便在這次大賽中「擔大旗」，成為隊伍主教練，並堅負起訓練運動員、指導球隊整體戰術的工作。

Noriko 以前曾在日本的大學擔任教練工作，但她有感帶領學生與帶領一隊地方代表隊出戰世界賽，是兩個完全不同層次的事。她表示當年的球隊集合來自香港、美國、日本的球員，她們每人的實力水平與比賽經驗也不同。加上從組織隊伍至正式出國比賽只有不到半年時間，要在有限的時間內組織和規劃高效的訓練計劃，令球員們能在比賽中有良好發揮，無疑是一件非常具有挑戰性的事。她直言：「那對我而言是個非常艱難的時刻。」

另一方面，Noriko 當時作為主教練，除了需要應付球隊遇上的各種問題外，還需要與球員保持良好的溝通，確保球員理解並接受自己的戰術策略，過程絕對不易。這次出賽經驗讓球員們能夠與世界頂尖的球隊競爭，

使他們在技術上有了更顯著的進步，同時亦讓大家體驗到國際級比賽的節奏和水平。對 Noriko 來說，這場比賽讓她更加意識到教練的責任與重要性，當中或有令她感到挫敗的時刻，但同時激勵著她繼續努力。她覺得最後的賽果並非最重要，更難得的是那次世界盃的經驗讓她 and 球員認識到自己的不足，促使自己成長。

正因為這次的經驗，讓她覺得需要為球員們制定一些更有效的訓練。2014 年，總會正式推出精英訓練計劃 (High Performance Programme)，並邀請更多海外教練指導港隊訓練，她認為這計劃有助提升運動員實力到世界級水平。

雖然 Noriko 現時已經回到日本，但她仍有留意香港棍網球運動的發展。她認為香港有一種語言的優勢，正因為大家的英語水平都很高，因此他們相對容易接受海外教練的培訓或參加國外訓練。最後，她表示對香港女子棍網球運動的未來發展充滿信心，正如球員潛力一樣，皆是無法估量。



2013 年女子棍網球世界盃開幕禮港隊進場
Team Hong Kong, China marching in during the opening ceremony of the 2013 Women's World Cup.

港隊代表林嘉慧於 2013 女子世界盃英姿
Hong Kong, China player Carrie Lam during 2013 Women's World Cup.



In 2013, Hong Kong achieved a significant milestone in the development of women's lacrosse by forming its first-ever women's representative team to compete in the Women's Lacrosse World Cup (now known as the Women's Lacrosse World Championships) in Oshawa, Canada. Japanese head coach Noriko Uchiyama led the team that year and recognized the value of their debut on the global stage.

Noriko chose to study Chinese at Beijing Sport University due to her interest in Chinese culture. During her studies, she also taught local students how to play lacrosse. Introduced by a friend, she arrived in Hong Kong at the beginning of the millennium and connected with the Association. While working at a Japanese-owned company in Hong Kong, she practiced with Hong Kong lacrosse players and shared her experiences with them during weekends. Noriko recalled that at that time, the association had not yet reached its current scale and didn't even have formal employees. Driven by their enthusiasm for lacrosse, everyone organized sports training and volunteered to participate in competitions abroad.

In 2011, at the Asia Pacific Lacrosse Championship held in New Zealand, Noriko served as an assistant coach for the women's representative team and gained valuable experience in overseas competitions. Two years later, when the team had the opportunity to compete in the 2013 Women's Lacrosse World Cup, it was

an exhilarating moment for everyone. Keiko Muramatsu, the head coach at the time, wanted to participate in the competition as a player, so Noriko assumed the role of head coach for the team in this tournament. She remained committed to providing guidance and training to the players and designing team tactics.

Having previously worked as a coach at a Japanese university, Noriko recognized that leading students and leading a Representative team to the World Championship were two entirely different levels. She mentioned that the team comprised players from Hong Kong, the United States, and Japan, each with varying levels of skill and game experience. Additionally, the team had less than half a year to organize and prepare for the official competition abroad, making it extremely challenging to create an efficient training plan within the limited time frame, ensuring that the players would perform well. Noriko candidly described it as a very difficult period for her.

As the head coach, Noriko not only had to address various team-related issues but also needed to maintain effective communication with the players to ensure they understood and embraced the team's tactics. It was undoubtedly a demanding process. The World Cup experience allowed the players to compete against top teams worldwide, leading to significant improvements in their

skills and exposing them to the level of international competitions. For Noriko, this experience heightened her awareness of the responsibility and importance of coaching. While there may have been moments of frustration, it motivated her to work even harder. She believes that the ultimate result is not the most crucial aspect; rather, the experience of the World Cup enabled both her and the players to recognize their weaknesses and promote personal growth.

Inspired by this experience, Noriko recognized the need for more effective training methods for the players. In 2014, the Association officially launched the High Performance Programme and invited more overseas coaches to guide the training of the Hong Kong, China team. She believes that this program will help athletes reach a world-class level.

Although Noriko has since returned to Japan, she continues to closely follow the development of lacrosse in Hong Kong. She believes that Hong Kong possesses a language advantage due to the high English proficiency of its residents, making it relatively easy for them to be trained by overseas coaches or participate in overseas training. Ultimately, she expressed her confidence in the future development of Hong Kong women's lacrosse, emphasizing that the potential of the players is immeasurable.

仰望及 被仰望 的人

許家希
Looking
up and
Being
looked
up
to HUI Ka Hei



許家希 (11 號) 於 2022 年女子世錦賽時與隊友擊掌鼓勵 Ka Hei (No.11) high-five with teammates during 2022 Women's World Championship.



許家希 (右一) 與父母合照 Ka Hei (1st Right) took a photo with her parents.

在棍網球圈子中，美國及加拿大標誌著高實力水平，能躋身其中的多半都是明星級的球員。2018 年，前中國香港女子棍網球代表隊成員許家希 (HUI Ka Hei) 受美國女子職業棍球網聯賽 (Women Professional Lacrosse League, 簡稱 WPLL) 隊伍巴爾的摩英勇 (Baltimore Brave) 邀請加盟，成為香港首位女子職業棍網球運動員。遇上這個千載難逢的機會，家希當時辭退在香港的教師職位，赴美參與了一季美職賽事，而這段經歷亦為她的棍網球生涯寫下輝煌一頁。

能夠得到美職球隊的青睞，絕對是她意想不到的事。當時剛巧碰上該隊隊總的總經理來港交流，家希在訓練中所展示的球技與領導能力，讓該位總經理留下深刻印象。家希表示自己專注於個人球技的鍛鍊上，從來沒有想過要從中得到甚麼，反而當你裝備好自己的時候，就能迎來一些機會。雖然當時她只參與了球隊約三個月的訓練，但能與兒時棍網球偶像同隊打球，已經讓她相當感恩。以前大家可能覺得香港球員加入美職球隊是件遙不可及的事，但家希覺得自己作為一個先例，希望能藉著自己的經驗，讓更多香港及中國球員相信自己亦能做到。

對於旁人而言，這絕對是運動生涯中的「高光時刻」。但要提到家希心目中難忘的棍網球經歷，卻是她與香港球員一起打拼的時光。2022 年，女子代表隊成員為了備戰該年舉辦的女子棍網球世界錦標賽，全部球員要不選擇停薪留職，要不直接辭掉工作。一行二十多人在正式比賽前，一同出發外國參加為期四個月的訓練營。

在別人眼中，這些球員們犧牲了時間與金錢，但對他們來說，代表中國香港出戰世錦賽的價值難以用金錢衡量。家希說：「有些事情現在不做，日後可能再沒有機會。對球員來說，你並非每次都能入選，也不是每次都能遇上同一班人。」不論是這個組合，還是該場比賽，日後也將不能被複製。最後，女子隊以第 16 名完成賽事，創下港隊歷史佳績，讓球員無悔付出。

而另一件讓家希感到雀躍的事情，竟然與她過往獲得的個人殊榮沒有關係，而是范德筠 (Gem Fan) 今年成為中國香港女子隊總教練。她分享自己與 Gem 識於微時，當年在英國中學唸書，校內的公告板會寫上誰是棍網球隊長，那時榜上正是列上 Gem

的名字。家希回憶這段往事，不禁眼泛淚光。她說：「我比她小四年，很多時候都是看著她打球。從小到大，我都視她為一個榜樣，一直仰望著她，希望能像她一樣厲害。後來我追隨她的步伐開展棍網球路，才知道這一切走來，絕非容易。」正因一路走來見證 Gem 為棍網球付出過甚麼，甚至見她將這項運動視作生命，如今看到她能擔當起如此重任，自己亦為此而鼓舞。如今，家希成為 Gem 的副手，擔任其助理教練，未來將繼續向她學習。

雖然家希 2023 年暫時歇息，並沒有參加任何大型比賽，但她表示會參加 9 月的選拔，期望 2024 年能重返女子代表隊。她表示自己沒有甚麼目標想要達成，但她最希望自己能保持對這項運動的熱誠，成為一個有影響力的人。或許家希如今也成為更年輕一輩球員的偶像，正如當日她仰望 Gem 一樣。一個人只要心懷熱情，朝著自己的方向堅持不懈，總能成為為別人引路的光。



許家希 (右) 於 U19 女子棍網球世界錦標賽做助教 Ka Hei (Right) served as an assistant coach at the U19 Women's Floorball World Championships.

Within the lacrosse community, the United States and Canada are recognized as strong forces, and many players from them are recognised as "Super-star" players. In 2018, Hui Ka Hei, the former member of the Hong Kong, China women's lacrosse team, received a remarkable opportunity when she was invited by the Baltimore Brave of the Women Professional Lacrosse League (WPLL). This invitation marked a significant milestone, as she became the first female professional lacrosse player from Hong Kong. Seizing this once-in-a-lifetime chance, Ka Hei decided to resign from her teaching position in Hong Kong and embark on a season of professional tournaments in the United States. This experience added a brilliant chapter to her lacrosse career.

Being favoured by an American professional team was completely unexpected for her. It so happened that the team's general manager visited Hong Kong for an exchange, during which Ka Hei's training skills and leadership qualities left a lasting impression. Ka Hei emphasizes that her focus was solely on honing her skills, without any expectation of gaining recognition. However, she believes that by equipping oneself with the necessary skills and dedication, opportunities can arise. Although her time with the team for training was only approximately three months, she expressed deep gratitude for the chance to play alongside her childhood lacrosse idol. In the past, it may have seemed unattainable for Hong Kong players to join the professional lacrosse league, but Ka Hei considers herself a precedent and aims to use her own experience to inspire more players from Hong Kong and China, convincing them that it is indeed possible.

While this may be considered a "highlight moment" in her sports career from an outsider's perspective, Ka Hei's most memorable lacrosse experience lies in her hard work alongside her Hong Kong teammates. In 2022, in preparation for the Women's Lacrosse World Championships held that year, the entire women's representative team faced the choice of either taking no-pay leaves or resigning from their jobs. Over 20 individuals embarked on a four-month training camp abroad before the official competition.

Although these players were perceived to have sacrificed their time and financial resources, the value of representing Hong Kong, China in the World Championships transcended monetary measures. Ka Hei stated, "If we don't pursue certain opportunities now, they might not come again in the future. As players, we cannot be selected every time and we may not be teammates every time. Each game is unique and cannot be replicated." Ultimately, the women's team finished the event in 16th place, setting a record for the Hong Kong, China team and leaving the players with no regrets.

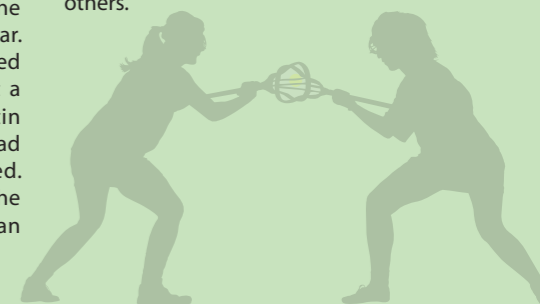
Another source of joy for Ka Hei has nothing to do with her accolades but rather the fact that Fan Tak Kwan (Gem), her former role model, became the head coach of the Hong Kong, China Women's Team this year. Recalling their acquaintance, Ka Hei shared a poignant moment from her time at a British middle school, where the bulletin board would display the name of the Head of Lacrosse, and Gem's name was listed. The memory moved Ka Hei to tears as she expressed, "I am four years younger than

許家希 (右) 與范德筠於 2023 年參與室內棍網球比賽後合照 Ka Hei (Right) and Gem Fan taking a photo after She-Box in 2023.



her, and I watched her play many times. Since childhood, I have regarded her as a role model and have always looked up to her, aspiring to be as good as her. Later on, I followed in her footsteps, and I know that it has not been an easy journey to arrive at this point." Having witnessed Gem's unwavering dedication to lacrosse and her view of the sport as a way of life, Ka Hei finds great encouragement in seeing her assume such a significant responsibility. Today, Ka Hei serves as Gem's deputy, working as an assistant coach and continuing to learn from her mentor.

Although Ka Hei took a break in 2023 and did not participate in any major competitions, she expressed her intention to partake in the selection process in September and hopes to rejoin the women's representative team in 2024. Rather than setting specific goals to achieve, her primary aspiration is to sustain her passion for the sport and become an influential figure. Presently, Hui Ka Hei serves as an idol for the younger generation of players, just as she once looked up to Gem. She firmly believes that as long as an individual possesses enthusiasm and perseveres in their chosen path, they can become a guiding light for others.



Give before you take

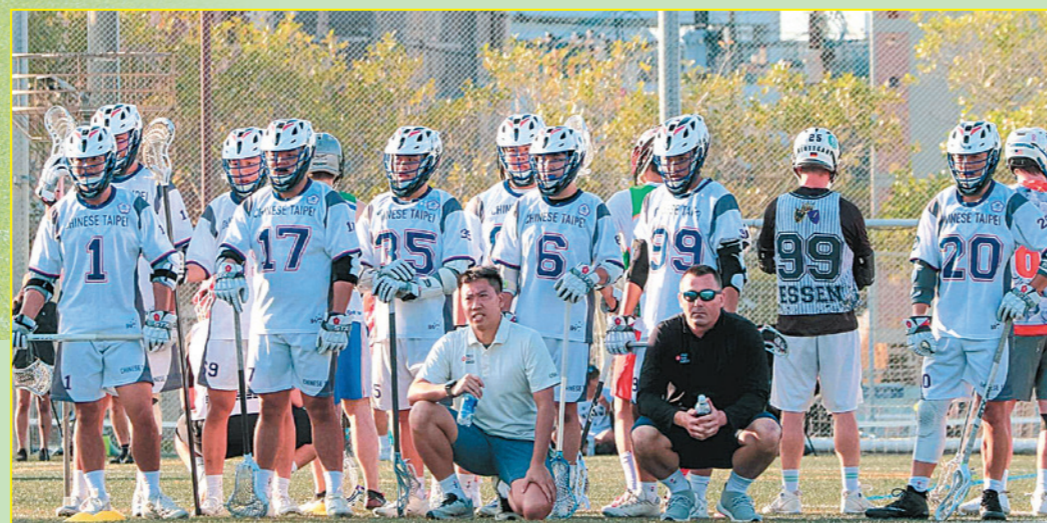
關梓樺 KWAN Che Wa, Tim



關梓樺在 2014 代表中國香港出戰世錦賽的英姿。Tim Kwan represented Hong Kong, China in the 2014 Men's World Championship.



關梓樺於 2014 年男子世錦賽為港隊開球。Tim Kwan facing off for Team Hong Kong, China in 2014 Men's World Championship.



關梓樺以教練身份帶領中華台北隊出賽。Tim Kwan leads Team Chinese Taipei as a coach.

當頭「開荒牛」從來不易，但 2014 年才剛從大學畢業的關梓樺 (KWAN Che Wa, Tim)，就選擇飄洋過海到台灣，協助當地從零開始發展棍網球運動。當時原是本著開展一年「工作假期」的心態，現在不覺即將迎來第十年。十年過去，往日初出茅廬的小伙子早已洗脫一身稚嫩，成為中華民國袋棍球運動協會中的重要人物。他回憶道：「當時總會主席大福（侯仲銘）跟我們說過一句“Give before you take”，這句至今亦一直指引著我繼續參與發展棍網球（台譯：袋棍球）運動。」

早在去台灣發展之前，Tim 已是中國香港棍網球男子代表隊的成員之一，並曾經代表中國香港於 2014 年 7 月出戰美國丹佛舉行的世錦賽。他憑著敏捷的反應與身手，成為隊中負責「開球」(Face-Off) 的角色。當時針對這個崗位，仍未有系統性的訓練，他形容自己算是憑著這番手技搶到「頭香」。Tim 自言那時球齡尚淺，能在棍網球開始於香港盛行之初，穿上港隊球衣參加世界賽，是一件非常可貴的事。

2014 年 10 月，Tim 尚未從世錦賽的餘韻中緩過來，便收到中華民國袋棍球運動協會理事長林雅貞女士邀請，到當地擔任教練工作，參與發展及推廣棍網球運動。他表示：「當時我剛好大學畢業，想到這個運動過去兩三年給予我那麼多體驗，我也希望能做些事情去回饋這項運動的發展。當時我的教練都很支持我，他跟我說若能將個人經驗、興趣、熱情、夢想變成日常工作，其實非常難得。」

所謂「萬事起頭難」，Tim 回想當時台灣絕大部分人都從來未接觸過棍網球，所以只能從零開始。在初步宣傳下，台東的臺東縣私立公東高級工業職業學校、台北的城市科技大學成為首批將這項運動列入校內社團的學校，並成功組織校隊。於是他在台東兼任教練與發展事務至 2018 年，期間一路擔任推廣規劃、國際交流、技術教學等工作，培育第一代種子球員。這數年間，他亦會抽空回港，以港隊代表身份出國參賽。自 2018 年起，他移師台北，繼續為棍網球開

動橫向發展、球員深化訓練、對外發展工作等。

中華民國袋棍球運動協會早已於 2017 年取得世界棍網球球聯會的正式會員資格，成為第 52 個會員。如今，棍網球運動於台北、台東、台中的校園紮根，目前三地共有超過 30 間學校設有袋棍球社團，橫跨小學到大學。協會亦不時舉辦定期校際比賽、區域聯賽和盃賽等，讓球員們吸收更多實戰經驗，推動他們進步。過去數年，中華台北隊亦積極在國際比賽中亮相，其中包括男子代表隊首次成軍出戰在南韓舉辦的亞太錦標賽 (2017)；男子代表隊遠赴以色列首次參加男子世錦賽 (2018)，以及派隊參加於加拿大舉行的女子 U19 世錦賽 (2019)。

當日的付出漸見成果，Tim 表示最欣慰的是現在台灣棍網球的基層發展，正是由 2014 年首批培育出來的球員負責。這些球員們將從他身上所學到的，繼續承傳下去。他說：「當我們在這個地方變得『沒有價值』，這樣

就證明到下一代可以肩負起這個發展的重任，不再只有我們獨挑大旗。」

回溯一切棍網球的啟蒙，Tim 表示一切都離不開香港。他說：「我的生命從來沒想過來到台灣，但偏偏我能藉著棍網球為當地帶來一些正面的影響。」當年他在香港學習棍網球時，已經從不同前輩的身教言行中學會「回饋」、「培育下一代」這個價值觀，所以之後才有這一切的發生，而這些價值觀同時指引著他在台灣發展棍網球上的一些決策。Tim 多年來帶領著這個小眾運動在台灣茁壯成長，他的貢獻不僅將棍網球帶入台灣學校，也在讓台灣走上國際棍網球的舞台上。他覺得棍網球從來不只是一項運動，當中蘊含著「回饋」和「分享」的精神才更令人動容，而這亦是棍網球不容被忽略的重要價值。

Being a "pioneer" is never easy, but KWAN Che Wa Tim, who graduated from university in 2014, chose to travel to Taiwan and help develop lacrosse from scratch. Originally planning to stay for just one year on a "working holiday", he is now approaching his tenth year in Taiwan. Over the years, Tim has matured and become an important figure in the Taiwan Lacrosse Association. Reflecting on his journey, he recalls the words of Louis Hou, the former chairman of the association, who urged them to "Give before you take," a principle that has guided Tim in his continued involvement in lacrosse development.

Before his venture in Taiwan, Tim was already a member of the Hong Kong, China Lacrosse Men's Team and represented Hong Kong, China in the World Championships held in Denver, USA in July 2014. With his quick reactions and skills, he took charge of the Face-Off for the team, even though there was no formal training for that position at the time. Tim regarded this experience as a remarkable achievement, as he was still young, and it was a rare opportunity to wear the Hong Kong, China team jersey and compete in the World Championships when lacrosse was just gaining popularity in Hong Kong.

In October 2014, shortly after the World Championships, Tim received an invitation from Sarah Lin, Chairwoman of The Taiwan Lacrosse Association (TWLA) to work as a local coach and contribute to the development and promotion of lacrosse in Taiwan. Tim said: "At that time, I just graduated from university. Thinking of the experience that this sport has given me in the past two or three years, I also hope to do something to give back to the development of this sport. At that time, my coach was very supportive. He told me that it is very rare that personal experiences, interests, passions, and dreams can be turned into daily work."

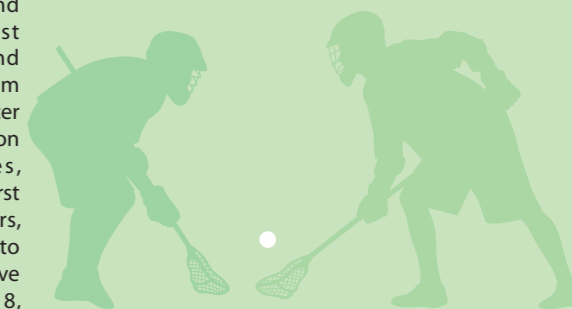
The so-called "All things are difficult before they are easy." The journey to develop lacrosse in Taiwan from scratch was challenging. Most people in Taiwan had never encountered the sport, so they had to start from the beginning, Catholic St. Joseph Technical High School in Taitung and Taipei City University of Science and Technology in Taipei became the first schools to establish lacrosse clubs and successfully organize school teams. Tim worked as a coach and development officer in Taitung until 2018, overseeing promotion planning, international exchanges, technical instruction, and nurturing the first generation of players. During these years, he occasionally returned to Hong Kong to compete internationally as a representative of the Hong Kong, China team. In 2018,

he relocated to Taipei to further explore lacrosse development, focusing on player training and external growth.

The Taiwan Lacrosse Association officially became the 52nd member of the World Lacrosse in 2017. Today, lacrosse has taken root in campuses across Taipei, Taitung, and Taichung, with over 30 schools hosting lacrosse clubs ranging from elementary schools to universities. The association regularly organizes inter-school competitions, regional leagues, and cup tournaments, providing players with valuable practical experience and opportunities for progress. The Chinese Taipei team has actively participated in international competitions, including the men's team competing in the Asia-Pacific Lacrosse Championship in South Korea (2017), the men's team attending the Men's World Championships in Israel (2018), and the U19 women's team representing Chinese Taipei in the Women's U19 World Championships in Canada (2019).

The years of hard work have begun to bear fruit. Tim takes pride in seeing the first batch of players he trained in 2014 now leading grassroots development in Taiwan. These players will pass on their knowledge and continue the sport's growth. Tim said: "When we become 'worthless' in this place, it proves that the next generation can take the responsibility of this sport development, and it is no longer just us alone."

Reflecting on the influence of lacrosse, Tim acknowledges the pivotal role played by Hong Kong. Although he had never planned to come to Taiwan, he is grateful for the opportunity to make a positive impact through lacrosse. The values of giving back and cultivating the next generation have been instrumental in his journey, guiding his decisions regarding the development of lacrosse in Taiwan. Tim's leadership has not only introduced lacrosse to Taiwanese schools but has also placed Taiwan on the international stage of lacrosse. He believes that lacrosse is more than just a sport—it embodies the spirit of giving back and sharing, which are essential values that should not be overlooked.





黃思瀚以體適能教練身份作出示範
Wesley Wong demonstrating as a S&C coach.

棍網球隊的橋樑

黃思瀚

The bridge between Head coach and the players

WONG Wesley See Hon

棍網球運動員在球場上與對手奮力競賽、教練從旁指導球員及球隊達至精英表現、裁判公正持平地為每場比賽作出判決……每個角色都在賽場上各司其職，成就每一場完整的賽事。然而，大家不常留意的是，監督著每位球員體格水平的體適能教練 (Strength and Conditioning, 簡稱 S&C)，同樣是一隊球隊中不可或缺的角色。現時在中國香港棍網球總會擔任這個職務的黃思瀚 (WONG Wesley See Hon)，憑著對運動科學的專業知識，以及對棍網球運動的瞭解，在球隊中找到一個理想的定位。

Wesley 自幼便是運動愛好者，大學時期修讀運動科學，並首次接觸棍網球。畢業後，他曾任職私人健身教練，業餘時間繼續參與棍網球訓練，後來更成為香港代表隊成員。當時他既滿足於教人做體能健身，同時享受打棍網球所帶來的團體凝聚力，因此他便決定加入總會成為 S&C 教練一員，從體能鍛鍊上協助運動員提升在場上的表現。

有別於一般健身教練，S&C 教練的職責是在比賽的前中後期，透過全面觀

察及分析球員身體數據，從而為他們制訂合適的周期性訓練計劃。目的除了是以運動科學訓練來提升個人及團隊表現外，亦是幫助減低球員受傷的可能性。運動開始前，Wesley 會先帶領球員進行約 20 至 30 分鐘的熱身，幫助他們加強肌肉彈性，同時提高他們的速度和轉向能力。運動期間，球員們會配戴收集身體數據的儀器，而 Wesley 亦會觀察及記錄球員們的表現，從而檢視及調整訓練計劃的效能。

Wesley 分享道：「在香港棍網球隊擔任這個職務，我會將自己視為一個 performance coach，因為需要同時兼顧任何有機會影響到球員表現的因素。例如運動員的作息規律、營養攝取、運動與生活的平衡、運動心理學等，我需要全方位照顧運動員的需求，透過追蹤及分析球員身體數據，從而評估球隊及球員狀況。」當大家都以為 S&C 教練主要是在運動場上及健身房中鞭策球員，但其實他們連球員的飲食習慣和睡眠質素亦要兼顧，務求讓每位運動員有意識地建立健康的生活模式，繼而提升自身的運動能力。

長期周旋於教練與球員之間，他形容

自己就是隊伍之間的橋樑。與球員密集式的相處讓他們之間建立起默契與信任，另一方面，Wesley 亦會定期與球隊教練交流，因應球隊的目標與需要，從而在體能訓練上作出配合。他笑言自己有時就是中間人，讓兩邊能以最舒適的狀態下瞭解彼此的想

Wesley 現時同時兼任球員的身份，2023 年 6 至 7 月期間，他亦有代表香港到美國聖地牙哥出戰「2023 世界男子棍網球錦標賽」。遊走於兩種身份間，他覺得這實現了一種雙贏的狀態。作為 S&C 教練，他既能融入球隊；作為球員，他能夠為隊友們提供一些體適能上的建議。他滿足地說：「這種成就感是來自 leading and coaching，促使球隊進步外，自己在過程中亦有得益。」

Wesley 認為總會在體適能訓練上所投放的資源媲美中國香港欖球代表隊，眼見越來越多球員重視這方面的體適能訓練，即使在非球季，他們亦持續鍛鍊。看著他們在球場上每個微小的進步，便證明了總會的支持與 S&C 教練的付出都有意義。



黃思瀚於 2023 年世錦賽的英姿
Wesley Wong's heroic posture at the 2023 World Championships.

Lacrosse is a game where players compete fiercely against their opponents, coaches guide teams to achieve peak performance, and officials ensure fair play. However, one role that often goes unnoticed is the Strength and Conditioning (S&C) coach, who plays a crucial role in the team. WONG Wesley See Hon, currently holding this position in the Hong Kong, China Lacrosse Association, combines his expertise in sports science with a deep understanding of the game to fulfil this vital role.

黃思瀚 (左) 與前 S&C 助教 Jonas Luk 以數據共同分析球員表現
Wesley Wong (Left) and former S&C assistant coach Jonas Luk analysing players' data together.



Wesley's passion for sports began in his childhood, and he pursued his studies in sports science while also discovering lacrosse. After graduation, he worked as a personal fitness trainer while continuing to engage in lacrosse training during his spare time and later became a member of the Hong Kong, China representative team. Wesley found great satisfaction not only in being a personal trainer but also in the camaraderie fostered through playing lacrosse. This led him to join the association as an S&C coach, aiming to enhance athletes' on-field performance through physical training.

Unlike general fitness coaches, S&C coaches analyze players' physical data before, during, and after games to develop tailored training programs. Their objective is not only to improve individual and team performance through sports science training but also to minimize the risk of player injuries. Wesley leads players in a 20 to 30-minute warm-up before games, focusing on enhancing muscle elasticity, speed, and agility. During training or games, players wear devices that collect physical data and information, allowing Wesley to observe and record their performance. This information helps him evaluate and adjust the effectiveness of the training plan.

Wesley describes his role in the Hong Kong lacrosse team as that of a performance coach. He emphasizes the need to consider various factors that can impact players' performance, such as their schedules, nutrition, exercise routines, and sports psychology. He takes a comprehensive approach, tracking and analyzing players' physical data to evaluate the team's and individuals' status. S&C coaches are not only present on the field and in the gym room to motivate players but also consider their

eating habits and sleep quality, helping athletes establish healthy lifestyles and improve their sports abilities.

As a bridge between teams, Wesley maintains close interactions with coaches and players, fostering understanding and trust. He regularly communicates with coaches to ensure that physical training aligns with the team's goals and requirements. Sometimes, he acts as a mediator, facilitating comfortable and productive exchanges between both parties.

Currently, Wesley serves as a player as well. From June to July 2023, he will represent Hong Kong, China in the "2023 World Men's Lacrosse Championships" in San Diego, USA. Balancing both roles, he sees it as a win-win situation. As an S&C coach, he can integrate into the team, and as a player, he can provide physical fitness suggestions to his teammates. Wesley said with satisfaction: "This sense of success comes from leading and coaching. In addition to promoting the team's progress, I also benefited from the process."

Wesley acknowledges the significant investment made by the Hong Kong, China Lacrosse Association in S&C training, comparable to that of the Hong Kong, China rugby team. He observes that more players are now prioritizing physical training, even during the off-season, and he takes pleasure in witnessing their incremental improvements on the field. This progress validates the support provided by the association and the dedication of S&C coaches.

球員們的身體數據
Players' body data analysis.



室內棍網球的 飆速快感

陳日駿

The thrill of indoor lacrosse

CHAN Yat Chun, Theo



中國香港代表隊在 2019 男子室內世錦賽的比賽的大合照
The group photo of the Hong Kong, China representative team at the 2019 Men's Indoor World Championships.



during that period. After the 2014 World Championships, he shifted his focus to his career and reduced his participation in international competitions. It wasn't until 2018 that he learned about the association's recruitment of players to form an indoor lacrosse team, reigniting his passion for the sport.

Indoor lacrosse is played in a much smaller space compared to outdoor lacrosse, roughly the size of an ice hockey rink. The players compete on a smaller space, which leads to more frequent physical contact and shots, resulting in a faster-paced game. Theo shared his thoughts, saying, "The indoor format offers a smaller field, faster pace, and increased player collisions. It's incredibly exciting, and I enjoy this version of lacrosse."

In April 2019, Theo and his teammates attended the European Box Lacrosse Invitational (E-Box) and Aleš Hřebesky Memorial in Prague. Theo described the journey as a mix of experiences. As it was his first time participating in indoor lacrosse abroad as part of the team, and since he usually played against his teammates during practice, he found himself being more cautious on offence. However, facing opponents from other teams inspired him to play with determination and give his all. Initially, due to a lack of experience, he felt that the Hong Kong, China team couldn't perform at their usual practice level when facing more experienced foreign teams, which left him perplexed. Fortunately, through numerous practice sessions, the team progressively improved and grew stronger, building anticipation for the World Indoor Lacrosse Championships scheduled for September of the same year. Theo smiled as he said, "It was a truly magical journey that allowed our team to make rapid progress in a short period."

After months of preparation, the team officially competed in Vancouver in September. At the time, Theo did not have a specific ranking goal in mind. He believed that performing at their usual practice level would be a significant achievement. Reflecting on their performance, he said, "Throughout the ten consecutive days of competition, we consistently displayed a high level of performance from start to finish. In the first two group matches, we had the upper hand against our opponents. Unfortunately, our performance declined in the third and fourth games, and we ultimately finished in 4th place in the group with one win and three losses." In the subsequent ranking competition for positions 9 to 20, the team ultimately secured 18th place. Theo and his teammates learned valuable lessons from the competition and aimed to better prepare for future tournaments.

It has been four years since the Hong Kong team's inaugural participation in the 2019 World Indoor Lacrosse Championships. Over the years, indoor lacrosse has been steadily developing in Hong Kong. The Association has organized indoor lacrosse leagues and is dedicated to training more indoor lacrosse players. Theo believes that due to limited sports venues in Hong Kong, indoor lacrosse has significant potential for growth. He also emphasized that indoor lacrosse, with its challenging ball-passing dynamics, helps players refine their tactical skills. Finally, he revealed that the Association will once again open selections for the indoor lacrosse team to participate in the 2024 World Indoor Lacrosse Championships. He expressed his interest in participating in the selection process, hoping to rectify the disappointments of the previous year.

陳日駿在 2019 男子室內世錦賽的比賽英姿
Theo Chan displayed great skill and charisma during the 2019 Men's Indoor World Championships.

陳日駿 (左二、12 號球衣) 於 2019 年男子室內世錦賽正在防守蘇格蘭球員
Theo Chan (2nd Left, no.12) defending a Scotland player during 2019 Men's Indoor World Championship.

棍網球所帶來的飆速快感，是吸引不少人參與這項運動的原因之一。棍網球運動主要分為室外及室內兩種模式，由於比賽規則、場地空間上存有明顯差異，因此比賽的進行方式亦大有不同，甚至有人認為室內比賽的節奏更明快、更緊湊。

總會自 2018 年推廣室內棍網球，並在翌年首次派隊代表中國香港出戰 2019 年世界室內棍網球錦標賽。當年陳日駿 (CHAN Yat Chun, Theo) 作為室內棍網球男子港隊代表成員之一，有機會以團隊身份與外國球員對弈，展開多場「速度的競技」，成為他棍網球生涯中一段難以忘懷的經歷。

Theo 自大學起已經愛看國外的室內棍網球比賽，然而當時在香港的棍網球運動尚未發展室內比賽模式。他便選擇主力從室外棍網球開始，期間亦有代表中國香港出戰世錦賽。2014 年完成世錦賽後，他就專注事業，減少參與國際賽事。直到 2018 年，得知總會正在徵選球員組織室內棍網球代表隊，讓他再次重拾對這項運動的拼勁。

室內棍網球的比賽空間比起室外棍網球小得多，面積與冰上曲棍球場地相

若。球員們在較細小的場地比賽，容易有更頻繁的肢體接觸及射門，比賽節奏感相對強勁。Theo 分享道：「室內比賽模式所提供的場地更小，節奏更快，球員們之間相互衝撞程度更高，感覺十分刺激，我自己非常喜歡這個版本的棍網球。」

2019 年 4 月，Theo 與隊友們參加了在布拉格舉行的 European Box Lacrosse Invitational (E-Box) 和 Aleš Hřebesky Memorial，他形容那趟旅程百感交雜。因為當時是他第一次以團隊身份出國參加室內棍網球比賽，平時練習時候與隊友交手，進攻上難免會較為保守，如今有機會面對敵對球員，激發他歇盡全力出賽的決心。然而礙於經驗不足，初時面對外國成熟的球隊時，他覺得港隊未能發揮平時練習的水平，並為此而感迷惘。所幸的是，球隊經過多場練習後，實力持續進步，讓他們更期待迎接同年 9 月的世界室內棍網球錦標賽。他笑言：「那是一段很神奇的旅程，讓我們球隊短時間內快速成長。」

備戰多月，球隊於 2019 年 9 月出發溫哥華正式參賽。Theo 表示當時並沒有一個明確的排名目標，他覺得若

能發揮出平時練習的水準已經相當不錯。他回憶當時表現：「在連續十日的比賽中，我們從頭到尾都持續展示高水準表現。首兩場小組賽中，我們都是領先對手，可惜第三四場表現下滑，最後以 1 勝 3 負的成績得第 4 名。」而在往後 9 至 20 名的排名賽中，球隊最後以第 18 名完成賽事。Theo 與隊友們從這次比賽中吸取經驗，期望為未來的比賽再做好準備。

從 2019 到 2023，距離港隊首次出征 2019 年世界室內棍網球錦標賽已經相隔四年。香港近年在室內棍網球發展上亦漸見成熟，總會這幾年持續開展室內棍網球聯賽，致力培訓更多室內棍網球員。Theo 表示正因為香港體育場地選擇不多時，這項室內運動更顯發展潛力。他覺得室內棍網球連傳球都特別刁鑽，其實有助球員鍛鍊戰術。最後，他透露總會將再次開放室內棍網球代表隊的徵選，以組隊參加 2024 年世界室內棍網球錦標賽。他自己亦有興趣參與這次選拔，期望能彌補當年遺憾。

The excitement of speed that accompanies lacrosse is one of the reasons why many people are drawn to participate in this sport. Lacrosse is primarily divided into two modes: outdoor and indoor. Due to significant differences in the rules and playing space, the style of play varies greatly between the two. Some even argue that indoor lacrosse has a more lively and fast-paced rhythm.

Since 2018, the association has been promoting indoor lacrosse and, the following year, sent a team to represent Hong Kong, China in the 2019 World Indoor Lacrosse Championships. Theo Chan, a member of the Hong Kong, China men's indoor lacrosse team, had the opportunity to compete against foreign players as part of the team, engaging in several thrilling speed competitions that became unforgettable experiences in his lacrosse career.

Theo developed a love for watching indoor lacrosse games abroad during college. However, at that time, indoor lacrosse had not yet gained traction in Hong Kong. He chose to focus on outdoor lacrosse and represented Hong Kong, China in the World Championships

一生人一次的 U19/U21 世錦賽

何澤深、盧天照

A once-in-a-lifetime U19/U21 World Championship

HO Chak Sum、LO Tin Chiu

2022 年世錦賽亞太區外圍賽賽前集訓何澤深 (右) 正防守隊友
HO Chak Sum (Right) defending his teammate during the 2022 Men's
World Championship Asia Pacific Qualifier Pre-tournament Training.



何澤深 (上排右一) 於 2016 男子 U19 世錦賽
與一眾防守隊友合照
HO Chak Sum (Top 1st Right) took a group
photo with his Defense Teammates at the
2016 Men's U19 World Championship.



何澤深正在防守韓國隊員
HO Chak Sum was defending
against a South Korean player.

如果有機會參加一場「一生人一次」的比賽，你會選擇怎樣裝備自己？中國香港男子棍網球代表隊在 2016 年首次出戰 U19 世錦賽，當時隊中不少球員打棍網球的年資不超過兩年，但最後仍能在 14 支球隊中位列第 11。不少有份參與當年賽事的球員至今仍是棍網球代表隊的活躍份子，並代表中國香港出戰 2023 年世錦賽，何澤深 (HO Chak Sum) 便是其中一員。

澤深的棍網球之路始於 2014 年，那時開始接觸這項運動不到半年，翌年 3 月便與一班港大同學參加 2015 年香港棍網球公開賽，初嘗與中國、南韓、日本、新加坡其他地方等隊伍交手的滋味。其中近八成的隊友後來經選拔後組成隊伍，備戰 2016 年的 U19 世錦賽。他回憶當時隊友們仍是懵懵懂懂，還不懂得為參加世界性賽事而感緊張，大家都只是本著賺取實戰經驗的心態去應戰。

在正式比賽前夕，加拿大籍主教練 Scott Browning 安排了當地的高中生與球會隊伍與港隊進行友誼賽。雖然明知實力差距大，但依然無損港隊球員的興致。澤深分享當年世錦賽總共與 6 隊球隊對決，包括南韓、中華台北、墨西哥、蘇格蘭、德國、以及以色列，最後三勝三敗，雖敗猶榮。

當時對上以色列隊，對手甚至有數個是來自美國國家大學體育協會 (NCAA) 的第一級別球員，實力十分強勁，讓他們領教到外國同齡頂尖球員的戰術水平。至於對上蘇格蘭的場次中，雖然對手球員單從身型上已相當有駕勢，但港隊兵來將擋，依然有入球得分。澤深表示：「我們都滿意整體成績，因為某些我們認為可以贏的場次，最後亦有獲勝。至於與其他強隊交手，雖然感受到與對手的水平相差一截，我們在身型、實戰經驗上亦有明顯差別，但我們在比賽的過程中，也與對手有來有往，並非完全招架不住。」

如今回想當年賽事，他覺得能與隊友並肩作戰，已是最大的成就。因為那段時間與隊友一起密集式訓練，以及從外國球員身上學到不少戰術技巧，因此球員表現亦突飛猛進。受益於 U19 世錦賽的經驗，這班年輕球員回到大學後，亦大方跟師弟們分享比賽上的得著。此時，他們都會以有機會出戰國際性賽事作招徠，期望吸引更多新血。事隔四年，同是港大醫生的盧天照 (LO Tin Chiu, JJ) 便有份參與後一屆原定於 2020 年舉辦的 U19 世錦賽。後來比賽受疫情影響而延期，賽事亦由 U19 改為 U21。該年也成為

世界棍網球協會有史以來規模最大的青年男子棍網球世錦賽，共有 23 支球隊參與。

JJ 與當時隊友面對外國一眾棍網球好手，依然全力赴戰。他分享當時想法：「平時都是從網上收看其他國家隊伍的比賽，如今能親眼目睹，甚至能與他們交手，我當時是感到興奮多於緊張。我抱著一個心態：看看別人有多厲害，再反觀自己在實力上還相差多少。你下得了場，就不可以懼怕。對手若果很強，就更應該盡力去作戰。」憑著這般不畏強敵的心態，最後港隊勇奪白金組亞軍，以總排名第 14 名完成比賽，創下當時佳績，而 JJ 亦覺得球隊並沒有辜負這次「一生人一次」的參賽機會。

歷代球員更替不斷，有些人在大學畢業後便告別了棍網球，但同時亦有一班深愛這運動的球員持續參與其中。不論澤深還是 JJ，當年參加 U19 世錦賽的經驗猶如一塊敲門磚，讓他們在弱冠之年後，走入一個更大、更熱血的世界戰場，貢獻香港棍網球發展。對於香港球員未來在國際比賽中再創高峰，二人都相信一切指日可待。

盧天照 (左一) 於 2022 男子 U19 世錦賽與防守隊友合照
LO Tin Chiu (1st left) took a group photo with his defenders at the 2022 Men's U19 World Championship.



If presented with the opportunity to participate in a "once in a lifetime" competition, I would ensure that I am adequately prepared. The Hong Kong, China Men's Lacrosse Team made their debut in the U19 World Championships in 2016. Despite many players having less than two years of lacrosse experience, they managed to secure the 11th position out of 14 teams. Several players from that tournament are still active members of the lacrosse team and will represent Hong Kong, China in the 2023 World Championships, including Ho Chak Sum.

Chak Sum's lacrosse journey began in 2014, with less than six months of exposure to the sport. In March of the following year, he participated in the 2015 Hong Kong Lacrosse Open with a group of University of Hong Kong students, experiencing competition against teams from China, South Korea, Japan, and Singapore. Around 80% of his teammates from that event were later selected to form a team for the 2016 U19 World Championships. Chak Sum recalls that his teammates, being relatively inexperienced, approached the world competition with the mindset of gaining practical experience rather than feeling nervous.

Before the official games, the Canadian head coach, Scott Browning, arranged friendly matches between the Hong Kong, China team and local high school students and club teams in Vancouver. Despite being aware of the significant strength gap, the Hong Kong players remained enthusiastic. In the World Championships that year, they faced six teams, including South Korea, Chinese Taipei, Mexico, Scotland, Germany, and Israel. They won three games and lost three, which they considered an honourable achievement despite the losses.

In the match against the Israeli team, their opponents featured several top-level players from the National Collegiate Athletic Association (NCAA), making them formidable opponents. This allowed the Hong Kong, China team to experience the technical and tactical skills of top foreign players in the same age group. In the game against Scotland, although the opposing players had a size advantage, the Hong Kong, China team managed to defend against them and score goals. Chak Sum expressed satisfaction with the overall results, acknowledging that they won all the games they should win. While they recognized their opponents' superiority in terms of size, experience and skill, the Hong Kong, China team showed that they could hold their ground.

Reflecting on the tournament, Chak Sum considers the camaraderie and unity among teammates as the greatest achievement. The intensive training with teammates and the tactical skills acquired from foreign players significantly improved their performance. This group of young players generously shared their experiences and knowledge with their juniors upon returning to college, hoping to attract new talent through their participation in international competitions. Four years later, Lo Tin Chiu (JJ), another former student of HKU, participated in the subsequent U19 World Championship, originally scheduled for 2020 but postponed due to the pandemic. The event was subsequently changed to U21, becoming the largest Youth Men's Lacrosse World Championship in the history of World Lacrosse with 23 teams participating.

JJ and his teammates faced numerous top-level lacrosse players and still played with determination and competed hard. He described his mindset at the time, stating that while he had watched games

of other countries' teams online, the opportunity to witness them up close and compete against them brought him excitement rather than nervousness. He adopted a mentality of assessing their skill levels and comparing them to his own. If they were beatable opponents, fear was unwarranted, and if they were formidable, he would fight with utmost determination. With this fearless attitude towards strong adversaries, the Hong Kong, China team achieved runner-up status in the platinum bracket and finished the competition in 14th place overall, setting a record at the time. JJ believed that the team had truly made the most of their "once in a lifetime" opportunity.

Over the years, there has been a consistent turnover of players within lacrosse. While some individuals bid farewell to the sport upon graduating from college, there is also a dedicated group of players who possess a genuine love for lacrosse and continue their involvement. Irrespective of whether we consider Chak Sum or JJ, their participation in the U19 World Championships served as a pivotal milestone, enabling them to transition into a broader and more fervent realm of lacrosse following a relatively underwhelming championship year. Moreover, their involvement has made significant contributions to the advancement of lacrosse in Hong Kong. Looking ahead to the future, both Chak Sum and JJ firmly believe that the attainment of new milestones by Hong Kong players in international competitions is within close reach, fostering an optimistic outlook for the sport's development.

我們所能及的最好

韓卓怡

The best we can

HON Cheuk Yee, Cherry



韓卓怡 2022 年女子世錦賽英姿
Cherry Hon appearance at the
2022 Women's World Championships.



韓卓怡 2022 女子世錦賽賽前熱身
Cherry Hon pre-game warm up in
2022 Women's World Championship.

對於大部分 18、19 歲的女生而言，她們在這階段面對最大的挑戰，或許是經歷從中學升上大學的環境轉變。但對中國香港女子棍網球運動員韓卓怡 (HON Cheuk Yee, Cherry) 來說，2019 年正值 19 歲的她卻是面對一場更巨大的挑戰——以女子棍網球 U19 代表隊成員的身份，首次代表中國香港參與世界棍網球大賽。

Cherry 自 2018 年開始打棍網球，同年加入由總會發起的女子棍網球培訓隊。當時隊中共有 40 多人，大家都是以一個輕鬆愉快的心態參與其中，球員們尚未有太大的責任要履行。直到總會決定報名參加 2019 年的女子棍網球 U19 世界錦標賽並展開選拔，球員們便開始更認真地投入訓練，期望能以最佳狀態代表中國香港首次出賽。當時雖然 Cherry 接觸這項運動不久，但依然以出色的表現成功入選代表隊。

經過將近一年的集訓後，全隊終於在 2019 年 8 月抵達加拿大渥太華省彼得伯勒出賽。由於全部球員都是第一次參與 U19 比賽，而大家同時肩負起港隊首次參加這項世界錦標賽的任務，因此大家情緒都非常亢奮。事隔四年，她對當年賽事經歷依然記憶猶新。

該屆賽事共有 22 支參賽隊伍，Cherry 回憶當時小組比賽第一場已經對上水平不俗的以色列隊，結果港隊擊敗對手，成功打響頭炮，全隊士氣大增。後來再戰同樣首次出賽的波多黎各隊，以及世界排名前十的易洛魁聯盟，可惜受制於對手。最後，港隊憾負比利時，以 2 勝 2 負殺入 16 強的淘汰賽，令她們相當鼓舞。

當時成功晉級，她們淘汰賽首場便與超級勁敵美國隊交手，Cherry 如今回憶起仍是難掩興奮心情，她分享道：「我知道能夠成為女子棍網球 U19 美國代表隊成員的，將來很大機會是球星。當時我們的心態就如見偶像，能在球場上向她們學習，與她們同場競技已經相當高興。」由於兩方實力懸殊，港隊無法匹敵，但依然無損她們的心情。Cherry 笑說當時港隊與美國隊都有球員生日，兩隊人完場後不分彼此，一起唱歌慶祝，成為比賽以外的一段難忘回憶。

對戰美國後的第二天，港隊與捷克展開激烈賽事。最後兩隊在法定時間 60 分鐘打成平手，需要打加時賽，並以黃金入球分出勝負。Cherry 說：「那是人生中最緊張、最集中的 4 分鐘，入球與否就會決定我們隊伍的名次。」

我作為隊中的守衛，必須全神貫注守住對手。最後幸好我們以自由球 (free position shot) 成功入球，贏過捷克。」港隊力戰多天，最終以 12 名成績完成全部賽事。對首次參加 U19 世界賽來說，港隊成績絕對是超出預期。

被問及過程中有否認清到球隊的不足之處，Cherry 堅定說：「我們已經在有限時間內做到我們所能及的最好，香港球員相較其他國家遲起步，很難跟其他國家同齡球員相比，所以我沒有去想過港隊有甚麼不足，反而是更在意我們的收穫。」

Cherry 續說：「2019 年 U19 代表隊僅此一隊，我們永遠都只會是那屆的 U19。」她選擇將這段美好的參賽經歷穩穩收藏，並懷著當日的勇氣繼續展望未來。2023 年 7 月，Cherry 與中國香港女子代表隊出發參加柏林棍網球公開賽。她形容自己抱著「重新出發」的心態參賽，並以此為一個新的起點，未來將會放眼 4 年後的世錦賽，以及 2028 年的奧運盛會。

For most 18- and 19-year-old girls, the transition from secondary school to university is often considered their biggest challenge. However, HON Cheuk Yee Cherry, a Hong Kong women's lacrosse player, faced an even greater challenge at the age of 19 in 2019. As a member of the women's lacrosse U19 team, she represented Hong Kong for the first time in the world lacrosse competition.

Cherry began playing lacrosse in 2018 and joined the Women's Development team initiated by the association that same year. At that time, the team consisted of over 40 players who participated with a relaxed and joyful attitude, without many responsibilities. However, when the Association decided to participate in the 2019 Women's Lacrosse U19 World Championship for the first time and commence the selection process, the players began to train more seriously, aiming to be in optimal condition for their first representation of Hong Kong, China. Despite her relatively short time in the sport, Cherry's outstanding performance earned her a spot on the representative team.

After nearly a year of training, the team travelled to Peterborough, Ontario, Canada in August 2019 to compete in the tournament. As it was the first U19 competition for all the players and considering the significance of Hong Kong, China's participation in the inaugural world championship, everyone was filled with excitement. Even after four years, Cherry still vividly remembers her experience at the event.

A total of 22 teams participated in the tournament. Cherry recalls that their first group-stage match was against the Israeli team, which proved to be formidable. However, the Hong Kong, China team emerged victorious, setting a positive tone for the tournament and boosting their morale. They went on to face the Puerto Rico team, also making its debut, as well as the highly ranked Haudenosanee. Although they faced some challenges against the latter, the Hong Kong team managed to defeat Belgium and advanced to the top 16 knockout round with two wins and two losses, which was highly encouraging for them.

In the knockout stage, their first game pitted them against their formidable rivals, the United States. Cherry still feels excitement when recalling that match. She shared, "I knew that those who make it to the U.S. women's lacrosse U19 team have great futures ahead of them. They will be future stars. At that time, we felt

like we were meeting our idols. We were delighted to learn from them on the field and compete against them." Despite the significant disparity in strength between the two teams, the Hong Kong, China players' spirits remained high. Cherry fondly remembers that both teams had players celebrating birthdays, and after the game, they sang and celebrated together, creating an unforgettable memory beyond the competition.

The day after their match against the United States, the Hong Kong, China team faced a fierce contest against the Czech Republic. After 60 minutes of regular play, the scores were tied, leading to an overtime period where the winner would be determined by a golden goal. Cherry described those four minutes as the most intense and focused moments of her life. As a defender, her primary focus was on guarding the opponent. Fortunately, the Hong Kong, China team scored a free-position shot and emerged victorious against the Czech Republic. After a gruelling competition, the Hong Kong, China team finished in 12th place. Their performance exceeded expectations for their first participation in the U19 World Championship.


When asked about identifying the team's shortcomings during the process, Cherry firmly stated, "Given our limited time, we did our best. Hong Kong, China players started later than those from other countries, making it challenging to compete on the same level. Instead of focusing on the team's shortcomings compared to players of the same age in other countries, I am more concerned about our achievements."

Cherry continued, "There is only one U19 team in 2019, and we will always be that U19 team." She treasures this incredible experience and looks toward the future with the same courage. In July 2023, Cherry and the Hong Kong, China women's team embarked on their journey to participate in the Berlin Lacrosse Open. She sees this as a fresh start and approaches the competition with a mindset of "starting over." She envisions the World Championships four years later and the 2028 Olympic Games as her future aspirations.

女子 U19 代表隊在 2019 年 8 月抵達加拿大渥太華省彼得伯勒後賽前集訓
The Pre-tournament training of the Women's U19 team in Peterborough, Ontario, Canada in August 2019.



韓卓怡港隊訓練照
Cherry Hon WRT training photo.



第四章
**棍網球普及化，
走進學校及社區**

Chapter 4
**Popularization of Lacrosse,
from schools to
communities**

真正的可貴是普及化

鄭泳舜議員

Popularization - the most valuable aspect

CHENG Wing Shun Vincent, MH, JP



鄭泳舜議員帶領一眾棍網球孩子及家長到機場迎接於2023 男子世錦賽凱旋歸來的港隊成員
Vincent with a group of young lacrosse kids and parents welcomed Team Hong Kong, China players coming back from the 2023 Men's World Championship in the airport.

早期的棍網球只在港大校園盛行，因而被冠上「貴族運動」之名。不過其實有更多真正熱愛棍網球的人，渴望讓這運動躍出狹小的圈子，觸及到更多大眾。總會多年來著力透過連結不同社區組織，將棍網球滲入各個社會階層及年齡段，近年培育出不少能獨當一面的青年軍。本著以運動激發青少年潛能，以及培訓精英運動員的目標，總會與「青途發展社區發展協會」的理念不謀而合，因而開展了兩方的合作計劃。

青途主席鄭泳舜 (CHENG Wing Shun Vincent MH, JP) 以議員身份服務九龍西區逾十五年，多年來接觸過不少基層家庭的孩子，眼見部分人受家庭經濟環境所限，未能發揮天賦及才能，甚至影響個人身心健康成長。於是，本身熱愛運動的他開始積極為區內孩子帶來不同類型的體育訓練班，希望透過體育能磨練孩子們的個人意志，並幫助他們從中培養自信心及毅力，開拓更多發展機遇。

Vincent 同為「西九龍家長聯會」主席，數年前，總會主動向其引薦棍網球，雙方一拍即合，將這運動帶入區內讓不同青幼年孩子參與。直到青途2021年正式成立，他們的合作亦持續於兩邊展開。現時「西九龍家長聯會」從 U6、U8、U10 做起，而青途則發展 U12 培訓班。單以青途的參加者而言，已有約 200 人。對於棍網球訓練

班能發展至現今的規模，Vincent 說：「我不會以驚喜來形容我們的合作成果，因為看到總會的教練團隊真的很有心地去為孩子培訓工作，不論家長還是孩子都被他們打動，逐漸更了解棍網球的好處。看到他們如此用心付出，現在吸引到越來越多人支持並參與其中，這運動又持續地在社區健康發展，我認為都是在情理之中。」

除了棍網球訓練班外，青途亦不時聯合總會舉辦運動體驗日，並參與由總會所舉辦的棍網球聯賽。另外，當總會帶來大大小小的棍網球比賽時，青途亦會帶著孩子們到場觀賽支持，讓他們能以不同方式體驗棍網球運動。Vincent 特別難忘 2023 年 7 月，男子港隊完成世錦賽後從聖地牙哥返港，他帶著一班正在學習棍網球的孩子到機場迎接港將凱旋而歸。一班小朋友拿著海報向球員們索簽名，場面相當溫馨，也展示了棍網球為他們建立出一份情誼。

Vincent 表示非常欣賞總會領導層、教練、球員所展示出的非凡活力。他覺得總會一直以來的推廣工作不但保留了棍網球的傳統價值，亦以創新的宣傳方式將這運動變得更普及。另一方面，Vincent 在工作上經常接觸到體育界的人，他亦會主動邀請總會的職員或球員一同出席，讓他們能在香港體壇上有更多曝光率，讓更多人能關注棍網球的發展。

眼見棍網球港隊在世界排名上佔一重要席位，Vincent 覺得這都是總會及球員們共同努力的成果。對於未來青途與總會的合作，他表示：「希望我們所舉辦的棍網球培訓班能為孩子們提供一個循序漸進的階梯，讓他們有機會成為未來的港隊成員。雖然我們所帶來的體驗仍屬於初階，但教練團隊們都是來自港隊或具有專業運動背景，就長遠發展來說，我們的共同目標都是建立更多精英球員訓練，為港隊輸送更多青年軍。」

從總會積極將棍網球推及到社區開始，這運動早已洗脫「貴族」之名。其實，棍網球真正可貴之處在於背後所凝聚的一班有心人，他們一直默默奉獻，潛心耕耘，為著的並不是讓這運動走向尊貴，而是普及化。



西九龍家長聯會旗下球隊「Leopard」於兒童棍網球聯賽U8組別奪季
Team "Leopard" under West Kowloon Parents Association came 3rd in the U8 division of Mini Lacrosse League.



鄭泳舜議員於深水埗區棍網球親子同樂日中獻辭
Vincent made a speech during a Fun day held in Sham Shui Po.

In its early days, lacrosse was primarily popular on the University of Hong Kong campus, earning it the moniker of the "noble sport." However, the sport has gained a growing number of enthusiasts who are eager to expand its reach beyond a limited circle. Over the years, the Association has made significant efforts to introduce lacrosse to various social strata and age groups by collaborating with different organizations. As a result, numerous young players have been developed, demonstrating their capabilities. The Association's partnership with GDCD Association Limited- Youth We Go, in line with the latter's philosophy of empowering youth through sports and nurturing elite athletes, has further facilitated this goal.

Cheng Wing Shun Vincent MH, JP, Chairman of GDCD Association Limited, has been a councillor in Kowloon West District for over fifteen years. During this time, he has encountered many children from economically disadvantaged backgrounds who face limitations in developing their talents, which can negatively impact their physical and mental well-being as well as personal growth. Due to his passion for sports, Vincent actively introduced various sports training programs to children in the area, aiming to foster their determination, self-confidence, and perseverance, and open up more development opportunities.

Vincent is also the chairman of the "West Kowloon Parents Association." A few years ago, the association introduced lacrosse to him, and they immediately recognized the potential of the sport, leading to its introduction in the district for the participation of young children. This collaboration has continued with the establishment of GDCD in 2021. Currently, the "West Kowloon Parents Association"

offers lacrosse training classes for U6, U8, and U10 age groups, while GDCD focuses on U12 training classes. The number of participants in GDCD alone is approximately 200. Reflecting on the development of the lacrosse training program to its present scale, Vincent remarked, "I wouldn't describe our collaboration's outcomes as surprising because I witnessed the association's coaching team's genuine dedication to training children. Both parents and children were impressed by their efforts, gradually understanding the benefits of lacrosse. As more people witnessed their hard work, they became increasingly attracted to support and participate in it. The sport's healthy development within the community seems only natural to me."

In addition to lacrosse training classes, GDCD and the Association occasionally organize sports experience days and participate in lacrosse leagues. Furthermore, when the association hosts various lacrosse competitions, GDCD Association Limited brings children to support and watch the games, enabling them to experience lacrosse in diverse ways. One particularly memorable occasion for Vincent was in July 2023 when the Hong Kong, China men's representative team returned from San Diego after the World Championships. He accompanied a group of lacrosse-learning children to the airport to welcome the triumphant team. The children held posters and requested autographs from the players, creating a heartwarming scene that exemplified the camaraderie fostered by lacrosse.

Vincent expressed his appreciation for the remarkable vitality exhibited by the association's leadership, coaches, and players. He believes that the association's

兩位港隊球員於深水埗區棍網球親子同樂日中示範技術
Two Hong Kong, China Players demonstrating lacrosse skills in a fun day held in Sham Shui Po.



continuous promotional efforts not only preserve the traditional values of lacrosse but also enhance its popularity through innovative publicity methods. Moreover, due to his professional connections in the sports world, Vincent proactively invites association staff and players to events, helping to raise their profile within the Hong Kong sports community and garnering increased attention for the sport's development.

Observing the significant position held by the Hong Kong, China Lacrosse Team in world rankings, Vincent attributes this achievement to the collective efforts of the Association and its players. Looking ahead to future cooperation between GDCD Association Limited and the Lacrosse Association, he stated, "We hope that the lacrosse training programs we organize can serve as a step-by-step ladder for children to become future members of the Hong Kong team. Although our experience is still in its early stages, our coaching team comprises individuals from the Hong Kong team or with professional sports backgrounds. In terms of long-term development, our shared goal is to establish more elite player training programs and provide a greater number of young players for the Hong Kong, China team."

Since the proactive promotion of lacrosse by the Association within the community, the sport has relinquished its erstwhile status as a "noble" activity. Instead, the true essence and worth of lacrosse reside in the collective of devoted individuals who have congregated to support it. These individuals have exhibited unassuming dedication and exerted considerable efforts, not with the aim of conferring nobility upon the sport, but rather to propagate its appeal and accessibility among a wider audience.

成長路上 與棍網球同行 - 香港青年協會

謝少莉

Growing up with Lacrosse - The Hong Kong Federation of Youth Groups

TSE Siu Lee, Lily



兩名於青協青年好動計劃的小朋友於比賽中較量
Two young players competing in a game during
the competition under YSD organised by HKFYG.



2022 香港青年協會賽馬會「青年好動」體育發展計劃大合照
2022 HKFYG YSD Group photo.

棍網球作為一項團體競技運動，球員們通過以球棍來運球、傳球、接球、組織防守及射門得分。過程中不但能提升運動員的協調與合作能力，更有助他們訓練對運動的熱誠和品格素養。香港青年協會一向致力推動本地青年參與體育活動，並透過體育聯繫社群。過去青協舉辦過的青年運動項目五花八門，一次機緣巧合下，讓棍網球這項新興運動走入他們視野，繼而在 2020 年被納入香港青年協會賽馬會「青年好動」體育發展計劃（簡稱 YSD）。在為期三年的計劃中，棍網球亦透過社區推廣而觸及更多青少年及兒童。

香港青年協會督導主任謝少莉（TSE Siu Lee, Lily）分享最初是跟時任總會總幹事 Raymond FONG 接觸，當時總會留意到青協將冰球引入基礎體育訓練。Raymond 覺得冰球與棍網球的性質類似，兩者同屬團體運動，亦是比較新興的項目，他認為冰球的發展模式同樣適合於推廣棍網球，由此

雙方便開啟了合作的契機。直到 2020 年，新一輪 YSD 開展，棍網球亦順理成章地成為計劃其中一個重點發展的體育項目。

計劃除了發展棍網球基礎體育訓練外，亦從運動賽事、人才培訓等數個方面著手，激發社區小朋友對這項運動的興趣。總會方面提供專業資源，包括教練、教程、裝備等，而青協則主要負責社區招募和甄選。Lily 表示：「當初選擇採納棍網球作為項目之一，因為我們覺得團體運動對孩子成長非常重要。棍網球運動追求團體之間的合作以及協調性，帶球、傳球的動作有助小童在肌肉上的發展。這項運動就似一個遊戲，不只是一些重複性的動作，靈活性高，更讓他們可以在運動的過程中產生更多創新的想法。」

棍網球為香港大學傳統盛行之運動，看著這項運動從過去一個獨特的圈子過渡至社區，Lily 覺得這不但更容易

培育有潛力的運動員，有助發展棍網球梯隊。而對孩子來說，亦是一個打開他們眼界的機會。她直言：「這計劃並不只是一個興趣班，我們希望透過這些體育項目盡早引起孩子對運動的興趣，讓他們發掘自身的喜好和潛能。我們的角色其實更似孩子成長路上的同行者，我們並不會教導他們要怎樣走，而是讓他們看到更多可能性及作出選擇。」她分享過去就有青協的項目義工成為總會的教練之一，以自身能力貢獻社區的體育產業發展。

回首過去從 2020 年至 2023 這幾年與總會的合作經驗，Lily 表示很欣賞總會在地區投放的資源。她說：「作為非牟利機構的身份，我自己感受最深的是被他們的熱誠所感染，然後再一起去發展青少年培訓項目。我覺得他們積極正面的心態，對青少年來說亦是非常正面的模範。他們所提出的項目非常有系統及具前瞻性，不論從基層群眾的培訓，還是到參與國際賽事層面上的發展模式，都讓我們看到這為青少年帶來眾多機會。」項目在 2023 年 8 月正式完結，但相信青協和總會在過去三年在發展棍網球運動上所投放的熱情與心力，日後將以不同的形式開花結果。

Lacrosse is a team sport that involves players using sticks to cradle, pass, catch, defend, and score goals. Engaging in this sport not only enhances athletes' coordination and cooperation abilities but also fosters their passion for sports and character development. The Hong Kong Federation of Youth Groups (HKFYG) has consistently strived to promote local youth participation in sports activities and foster community connections through sports. In the past, HKFYG has organized various youth sports events. Serendipitously, lacrosse caught their attention and was subsequently included in the HKFYG Jockey Club Youth Sports Development Project (YSD) in 2020. Over the course of the three-year project, lacrosse has made significant inroads in reaching out to more youths and children through community outreach initiatives.

TSE Siu Lee Lily, the director of the HKFYG, initiated contact with Raymond Fong, the former CEO of the association. At that time, the association observed the HKFYG's successful integration of ice hockey into basic sports training. Raymond recognized the similarities between ice hockey and lacrosse as team sports with a relatively new and lesser-known status. He believed that the development model used for ice hockey could also be applied to promote lacrosse effectively. This realization laid the foundation for a collaborative opportunity between the two parties. With the commencement of the new YSD in 2020, lacrosse naturally became one of the key sports within the plan.

In addition to developing basic lacrosse sports training, the YSD plan aims to stimulate community children's interest in this sport through various avenues such as sports events and talent development. The HKFYG provides professional resources, including coaches, tutorials, equipment, and more. On the other hand, the HKFYG takes on the responsibility of community recruitment and selection. Lily stated, "We initially chose lacrosse as one of the sports because we recognized the significance of team sports in children's growth. Lacrosse emphasizes cooperation and coordination among team members, while the movements involved in cradling and passing the ball contribute to children's muscle development. It's more than just a repetitive exercise; it's a dynamic sport that encourages flexibility and the generation of innovative ideas during the process of physical activity."

While lacrosse has traditionally been popular at the University of Hong Kong, witnessing the sport's transition from a niche circle to the broader community has multiple benefits. It not only facilitates the cultivation of potential athletes but also contributes to the development of a robust lacrosse talent pool. Additionally, it presents an opportunity for children to expand their horizons. Lily expressed, "This program is not simply an interest class. Through these sports programs, we aim to ignite children's interest in sports as early as possible, enabling them to discover their preferences and potential. Our role is akin to being companions on their

journey of growth. We don't teach them how to walk but rather expose them to diverse possibilities and choices." She further shared an example where a project volunteer from the HKFYG ultimately became one of the coaches in the association, thereby contributing to the community's sports development through her dedication and expertise.

Reflecting on the collaboration with the Association from 2020 to 2023, Lily expressed her gratitude for the resources invested by the Association in the community. She stated, "As a non-profit organization, what strikes me the most is the infectious enthusiasm of the Association, which motivates us to work together in developing youth training programs. Their positive attitude has a profound impact on young people. The project they proposed is systematic and forward-looking, encompassing grassroots training and participation in international competitions, thereby providing numerous opportunities for youth." Although the project is set to conclude in August 2023, Lily firmly believes that the enthusiasm and efforts invested by the HKFYG and the association in the development of lacrosse over the past three years will yield fruitful outcomes in various forms in the future.



2023 香港青年協會賽馬會「青年好動」體育發展計劃大合照
2023 HKFYG YSD Group photo

孕育棍網球新星： 順德聯誼總會 鄭裕彤中學 陳紹璣老師

Nurturing new Lacrosse Stars -
Shun Tak Fraternal Association
Cheng Yu Tung
Secondary School
Mr. CHAN Shiu Ki, Edward

順德聯誼總會鄭裕彤中學於 2019 全港中學校際棍網球比賽奪冠
Shun Tak Fraternal Association Cheng Yu Tung Secondary School won the championship
in the 2019 All Hong Kong inter-secondary schools lacrosse competition.

總會近年積極投放資源到青少年培訓上，並派教練親身走入校園，為港隊栽培生力軍。順德聯誼總會鄭裕彤中學作為首批將棍網球引入體育教學課程的學校，不單點燃起學生們對棍網球的興趣，更在首屆全港中學校際棍網球賽稱王，成為一時佳話。本著讓學生接觸多元運動種類的初心，體育老師陳紹璣 (Mr. CHAN Shiu Ki, Edward) 當初將棍網球帶入校園時，也沒預料到能在校內引爆棍網球風潮。

總會過去主動為學校帶來棍網球體驗班，在體育課期間向學生介紹棍網球的玩法以及推廣棍網球運動。與此同時，總會亦會協助學校建立校隊、招募新球員，成功在校內帶動了玩這項運動的氣氛。陳老師直言：「當校方無需過於擔心資源問題時，這讓我們更容易在校內起動棍網球運動。當時不同年級的同學都很雀躍地參與其中，不知不覺便在校園建立起棍網球的文化。」

學校本身亦有排球、足球、乒乓球、羽毛球等運動校隊，但競爭始終很大。適逢棍網球起飛的狀態之下，不少本來有各自專長運動項目的同學們，都相繼投入棍網球的訓練。加上學校不時舉辦班際比賽，成為學生投入訓練的推動力。在 2018 年 9 月，學校棍網球隊正式成立。翌年，同學們已經出戰全港中學校際棍網球比賽，並登上男子組冠軍寶座，實力超乎大家想像。陳老師分享道：「當時我們都為此驚艷，後來才發現他們是被 Kelvin (前棍網球港隊隊長) 帶了出去

陳紹璣老師 (中) 於全港中學校際棍網球比賽擔任頒獎嘉賓
Mr. CHAN Shiu Ki Edward (middle) served as the award presenter at the All Hong Kong Primary School Hockey Competition.



陳俊偉 (右) 於 2019 全港中學校際棍網球比賽勇奪男子組最有價值球員
Michael Tan (Right) was awarded MVP (boy's division) in 2019 All Hong Kong inter-secondary schools lacrosse competition.



林宥潤 (右) 於 2022 年男子 U20 世錦賽正防守波蘭球員
Lin Yourun (Right) was defending a Poland player during the 2022 Men's U20 World Championship.

練波。學生一般在校內是一星期練兩小時，他們則練足六小時，這算是一個精英運動員的訓練。最後得到這個獎項，亦是一件非常值得高興的事。」

棍網球相較其他運動之下，球員會有更大的身體碰撞，被問及當初會否擔心棍網球的危險性時，陳老師毫不猶豫地回答：「學生適不適合棍網球，其實不是老師去決定，而是讓學生去感受。老師的角色就是去打開一道門，讓他們去嘗試。」他建議師長應該對這些新興運動保持開放的態度，大膽讓學生嘗試，使學生們跳出傳統運動項目的框架，以開拓他們的潛力。

見證著總會不遺餘力地發展青少年領域，陳老師表示非常欣賞他們的熱誠與努力。他說：「近年的確看到參與棍網球運動員的年齡層擴寬了，而參與這項運動的學校亦更廣泛，長遠來說絕對有助梯隊銜接。」

當年在學界賽中獲選為最有價值球員的陳俊偉同學，現時已經升上大學，他不但成為中國香港棍網球男子代表隊 (Men's Rep Team, 簡稱 MRT) 成員，更回到母校擔當棍網球隊的教練，繼續培訓自己的師弟師妹。陳老師可謂見證著阿偉的成長，如今看到他能運用自己的專長回饋學校，自己亦備受感動。阿偉表示：「那時獲得第一屆學界賽冠軍，加深了我想打下去的想法，加上當時正值 U19 的選拔，這個獎項就似是一個起點，給予我很多學習和發展的機會，讓我繼續提升自己的實力。」

另一位當年有份參加學界賽的學生林宥潤亦成為中國香港棍網球男子代表隊成員之一，他分享：「一開始打棍網球純粹覺得好玩，從未想過有機會加入 U19 或 MRT，後來 Kelvin 帶我參加 2018 年的香港棍網球公開賽後，讓我見識到更高水平的棍網球，才讓我有向這方面努力的想法。能入

In recent years, the Association has made significant investments in youth training and deployed coaches to educational institutions to cultivate new players for the Hong Kong, China team. Shun Tak Fraternal Association Cheng Yu Tung Secondary School, being one of the pioneering schools to introduce lacrosse into their physical education curriculum, not only sparked students' interest in the sport but also achieved victory in the inaugural All Hong Kong inter-secondary school lacrosse competition, thereby creating a legendary achievement. The school's original objective of exposing students to a diverse range of sports led physical education teacher Mr. Chan Shiu Ki Edward to introduce lacrosse to the school, unknowingly igniting a fervour for lacrosse within the school.

The Association proactively conducted lacrosse trial classes at schools, introducing students to the game during physical education sessions and promoting the sport of lacrosse. Simultaneously, they assisted the school in establishing a lacrosse team and recruiting new players, successfully fostering an atmosphere of enthusiasm for the sport within the school. Edward Chan candidly expressed, "The absence of resource and cost concerns facilitated



陳俊偉 (中) 於 2022 男子 U20 世錦賽中射門英姿
Michael Tan (middle) made a jump shot in 2022 Men's U20 World Championship.

選 MRT 肯定感到激動和開心，但我很快調整心態，希望將心思完全投放在日後的訓練和比賽上。」

當年一場全港中學校際棍網球賽，意外地培育了兩位棍網球新星。二人作為香港棍網球男子代表隊成員，意味著他們將能獲得總會所提供的國際水平教練指導、各種出賽機會，以至體適能測試與訓練。期望兩位棍網球新秀未來能在國際體壇上大放異彩，為香港棍網球發展史上寫下更多佳績。

the introduction of lacrosse in our school. Students from various grades eagerly participated, and inadvertently, lacrosse became ingrained in our school culture."

While the school already had sports teams for volleyball, football, table tennis, badminton, and other sports, the emergence of lacrosse attracted many students who excelled in their respective disciplines to dedicate themselves to lacrosse training. In September 2018, the school officially established its lacrosse team. The following year, the students participated in the All HK inter-secondary school lacrosse competition and clinched the championship in the boy's division, greatly surpassing everyone's expectations. Edward Chan shared, "We were all astonished at the time. Later, we discovered that they had been receiving wave practice sessions from Kelvin Mak, the former captain of the Hong Kong, China Lacrosse Team. While students typically practised two hours a week at school, they dedicated a full six hours to training, resembling the regimen of elite athletes. Winning the championship was an immensely gratifying achievement."

Compared to other sports, lacrosse involves more physical collisions. When asked if he had initial concerns about the potential dangers of lacrosse, Edward Chan promptly responded, "Deciding whether students are suitable for lacrosse is not solely the teacher's prerogative; it is about allowing the students to experience it. The teacher's role is to open the door and let them try." He suggested that teachers adopt an open-minded approach towards emerging sports and encourage students to explore beyond traditional sporting frameworks, enabling them to tap into their potential.

Having witnessed the Association's unwavering commitment towards youth development initiatives, Edward



陳俊偉 (右三) 以教練身份帶領母校鄭裕彤中學於 2023 年全港中學校際棍網球比賽奪季
Michael Tan (3rd Right) Led his mother school to 2nd runner-up in 2023 All Hong Kong inter-secondary schools lacrosse competition.

Chan expressed his admiration for their enthusiasm and dedication. He remarked, "In recent years, we have observed a broader age group of players participating in lacrosse, and the number of schools involved in the sport has also increased. In the long run, this will undoubtedly aid in fostering a seamless transition between different levels."

Michael Tan Chun Wai, who was recognized as the most valuable player in the inter-secondary school competition in 2019, has since progressed to university. He not only became a member of the Hong Kong, China men's lacrosse team (Men's Rep Team (MRT)) but also returned to his alma mater as the lacrosse team's coach, continuing to mentor his younger peers. Edward Chan can be regarded as a witness to Michael's growth and am deeply moved to see him utilizing his expertise to contribute back to the school. Michael expressed, "Winning the inaugural inter-secondary school championship further fueled my passion to continue playing. Additionally, it was during the U19 selection that I received this award, which served as a stepping stone and provided numerous opportunities for learning and development, enabling me to continuously enhance my skills."

Another participant in the school competition, Lin Yourun, also earned a spot in the Hong Kong, China Lacrosse Men's Team. Reflecting on his journey, he shared, "Initially, playing lacrosse was just for enjoyment. I never anticipated having the opportunity to join the U19 Team Hong Kong, China or MRT. However, after Kelvin took me to participate in the Hong Kong Lacrosse Open in 2018, I was exposed to a higher level of lacrosse, which sparked my determination to work diligently in this field. While I was undoubtedly thrilled and delighted to be selected for the MRT, I swiftly adjusted my mindset and committed myself entirely to future training and competitions."

The inter-school lacrosse competition held in Hong Kong that year unexpectedly unveiled two emerging lacrosse stars. Both individuals have now become members of the Hong Kong, China Lacrosse Men's Team, granting them access to international-level coaching, diverse competition opportunities, and physical fitness testing and training provided by the association. It is hoped that these two up-and-coming talents in the world of lacrosse will shine on the international stage, thereby adding more remarkable achievements to the developmental history of Hong Kong lacrosse.

孕育棍網球新星： 喇沙書院

馬建國老師

Nurturing new Lacrosse Stars - La Salle College

Mr. MA Kin Kwok

喇沙書院代表們奪冠後於場上歡呼慶祝
Members of La Salle College cheering
and celebrating on the field after they won
the champion.



喇沙書院獲得 2023 全港中學校際棍網球比賽冠軍殊榮
La Salle College won the champion of 2023 All Hong Kong inter-secondary schools lacrosse competition.

學界比賽一向被視為本地體壇的搖籃，亦推動不少學生投入運動項目。喇沙書院注重學生在體藝上的發展，多年來持續為學生引入不同類型的運動項目，體育方面的成績亦相當出彩。在 2023 年 5 月舉辦的全港中學校際棍網球比賽的男子決賽中，喇沙書院更成功登上冠軍寶座，氣勢銳不可擋，就連負責帶隊的馬建國老師 (Mr. MA Kin Kwok) 都為此感到意外。

喇沙書院是香港第一批引入棍網球運動的中學，馬老師憶述當時是由舊生、棍網球隊球員歐陽俊諭推薦將這項運動帶入校園。從總會派人到校示範、組織校隊等都是短短一年間的事，當時同學們反應相當熱烈。馬老師表示：「引入棍網球初期其實沒有預期太多，因為學校本來已有不少恆常的運動校隊訓練，雖然當時學校需要投放額外

的人力資源與時間，但老師們並沒有計較，反而為同學有多一項運動參與，而感到開心和滿足。」

直到 2023 年，學校已經有將近七年的棍網球年資，這段時間亦的確培訓出一些有潛力的球員。馬老師表示校內棍網球校隊的門檻並沒有很高，只要學生對這項運動感興趣，並能履行校隊的固定訓練，就有機會成為校隊成員。比起同學能否打出好成績，他更關注同學能否享受棍網球這項運動本身。過往幾年，棍網球校隊都是維持大約一星期一次的訓練頻率，有些學生更會參加總會培訓計劃的訓練，成功被選拔成為港隊梯隊成員。

以 2023 年全港中學校際棍網球比賽來說，喇沙書院學校代表隊的正選和後備球員合共只有 9 人，但憑著隊中主將帶領，球隊在決賽場上大放異彩，最後成功奪冠。馬老師表示有些球員在校外參加總會的系統性訓練，因此

實力才能大幅拋離對手，成為致勝關鍵。但因為隊中有數個球員都是中五生，校隊正面臨青黃不接的問題，他期望憑著校隊今屆學界賽的彪炳成績，能鼓勵更多低年級學生參加，而他亦表示未來希望縮窄隊內成員的實力差距。比起比賽名次，陳老師更在意同學的參與度，他說道：「贏比賽固然高興，但我更想看到多點同學去參與，這樣他們才會玩得更開心。」

對於總會在其學校所投放的資源與協助，馬老師表示這有助培育更多體育拔尖的運動員。另一方面，他表示現時不少學校都積極參與香港學界體育聯合會所舉辦的運動賽事，皆因學體會在本地教育界具有一定認受性。有不少學校會為了競逐其頒授的中銀香港紫荊盃，而選擇引入更多運動項目進校園。他說：「如果棍網球能被學體納入為紫荊盃的計分項目，相信定會吸引更多學校啟動棍網球運動。」

對於喇沙書院棍網球隊的未來發展，他表示正在與總會探索將這項運動帶入喇沙小學。他覺得若一個辦學團體能在中小學同步推行棍網球，將有效為學校建立更強大隊伍，讓這運動能在校園一脈相承，孕育更多棍網球新星。

Inter-Secondary School Competitions have always been recognized as a significant platform for fostering the local sports stars and encouraging student participation in sports. La Salle College places great emphasis on the development of students in both sports and arts. Over the years, the school has consistently introduced various sports to its students and has achieved remarkable success in the field. In May 2023, La Salle College won the championship in the boy's division of the All Hong Kong Inter-Secondary School Lacrosse Competition, which came as a pleasant surprise even to physical education teacher Mr. Ma Kin Kwok who oversaw the team.

Being one of the pioneering secondary schools in Hong Kong to introduce lacrosse, La Salle College received a recommendation from Au Yeung Chun Yu (Joey), a former student and Hong Kong lacrosse player, to introduce the sport to the school. It took one year to organize trial classes and form a school team. The students responded enthusiastically during this period. Mr. Ma remarked, "Initially, I had modest expectations when introducing lacrosse because the school already had numerous established sports teams. However, despite the additional investment of resources and time, the teachers didn't hesitate. The students were delighted and satisfied to have another sport to participate in."

Having nearly seven years of lacrosse experience, the school has successfully trained several promising players during this time. Mr. Ma mentioned that the requirements for joining the lacrosse team are not overly stringent. If students display interest in the sport and commit to regular team training, they have a chance to become team members. His primary concern lies in ensuring that the students derive enjoyment from playing lacrosse rather than solely focusing on their performance. The school lacrosse team has maintained a training frequency of approximately once a week in recent years. Some students have even participated in the association's training programs and were selected to represent Hong Kong, China in various tournaments.

During the Inter-Secondary School Competition in 2023, La Salle College's school team consisted of only nine players. Despite this, under the guidance of their team leader, the team excelled in the final and emerged as champions. Mr. Ma noted that some players underwent systematic training outside the school through the association, which significantly elevated their skill level and contributed to their victory. However, due to several players being in their final year of study, the team faces the challenge of losing players. Mr. Ma hopes that the team's outstanding performance this year will inspire more junior students to participate and expressed his desire

to bridge the gap in skill levels among team members in the future. Rather than focusing solely on rankings, Mr. Ma values student participation, stating, "Winning the competition is fantastic, but I want to see more students involved and having fun."

Regarding the resources and support provided by the association to his school, Mr. Ma believes it will contribute to the nurturing of exceptional athletes. Additionally, he mentioned that many schools actively participate in sports events organized by the Hong Kong Schools Sports Federation, as the Federation is well recognised within the local school community. In order to contend for the BOCHK Bauhinia Bowl Award, many schools opt to introduce a wider range of sports on their campuses. Mr. Ma remarked, "If lacrosse is included as a scoring category in the Bauhinia Bowl Award, I believe it will attract more schools to adopt lacrosse."

To continue develop the future of the La Salle College lacrosse team, Mr. Ma is collaborating with the association to introduce the sport to La Salle Primary School. He believes that if there is an organization dedicated to promoting lacrosse in both primary and secondary schools simultaneously, it will establish a stronger foundation for the sport within the school. This continuity will ensure that lacrosse thrives on campus, giving rise to nurture new Lacrosse stars.

孕育棍網球新星： 吳氏宗親總會 泰伯紀念學校

許順榮老師

Nurturing new Lacrosse Stars - Ng Clan's Association Tai Pak Memorial School

Mr. HUI Shun Wing

大家普遍在棍網球場上看到的運動員，多半離不開體格健壯的身形。不過誰說只有高大魁梧的球員才能踏上賽場？一些身高不到五尺的小小運動員手執球棍，在球場上靈活互動的身影同樣英姿颯颯。「攜動·明天計劃」(Project Cradle) 計劃開始的首個年度，共有 4 間小學參與，吳氏宗親總會泰伯紀念學校便是其中之一，而泰伯小學組代表隊伍更在 2019 年首屆棍網球校際盃（小學組）中成為大贏家。

當時負責這個項目的泰伯體育老師許順榮（Mr. HUI Shun Wing）回憶道：「最初只希望學生能接觸新的運動項目，培養他們的團隊合作和領導能力，沒有想過球隊會在這麼短的時間內獲得如此成績，但過程中眼見學生及家長都十分投入參與訓練，便開始對贏取比賽建立起信心。」

受到學生與家長對棍網球的熱情鼓舞，許老師亦投入更多時間和精力來訓練球隊。他更特別感謝某位隊員家長全力協助學生練習，其中包括技術、體能、進攻和防守策略等訓練。而隊員們亦在鍛鍊的過程間學會合作和溝通，明白到隊友間需要互相支持。不論在心態還是體能的層面上，這些重點訓練確實對球隊所獲的佳績有著關鍵影響。許老師直言：「我覺得這些付出是值得的，因為不僅可以幫助他們提升技能、體能和戰術水平，還可以培養團隊的合作和自律性。」

從 2017 年初次啟動 Project Cradle，經過總會一年多宣傳及推廣，直到 2019 年首辦學界聯賽時，已經召集到 11 間學校派出 25 隊參加小學組別的初、高級組賽事，數目翻倍增長。最後，吳氏宗親總會泰伯紀念學校不負眾望，先後在初、高級組小組賽全勝晉級，最後兩組隊伍都成功奪冠，贏得觀眾席間的雷動掌聲。事後回顧，許老師對這驕人的賽果固然激動，但最讓他難忘的是隊員在運動時所展現出來的拼搏及團隊合作精神。此外，看到隊員個人技術上有所突破，加上他們獲得勝利時的喜悅等，都讓他特別欣慰。

談及青少年球員在這項運動的發展和成長，他表示，總會在推廣和培訓方面做了很多努力，並取得了顯著的進展。他相信，這項運動在學生中的受歡迎程度仍將繼續提高。他計劃在來年繼續在學校內推廣和發展棍網球，為學生提供更多學習和改進技能的機會。他尤其鼓勵學生參加校際比賽，

泰伯球員關煜熹地上爭球
Marcus Kwan of Tai Pak fighting for groundball.



泰伯於 2019 小學校際比賽初級組奪冠
Tai Pak winning Champion in Inter-primary school competition (Junior Group) 2019.

讓他們展示自己的技能外，亦能與其他學校的球隊切磋。

對於那些有意在校內開展棍網球課外活動的學校而言，許老師毫不吝嗇地分享自己的經驗，並提供了一些建議。他強調需要根據學校的發展方向和資源，從而制定發展目標、宣傳和推廣策略、舉辦訓練班等。如果需要專業指導，亦可以諮詢總會，聘請具有相關經驗和專業知識的教練，或與相關棍網球組織合作。他覺得首要條件是先創造一個積極和有趣的環境，令學生能全然享受棍網球，讓他們從參與運動的過程中成長。

許老師分享道：「總會對推動棍網球在香港的發展實在功不可沒：在多區舉辦兒童及青少年球員的培訓班、透過棍網球章別獎勵計劃，鼓勵運動員透過持續及有系統的訓練，不斷求進、舉辦校際比賽，讓學生能與其他學校的球隊切磋，相信這些能有效為未來港隊代表作好準備。」

泰伯 2019 小學校際比賽高級組代表合照
Team Photo of Tai Pak in 2019 Inter-Primary School Competition.



In the realm of lacrosse, the prevailing notion that only tall and robust athletes can excel on the field is being challenged. Young athletes, standing less than five feet tall, defy this stereotype as they wield their lacrosse sticks with remarkable skill and grace. One of the schools that participated in the inaugural year of the "Project Cradle" initiative was Ng Clan's Association Tai Pak Memorial School. Notably, their school team achieved remarkable success by emerging as the overall champions in the 2019 Inter-Primary school lacrosse competition..

Reflecting on the project, Mr. HUI Shun Wing, the physical education teacher in charge of the initiative at Ng Clan's Association Tai Pak Memorial School, expressed his initial objective of introducing students to a new sport and fostering their teamwork and leadership abilities. However, he was pleasantly surprised by the team's rapid progress and outstanding achievements. Witnessing the high level of involvement from both students and parents during training sessions, Mr. Hui gradually developed confidence in the team's potential to succeed in the competition.

Motivated by the enthusiasm displayed by students and parents towards lacrosse, Mr. Hui dedicated additional time and effort to training the team. He expressed sincere gratitude to a parent of a particular player for their unwavering support, which encompassed technical guidance, physical conditioning, offensive and defensive strategy training, and overall assistance during practice. Throughout the training process, team members learned valuable lessons in cooperation, communication, and mutual support. These key aspects, spanning mental fortitude and physical

fitness, significantly influenced the team's exceptional performance. Mr. Hui candidly stated, "I believe these efforts are worthwhile as they not only enhance their skills, physical fitness, and tactical acumen but also cultivate teamwork and self-discipline."

Since the launch of Project Cradle in 2017, the association's tireless efforts in promotion and training have yielded significant progress. By the time the first inter-school competition was held in 2019, a total of 11 schools had been brought together, with 25 teams participating in the junior and senior divisions of the primary school category. This marked a doubling of participation rates. Impressively, Ng Clan's Association Tai Pak Memorial School lived up to expectations, emerging victorious in both the junior and senior group stages and ultimately securing the championship title, which elicited resounding applause from the audience. Looking back, Mr. Hui found the team's remarkable achievements exhilarating, but what truly left a lasting impression was the players' unwavering dedication, teamwork, and the sheer joy they experienced upon emerging victorious.

When discussing the development and growth of young lacrosse players, Mr. Hui acknowledged the association's substantial contributions in terms of promotion strategies of the Association. He believes that lacrosse will become more and more popular in Hong Kong. He also highly encourages students/schools to participate in the inter-school competitions, as it will not only provide an opportunity for the students to showcase their skills and ability, it will also provide an opportunity for the youths to compete with other schools, so to learn from the game.

泰伯於 2019 小學校際比賽高級組奪冠
Tai Pak winning Champion in Inter-primary school competition (Senior Group) 2019.



In terms of launching extracurricular lacrosse activities at interested schools, Mr. Hui openly shared his experiences and offered suggestions. He emphasized the importance of establishing clear development objectives, formulating effective publicity and promotional strategies, and tailoring training programs to align with the school's resources and development direction. Seeking professional guidance from the association, hiring coaches with relevant expertise, or collaborating with lacrosse clubs were also suggested avenues. Creating a positive and engaging environment, where students can derive genuine enjoyment from lacrosse and foster personal growth through participation, was deemed paramount.

Mr. Hui shared, "The association has played a pivotal role in the promotion of lacrosse in Hong Kong. They have organized training courses for children and young players across multiple districts. Through the lacrosse chapter award scheme, athletes are encouraged to undergo continuous and systematic training, facilitating their improvement. Additionally, inter-school competitions provide valuable opportunities for students to compete against teams from other schools. I firmly believe that these initiatives effectively prepare our athletes to potentially represent Hong Kong, China in the future."

棍網球讓我看到更大的世界

羅浩龍

Lacrosse has allowed me to broaden my horizon

LAW Ho Lung, Kelvin

總會近年積極在中小學校園推廣棍網球運動，務求吸納更多有興趣開拓棍網球訓練課程的學校，讓這項運動成功進軍學界賽舞台。總會在 2017 至 2018 年與香港小童群益會合作舉辦「攜動·明天計劃」(Project Cradle)，希望透過計劃培養青少年的體育精神。2023 年大學畢業的羅浩龍 (LAW Ho Lung, Kelvin) 便是從這個項目初次接觸棍網球。從當初跟一群同學們貪新鮮試玩，到現在視它為日常娛樂，Kelvin 感恩地說道：「棍網球讓我看見一個更大的世界。」

在 Kelvin 就讀中四的時候，湊巧遇上總會入校宣傳 Project Cradle。本身有玩乒乓球與羽毛球的他，被講求速度與戰術的棍網球所驚艷，加上之前從未接觸過這類團體運動，他便與同學們相約參加這個計劃。他還記得一開始有 30 至 40 人參與，後來因為各種原因，慢慢縮減至十數人。計劃完結後，持續至今仍有玩這項運動的人亦所剩無幾。屈指一算，Kelvin 玩棍網球的年資也有差不多六年。

計劃初期旨在讓學生們體驗這項運動，練習頻率不算密集，當時參加者們大概每個月會有一兩次到九龍仔公園練習，後來甚至有機會在香港棍網球公開賽中出戰友誼賽。雖然當時隊伍「輸波」完場，但那次比賽對 Kelvin 來說已是相當寶貴的經驗，更激發他想要精進球技的決心。

與此同時，他對棍網球的興趣亦漸濃厚，因此也觸動他參加由總會舉辦的棍網球培訓計劃 (Development Academy)，展開恆常的棍網球訓練。當時其他隊友不少都是香港大學的學生，這亦無形中成為 Kelvin 努力學習的動力。計劃除了讓他多了實戰機會外，還加深了他對球例和戰術方面的知識。期間他曾到武漢交流，以及代表香港到台灣出戰大中華盃。世界遼闊如斯，Kelvin 覺得這項運動讓他打開了認識世界的大門，亦擴闊自己的視野。大學三年級時，他經選

Kelvin (前排中間) 武漢交流留影
Kelvin (front row, middle) taking picture during an exchange program in Wuhan.



In recent years, the Hong Kong, China Lacrosse Association has been actively engaged in promoting the sport of lacrosse in primary and secondary schools. This effort has resulted in an increase in the number of schools interested in developing lacrosse training programs, which has enabled the sport to successfully enter the stage of school competitions. In the academic year 2017-2018, the Association collaborated with The Boys' and Girls' Clubs Association of Hong Kong (BGCA) to launch "Project Cradle." This initiative aimed to foster the sportsmanship of young people through the sport of lacrosse. LAW Ho Lung Kelvin, a recent university graduate, was first introduced to lacrosse through this project. Initially eager to play with a group of classmates, he now regards the sport as a daily source of amusement. Kelvin expressed his gratitude by saying, "Lacrosse has allowed me to broaden my horizons."

During his time in Form 4, Kelvin serendipitously encountered the Association promoting Project Cradle. Being a table tennis and badminton player himself, he was captivated by the speed and tactics involved in lacrosse. As he had never been exposed to this type of team sport before, he encouraged his classmates to participate in the project together. At the outset, approximately 30 to 40 individuals joined in, but this number gradually diminished to around a dozen due to various circumstances. Subsequent to the conclusion of the program, only a handful of individuals persisted in playing the sport. If we were to tally, Kelvin has been actively playing lacrosse for nearly six years.

At the outset of the program, the primary objective was to provide students with the opportunity to experience the sport of lacrosse, and as such, the frequency of practice sessions was not particularly intensive. Initially, participants would convene at Kowloon Tsai Park to practice once or twice a month. Later on, they were even afforded the chance to engage in a friendly match at the Hong Kong Lacrosse Open. Despite the team's defeat during the game, it proved to be an invaluable experience for Kelvin, serving to inspire his resolve to enhance his lacrosse skills.

Simultaneously, Kelvin's passion for lacrosse continued to intensify, inspiring him to participate in the Development Academy organized by the Association, which offered regular lacrosse training sessions. Many of his teammates at the time were students from the University of Hong Kong, which inadvertently served as a motivation for Kelvin to study harder. The program not only offered him more opportunities for playing experience but also deepened his understanding of rules and tactics related to the sport. During this period, he travelled to Wuhan

to participate in friendly matches and represented Hong Kong, China in the Greater China Cup held in Taipei. Through lacrosse, Kelvin has had the chance to explore the vast world, broaden his horizons, and deepen his understanding of diverse cultures. In his third year of university, he was chosen to become a member of the Men's High-Performance Program (HPP) and participated in the Hong Kong Lacrosse Sixes Invitation Tournament, where he gained valuable experience in a large-scale competition.

During the interview held in July, Kelvin was partaking in an overseas exchange program at a university in the Netherlands. He shared with us that he also engaged in lacrosse with the Netherlands students, which serves to illustrate that sports do connect people from different countries. Although he did not intend to pursue a career as a lacrosse player after completing his studies, Kelvin asserted that lacrosse remains an integral part of his life and a beloved hobby. He expressed his belief that when lacrosse becomes a regular pastime for the general public, the sport will truly gain widespread popularity.

Kelvin 代表香港到台灣參加 2018 大中華盃
Kelvin travelled to Taipei representing Hong Kong in 2018 Greater China Cup.



Kelvin (前排右一，16 號球衣) 武漢交流大合照
Group photo in Wuhan Exchange activities - Kelvin (Front row 1st right, wearing no.16).



拔後銜接成為精英訓練計劃 (Men's High Performance Team Programme (HPP)) 的成員，參加了當時的香港棍網球六人邀請賽，累積了不少大型比賽的經驗。

2023 年 7 月訪談時，Kelvin 正身在荷蘭參加大學的海外交流計劃，他跟我们分享自己在荷蘭的大學亦有跟當地的學生一起打棍網球，印證著運動連結不同國界的人。雖然畢業後未有成為棍網球運動員的想法，但 Kelvin 肯定棍網球仍是自己的興趣愛好，並早已融入自己生活當中。他表示，當有一天棍網球成為大眾的日常娛樂時，這項運動才是真正的走向普及化。

最年輕的 明日之星

楊珮珮

Youngest Rising Star

YEUNG Pui Pui

珮珮(右側2號球員)正在防守 Crossfire 隊的球員 Pui Pui (Wearing No.2 on the right) defending a player from Team Crossfire.



珮珮面對 Crossfire 球員跳起射門
Pui Pui Made a Jump Shot against Team Crossfire.

珮珮(2號)代表 WU20 出戰 2023 香港棍網球公開賽
Pui Pui (Wearing No.2) representing WU20 participated in 2023 HK Lacrosse Open.



看著平時為這運動練習、學習而分身不暇的女兒，珮珮母親表示雖然為此心疼，但看著女兒為著熱愛之事全情投入，並獲得滿足感的模樣，因此也給予她充分的支持。珮珮母親分享：「我會與她一起分析她所要付出的努力，然後由她自己做出決定。我也看到她不斷穿梭在運動場和學業之間，這對她來說是一個巨大的考驗。正因為她清楚背後的辛苦，因此我會讓她自己做出選擇。我為她而感到自豪，她總是那麼全程投入地做好每件事情，我知道她全是出自內心的喜好。無論她最後決定做什麼，我都會支持她。」

對於一名十幾歲的少女來說，談夢想是否仍太遙遠？而對一個即將面對公開試的學生而言，追求學業之外的興趣，又是否過於奢侈？現年 17 歲的楊珮珮 (YEUNG Pui Pui) 即將升讀中六，不過迎接著她的挑戰不只是 2024 年香港中學文憑考試，還有四年一度「世界棍網球女子 U20 錦標賽」的出賽機會。面對棍網球和學業之間的抉擇，珮珮至今仍覺得兩方皆是難以取捨，自己唯一能做的，就是做好全力以赴的準備。

小三開始練習籃球的珮珮就讀賽馬會體藝中學，中一時首次接觸到棍網球後，她便對這項運動產生了濃厚的興趣。打籃球的底子讓她在打棍網球時更得心應手，而棍網球的速度感亦深深地吸引著她。後來，她更主動參與總會所舉辦的棍網球培訓計劃 (Development Academy，

簡稱 DA)，以及銜接加入成為精英訓練計劃 (High-Performance Program) 的球員，在 2023 年 4 月的香港棍網球公開賽首度亮相，前途無可限量。

女子 U20 世錦賽將於 2024 年落戶香港，珮珮亦有機會代表香港球隊出賽，面對這個能與全球頂尖的女子隊伍同場競技的機會，她亦表現得相當期待。但同一時間，珮珮同時面對著籃球、棍網球的固定訓練，亦需要兼顧自身學業，她仍然嘗試在其中尋找一個最佳平衡點。珮珮坦言若最後真的無法兼顧文憑試的溫習，已抱有留級或延遲一年考試的心理準備。她堅定地表示：「儘管留級並不是最理想的方式，但能夠參加 U20 世錦賽是一個非常難得的機會。無論面對任何選擇時，只要背後有一個合理的理由支持自己，我便會盡力去做，那就沒有什麼後悔的。」

雖然玩棍網球曾為珮珮帶來不少傷患，但她對棍網球的熱情始終不渝，因為她在其中所獲得的，遠比失去的多。珮珮指出，參與棍網球讓她有更多機會代表香港出賽，並參與海外團體集訓，這都是其他運動項目難以企及的。通過總會提供的培訓，她不但能與來自各界的棍網球球員切磋球技，亦認識到不少對這項運動懷著巨大熱情的師姐們。她們對珮珮來說不只是球場上的戰友，更是生活中的導師，讓她在升學與體育的事宜上獲得不少建議。她滿足地笑到：「我為此感到幸運。」

談及棍網球時，這位小女孩的眼中總是閃爍著光。面對眼前這位冉冉升起的明日之星，希望她能帶著今天這份熱情邁向更大的世界舞台上，繼續展現出自己的才華和魅力。



珮珮(前排左三)代表 Flamingo Pheonix 參加女子超級聯賽
Pui Pui (Front Row 3rd Left) representing Flamingo Pheonix to play in Women's Premier League.

Is it premature to discuss the aspirations of a teenage girl? Should a student on the brink of facing public examinations be deemed extravagant for pursuing interests beyond academics? These questions hang in the air as seventeen-year-old YEUNG Pui Pui stands at the crossroads of her young life. Set to enter Form 6 next year, she confronts not only the 2024 Hong Kong Diploma of Secondary Education Examination but also the opportunity to compete in the quadrennial "World Lacrosse Women's U20 Championship". Contemplating the choice between lacrosse and school, Pui Pui finds herself torn, unable to make a definitive decision. Nonetheless, she remains resolute in her commitment to give her all, come what may.

Pui Pui, a student at Jockey Club Ti-I College, has been actively involved in basketball since Primary 3. However, her interest in lacrosse was sparked when she encountered the sport in Form 1. Pui Pui's basketball background has provided her with a solid foundation, making her more comfortable playing lacrosse. She is particularly drawn to the fast-paced nature of the game. Subsequently, she took the initiative to participate in the Development Academy (DA) organized by the Association. Her skills and dedication led to her inclusion in the High-Performance Program (HPP). In April 2023, she made her debut in the Hong Kong Lacrosse Open, showcasing her potential for a bright future in the sport.

Looking ahead, the Women's U20 Championship will take place in Hong Kong in 2024, presenting Pui Pui with the opportunity to represent the Hong Kong, China team. She eagerly anticipates the chance to compete against top women's teams from around the world. However, Pui Pui is currently faced with the challenge of balancing her basketball and lacrosse training while also managing her academic studies. Despite this, she strives to find an optimal equilibrium among her commitments. Pui Pui openly acknowledges that if she finds it impossible to adequately prepare for the HKDSE examination, she is mentally prepared to repeat a grade or defer the exam for a year. She firmly asserts, "Although repeating a grade is not the most ideal path, participating in the U20 competition is an exceedingly rare opportunity. Regardless of the choices I face, as long as there are sound reasons supporting me, I will wholeheartedly pursue them without any regrets."

Observing her daughter's busy schedule, filled with studying and practicing for her chosen sport, Pui Pui's mother expressed her initial distress. However, upon witnessing her daughter's wholehearted dedication and the satisfaction it brings her, she wholeheartedly supports her. Pui Pui's mother shared, "I will discuss with her the effort required and allow her to make her own decisions. I see her constantly balancing between the sports

field and school, which is a significant test for her. Knowing the hard work involved, I trust her to make the right choices. I am proud of her unwavering commitment to everything she does; I know it comes from the heart. Regardless of her ultimate decision, I will stand by her and provide my support."

Pui Pui's path has not been without obstacles. Countless injuries have tested her resolve, but her ardour for lacrosse remains unswayed. For her, the rewards of this sport far outweigh the losses. Through her engagement in lacrosse, she has gained invaluable opportunities to represent Hong Kong and partake in overseas team training—a privilege that eludes many in other sports. The association's training has not only honed her skills but has also introduced her to passionate mentors and teammates who have become her guiding lights. They offer advice not only on matters of sport but also on her future education. With a sense of contentment, Pui Pui remarks, "I consider myself fortunate in that regard."

When it comes to the sport of lacrosse, a twinkle always graces the eyes of this young girl. Observing this rising star, there is a hope that she will have the opportunity to take her enthusiasm to a bigger world stage and continue to display her talent and charm.

熱血 棍網球家庭

閃海星父母

Enthusiastic Lacrosse Family

Parents of SHAN Hai Xing, Owen

三父子於兒童比賽時合照
左至右分別為 Owen (哥哥)
Ralph (爸爸) 及 Jerald (弟弟)
Father and Sons taking
picture during a Kid's From
Left to Right - Owen (Elder
Brother), Ralph (Father) and
Jerald (Little Brother).



閃海星 (右二) 參加 2023 香港棍網球公開賽 U12 組別領獎
Owen (2nd Right) received award representing Team U12 Elite Team in 2023 Hong Kong Lacrosse Team.



閃海星參加比賽前熱身
Owen Pre-Game Warm-up.

為了將棍網球傳承下去，總會積極向青少年及兒童提供培訓計劃，為他們創造更多參與競技活動的機會。不過甚麼年紀開始學打棍網球最合適？過了某個年紀才開始打，又是否只能被淘汰？其實開啟一項運動沒有大家想像中那麼多限制，在 U12 棍網球運動員閃海星 (SHAN Hai Xing, Owen) 的家庭中可見，要是你對棍網球感興趣，時機永遠沒有太遲或太早，只要參與運動時能樂在當下，一切都剛剛好。

2023 年 4 月適逢總會主辦 2023 香港棍網球公開賽，除了有大家期待的成人賽外，總會同時帶來 Youth Festival，招募本地優秀兒童球員，組織 U8、U10 及 U12 組別的精銳隊與外地隊伍交流切磋。其中，Owen 就是 U12 組別的入選球員之一。Owen 的棍網球之旅始於暑期興趣班，最初他被棍網球的型格裝備吸引。後來

經過一段時間訓練後，他對這項講求速度與集中力之運動的興趣亦越漸濃厚，因此父母都給予他全力支持。

Owen 的父母觀察到兒子接觸棍網球之後的變化，爸爸分享道：「我們看到棍網球為他成長帶來不少正面影響，例如讓他學會不少棍網球技巧、運動的團隊精神，以及提高專注力等。過程中，他很尊重教練和師兄們，並樂意配合教練的指引。同時，他也展示了領導能力，我們都看到他的自信心一路增強。作為父母，我們都希望他在這段棍網球之路繼續努力與成長。」

從一開始在賽場外當一個「熱血爸爸」為兒子打氣，他後來亦被 Owen 與其隊友的拼搏精神感染，促使他參加總會的裁判及指導員課程，希望學習更多棍網球規則、基本技術及歷史等知識。從一開始對這項運動一竅不通，到現在成為被總會認證的棍網球指導員及裁判，這對他們一家來說，都是一個神奇的旅程。Owen 爸爸分享道：「隨著自己參與越來越多比賽，自己也更喜歡棍網球，所以現在也有加入本地的球會玩這項運動。」

媽媽分享現時全家的生活圍繞著棍網球，Owen 現時每星期都會練習或參加比賽，而弟弟 Jerald 亦有參加棍網球訓練班。閃爸爸則會為一些棍網球比賽當裁判，而媽媽主要負責後勤工作，每次比賽前都會為兩兄弟準備水和零食補充體力，有時自己也會到現場為孩子們打氣。現在全家都因為這

In order to promote the sport of lacrosse, the association actively offers training programs to teenagers and children, providing them with increased opportunities to engage in competition. However, determining the optimal age to start learning lacrosse and whether starting later would result in elimination is a common concern. The restrictions on starting a sport are not as stringent as one might imagine. This is evident in the case of SHAN Hai Xing Owen, a U12 lacrosse player, and his family. When it comes to lacrosse, it is never too late or too early to play. The key is to derive enjoyment from participating in sports, and that is what truly matters.

In April 2023, the association hosted the 2023 Hong Kong Lacrosse Open, coinciding with a Youth Festival aimed at recruiting talented local children's players. The festival will also facilitate exchanges between elite teams in the U8, U10, and U12 age groups, both local and foreign. Owen has been selected as one of the players in the U12 group. His lacrosse journey began with a summer interest class, where he was initially drawn to the sport due to its stylish equipment. As he underwent training, his interest in this fast-paced and concentration-demanding sport grew. Thankfully, his parents provided him with unwavering support.

been truly transformative. Owen's father shared, "As I became more involved in the game, my fondness for lacrosse grew, leading me to join local clubs and actively play the sport as well."

Owen's mother stated that lacrosse has become a central part of their family's life. Owen now practices and competes in matches on a weekly basis, while his younger brother, Jerald, also participates in lacrosse training classes. Their father occasionally serves as a referee for lacrosse games, while their mother primarily takes care of logistics. Before each game, she ensures that the two brothers have water and snacks to replenish their energy, and she sometimes attends matches to cheer them on. Lacrosse has provided the family with shared interests and topics, injecting positive energy into their lives.

Furthermore, in the last tournament before the summer vacation of 2023, both Owen and Jerald had the opportunity to compete. Reflecting on a memorable day during the final match, the parents recalled a closely contested game against formidable opponents, which culminated in their son and his teammates emerging victorious. This brought joy to both the adults and the children. Owen's parents expressed their satisfaction, stating, "This outcome marks a perfect conclusion to the U12 stage and signifies the beginning of a new journey. We believe that our child's lacrosse journey will continue."

When it comes to their expectations for their children's involvement in lacrosse, Owen's parents emphasize the importance of enjoying the sport and developing good sports habits and a healthy lifestyle. They also harbor the idealistic hope that Owen may one day represent the Hong Kong, China team. Additionally, they aspire for Owen to promote lacrosse in the future, enabling more individuals to discover the joys of this sport. They even consider proposing the establishment of a lacrosse team at his school. The example set by the Shan family illustrates the vital role parents play in promoting lacrosse, as their unwavering support has facilitated its rapid growth.

Owen's parents have observed the positive changes in their son since he started playing lacrosse. Owen's father shared, "We have witnessed how lacrosse has positively influenced his personal growth. He has acquired various lacrosse skills, developed teamwork and sportsmanship, and improved his ability to concentrate. Throughout the process, he has shown respect for his coaches and senior players, willingly following their guidance. Moreover, he has demonstrated leadership skills, and we have witnessed his self-confidence grow. As parents, we hope that he will continue to persevere and thrive in his lacrosse journey."

Initially, Owen's father was an enthusiastic supporter, cheering on his son from the sidelines. However, he gradually became inspired by Owen's fighting spirit and that of his teammates, prompting him to participate in the association's referee and instructor courses. His aim was to deepen his knowledge of lacrosse rules, basic skills, and historical aspects. Their journey as a family, from being unfamiliar with the sport to becoming a certified lacrosse instructor through the Association, has



閃海星 (左三)
參加兒童棍網球
聯賽 U12 組別領獎
Owen (3rd Left)
received award
in Mini Lacrosse
League.

項運動而分享更多共同話題，棍網球無疑為他們一家的生活注入正能量。

另外在 2023 年暑假前的最後一次比賽中，Owen 與 Jerald 都有機會下場競技。父母回憶起當日決賽那場賽事，孩子們遇上強勁的對手，雙方實力不相上下，最後見證兒子與隊友打響勝利旗鼓，大人、小孩都為此而雀躍。Owen 父母說：「這個成績算是為 U12 這個階段畫上一個完美的句號，亦標誌著一個新旅程的開始，相信孩子的棍網球之路一定會繼續走下去。」

對於孩子玩棍網球的期望，Owen 的父母表示最重要的是他能享受運動，並培養出良好的運動習慣和生活方式，若日後能成為港隊代表就更理想。除此以外，他們亦希望 Owen 日後能將棍網球發揚光大，讓更多人發掘到這項運動的趣味，而他們亦有主動向學校提出創立棍網球會的可能性。從這一個棍網球家庭的例子可見，總會在推廣棍網球的路上，猶幸得到一眾家長們的協力支援，才得以加快成長速度。

展望未來 Forward Looking

這本三十週年特刊，記載了香港棍網球發展的三十個故事。這三十個故事記載的，不單單是三十個關於總會的故事，而是三十個影響著香港棍網球發展，使香港棍網球發展能夠走到今天的三十個人生故事。然而，三十年光景又豈止於這三十個故事。

無奈特刊的篇幅有限，只能記載此三十個人物故事，但總會能走過這三十年，絕不只有這三十人。很多人說，發展體育需要資源，政府、商界、民間的金錢支援缺一不可。不過，看著這走過的三十年，棍網球發展最重要的，其實是一班一直以來不計回報，對棍網球始終如一、熱情不減的「傻孩子」。可幸的是，香港棍網球界的「傻孩子」，好像特別多。

回顧總會過去三十年發展，首十年步履緩慢，中十年心有餘而力有不逮，後十年跌跌碰碰、邁步向前。走到今天總會成為港協暨奧委會成員、政府架構下認可的體育總會，港隊成績亦走進世界前列、屢創佳績，這無疑是前人一步一步、默默耕耘的成果。今天走到這裡，正如創會會長侯仲銘訪問時所言，是始料不及的。當年總會成立之時，其實只是希望給予一個讓香港大學的球員們，能於畢業後有個持續打棍網球的機會。又有誰想過，三十年間總會走走停停、跌跌撞撞，縱使緩慢，仍終走出香港，邁向世界。

過去 10 年，總會積極舉辦國際賽事，包括每年一度的香港棍網球公開賽，今年 (2023 年) 年末首次舉辦的「國際超級棍網球六人賽 - 香港站」(Super Sixes - Hong Kong)，以至於來年 (2024 年) 成功申辦的女子 U20 世錦賽，均是期望棍網球能夠於香港做到盛事化、產業化，推動香港棍網球，甚至香港體育發展。隨著國際委員會宣佈棍網球成為洛杉磯奧運的比賽項目，此勢將成為棍網球於香港起飛的契機。普及化是總會近年的重點發展方針，相信奧運此契機將帶來質和量的重大改變。此外，近年港隊成績令人鼓舞，但總會更希望未來棍網球能正式成為香港體育架構的精英項目，以更專業化的訓練系統，使中國香港棍網球隊能走向更多如奧運、亞運等大型體育盛事，達到精英化的長期目標。

香港棍網球是亞太棍網球聯會的創始成員，作為亞洲棍網球發展的先驅，我們期望未來能更進一步，以亞洲棍網球的領頭身份，帶領亞洲與北美、歐洲分庭抗禮。放眼未來，本土發展機遇一個接一個、棍網球盛事一項接一項，代表著未來總會遇上的挑戰亦將是一個接一個。正如文首所說，要突破這一個又一個的難關，走向更光輝、更美好的下一個三十年，要依賴參與其中的每一個你。

棍網球於本港歷經六十個寒暑，總會亦到而立之年，能走到今天，要衷心感謝支持及參與香港棍網球發展的每一個你。期待下一個三十年，我們仍然可以在棍網球界裡，看見一個又一個熟悉的「傻孩子」。

This 30th anniversary commemorative booklet records 30 stories about the development of Hong Kong Lacrosse. These 30 stories are not just 30 stories about the Association, but it is 30 stories that highly affected the development of lacrosse in Hong Kong and 30 personal stories that allowed Hong Kong Lacrosse to be where we are today. But of course our 30 year history is not limited by just these 30 stories.

Unfortunately, we were not able to capture all and were only able to record the stories of these 30. But for our Association to have come this far in our 30 years, there were many more who have contributed to our success. As we all know, in order to succeed in sports development, resources, government support and sponsorship are all vital. However, when we look back in our 30 years history, the most important part of our lacrosse development was a group of lacrosse lovers who were just passionately in love with the game. Lucky for us, there seems to be many of them in the Hong Kong Lacrosse community.

Thinking back to our 30 years of development, the growth in the first 10 years was slow, the next 10 years were unorganized, the past 10 years there were many ups and downs but we kept moving forward. And today, we are a member of the Sports Federation & Olympic Committee of Hong Kong, China, we are a government recognized National Sports Association, our Representative Teams are achieving their highest ranking ever and no doubt, these were all only possible because of the dedication and sacrifices the people before us made. Like our founding president Mr. Louis Hou said in his interview, this was all unexpected. When he founded the Association, he just wanted to give the graduates from the University of Hong Kong a place to play lacrosse after university life. Who would have thought, after 30 years, although progress may have been slow at times, that the Association has taken off and now a strong contender in Asia and on the World stage.

In the past 10 years, the Association actively organized many international tournaments, including the annual Hong Kong Lacrosse Open. This year, in 2023, we will host the Super Sixes - Hong Kong tournament for the first time and next year in 2024, we are bringing the World Lacrosse 2024 Women's U20 Championship to Hong Kong. We hope we can maintain Hong Kong as a hub for major lacrosse events, support the development of sports as an industry, continue to develop lacrosse in Hong Kong and even contribute to the professionalism in the sports sector. Following the announcement of lacrosse being included in the LA2028 Olympic Games, it brings an opportunity for lacrosse to take off in Hong Kong. Grassroot development has been the main focus of the Association in recent years, we believe that with the inclusion of lacrosse in the Olympic Games, the quality and quantity of these programs will change drastically. Furthermore, the performance of our Representative Teams' in recent years has been encouraging but we hope that lacrosse will become an elite sport in the structure of the Hong Kong sports system to enable us to have more systematic and professional training and allow our representative teams to participate in multi-sport games such as the Olympics and Asian Games and a big step towards our long term goal of professionalizing lacrosse.

Hong Kong Lacrosse is a founding member of the Asia Pacific Lacrosse Union, as one of the pioneers in lacrosse in Asia, we hope to take the lead in Asia and match the growth rate in North America and Europe. Looking ahead, we see many development opportunities, major lacrosse events are coming one after another, which means we will be seeing more challenges ahead. As mentioned earlier, to overcome all these obstacles, for the next 30 years to become even better, we have to rely on every single one of you in our community.

Lastly, we would like to thank everyone who has supported and participated in the lacrosse community up until today. In the next 30 years, we hope we will continue to see you all continue to be a part of our community and continue to spread our love for the game of lacrosse.

HIGHLIGHTED EVENTS

焦點活動



六人棍網球聯賽
6's League



國際超級棍網球六人賽 - 香港站
Super Sixes - Hong Kong



兒童棍網球聯賽
Mini Lacrosse League



香港棍網球公開賽
Hong Kong Lacrosse Open

兒童棍網球盃
Junior Lacrosse Tournament

男子超級聯賽
Men's Premier League



女子超級聯賽
Women's Premier League



棍網球元老賽
Master Game

男子棍網球聯賽
Men's Championship League



女子棍網球聯賽
Women's Championship League

全港大專生校際棍網球比賽
All Hong Kong Inter-Tertiary students competition

男子室內棍網球聯賽
Men's Box League



女子室內棍網球聯賽
Women's Box League

全港小學校際棍網球比賽
All Hong Kong Inter-Primary Schools Competition



全港中學校際棍網球比賽
All Hong Kong Inter-Secondary Schools Competition

港隊團體相 Hong Kong, China Team Photo



**2002 World Lacrosse Championship
Perth, Western Australia, Australia**

Player: PH.Ng, K.F.Li, T.M.Tsui, W.K.Mak, Y.C.Leung, K.W.Fung, K.C.Lam, W.Y.Wong, K.K.Lo, C.M.Hou, K.K.Li, C.F.So, K.P.Yip, H.W.L. au, S.S.Tang, C.L.Wong, K.W.Lo, H.Y.Lai, C.A.Lo, W.K.Lau, D.Gabriel, K.C.Tang, M.Y.Sit
Staff: J.Tai, Y.Lam, C.K.Lau, P.Gregory, S.Jeff, H.Thomas, G.Rob, Y.F.Leung, W.Y.Lee



**2013 FIL Women's Lacrosse World Cup
Oshawa, Ontario, Canada**

T.K.Fan (Coach), T.Cheung, K.Muramatsu, K.H.Hui, A.Lee, S.Y.Lau, K.Mok, L.Chu, K.T.J.Lam, N.Uchiyama (Head Coach)
C.K.W.Lam, W.K.Leung, K.Lo, W.Y.Wong, S.Y.Fung, M.Lam, W.Y.W.Lee, M.Watt, K.Shiotani, J.Tai



**2014 FIL World Lacrosse Championship
Denver, USA**

Player: C.Y.Au, Yung, Y.C.Chan, C.W.Cheng, C.F.Cheng, R.Craighead, H.S.Fung, Y.Y.Hui, C.W.Kwan, S.Lau, K.Lee, T.K.Lee, Y.C.Leung, H.C.Mak, M.Silverio, V.Sternbergh, J.Wich, C.H.Wong, H.W.Wong, K.M.Wong, W.K.Wong, W.F.Yip, K.W.Yuen
Staff: W.S.Browning, T.Gillespie, R.Mashall, J.S.Wong, S.H.Yuen, K.T.Lam, C.M.Hou, V.Tse, K.Lo, K.Lee, D.M.Browne



**2006 World Lacrosse Championship
London, Ontario, Canada**

Player: PH.Ng, C.F.So, C.P.Lee, K.Y.Kwan, Y.F.Leung, C.S.Ho, H.Y.Lai, W.K.Leung, C.H.Kwan, Y.C.Leung, K.W.Fung, R.Li, K.M.Wong, W.Y.Wong, T.S.Ho, C.F.Yeung, C.W.Lam, S.Li, C.Li, H.T.Ip, T.K.Kwok, H.M.See, C.S.Leung
Staff: C.Bossert, H.Yip



**2016 FIL U19 Men's World Lacrosse Championship
Coquitlam, British Columbia, Canada**

Player: C.Y.Kwok, W.Zhan, K.Hip, S.O.Ng, L.Y.Fung, M.Nisbet, C.H.Lee, M.H.Cheung, L.H.Leung, A.Bazarian, J.I.S.H.Leung, K.K.Au, D.S.Lai, S.S.Cheung, W.C.Tse, H.J.Choi, Y.H.Wu, F.M.Li, S.H.Au, R.Craighead, L.Fko, C.S.Ho, K.C.Wong, B.Houghton
Staff: M.Bender, S.H.Yuen, J.Wong, C.Ng, C.W.Cheng, S.Browning, R.Marshall, D.Browne



**2010 FIL World Lacrosse Championship
Manchester, England**

Player: Y.L.Chan, T.H.Chan, C.F.Cheng, S.Y.Chan, C.W.Cheng, C.W.Joseph, S.Justin, T.Keiji, T.K.Kwok, C.W.Lam, C.S.Leung, Y.C.Leung, R.C.Mathew, J.H.Richard, H.M.See, H.T.Siu, C.F.So, C.H.Wong, H.W.Wong, K.M.Wong, W.H.Yau, C.F.Yeung, K.T.Yu
Staff: P.C.Ho, T.M.Leung, W.V.Leung, T.M.Lucas, C.M.Hou, K.W.Fung



**2017 FIL Women's Lacrosse World Cup
Guildford, Surrey, England**

W.Y.Lam, W.K.Teo, H.T.Liu, K.Mok, K.Barber, A.Tsui, Y.T.Tang, C.K.W.Lam, M.Watt, S.Y.Fung, M.Lam, K.Lo, K.Shiotani, K.Y.Woo, K.King, T.Taylor (Head Coach), Y.Kitagawa (Manager), N.Furness (Physio), C.Hartley, T.K.Fan, K.H.Hui, J.Karger (Coach), S.H.Yuen (Doctor), T.Roost (Coach)

港隊團體相 Hong Kong, China Team Photo



**2018 FIL World Lacrosse Championship
Netanya, Israel**

Player: J.Wich, C.W.Ling, C.Y.Au Yeung, M.H.Cheung, C.K.Chu, S.H.Leung, C.L.Leung, C.H.Lee, P.Gut, S.O'Brien, S.H.Wong, H.C.Mak, C.H.Ho, M.Tse, N.Hayat, W.K.Wei, N.L.Mak, H.K.Chan, L.Y.Fung, C.W.Cheng, T.K.Lee, C.S.Ho, W.K.Wong, E.Mok-Lamme
Staff: W.L.Siu, S.H.Yuen, M.Bender, T.H.Lau, K.Leung, H.L.Chiu, K.Robinson, R.Marshall, S.Browning, D.Browne, C.M.Hou



**2022 World Lacrosse Women's World Championship
Towson, Maryland, United States**

(Top row) Wong Wesley See Hon (Coach), Karger Jane (Coach), Lam Carrie Ka Wai, Wang Wei Ting Mya, Sze Staffi Charlene, Chak Leona Ka Yan, Chow Tsz Ching, Tse Wai Ki, Woo Ka Yu, Yue Ya Cheng, Hoi Ka Rei, Ron Cheak Yee, Ho Jing Yee Jane, Wang Tsz Yi, Yung Kate (Physio)
(Bottom row) Marrero Jenifer (Head Coach), Lam Wing Yi, Bartley Anne Charlotte, Ho Kinako, Li Daphne, Yu Michelle, Yu Vanessa, Tsai Alexandra Olivia, Liu Hui Yan, Lau Chung Yu (Manager), Liu Hui Tan, Fan Tak Kwan (Coach)



**2019 World Indoor Lacrosse Championship
Langley, British Columbia, Canada**

Player: S.H.Wong, W.K.Wong, S.S.Cheng, A.Pang, C.W.Ling, T.C.Lo, C.Y.Au Yeung, J.West-Pratt, W.Cheung, K.Y.Fung, S.H.Leung, H.C.Mak, Y.C.Chan, H.Y.Tsang, L.F.Ko, C.S.Ho, C.W.Cheng, B.N.Janssen, B.Houghton, E.Mok-Lamme, P.M.Choy, J.Wong, H.K.Chan, K.M.Lee
Staff: S.Browning, G.Hamilton, Y.Kyriacou, T.Gillespie, R.Banister, Y.Pho, S.H.Yuen, H.L.Chiu, K.H.So



**2022 World Lacrosse Men's U21 World Championship
Limerick, Ireland**

Vincent Bechler, Chow Tsz Hong, Tong Ka Chun, Zeng Tao, Luca Raolin Steinert, Sha Victor, Ho Tin, Li Eicheng, Lo Tin Chiu, Choi Chi Chung, Lin Yourun, Chong Yiu Lung, Hou Ching, Yeung Kin Fai, Tsang King Yui, Li Carter, Tsai Bash, Cheung Hoi Yin Haydn, Chan Pak Long, Lie A-Cheung Edward, Yan Chun Wai, Wong Ho Tung, Lo Sinji Yore Mason, Liam Wei-Liang Ferris, To Glen Hong, Staff: Chadwick David Fairfoull (Head Coach), Ho Pak Yeung, Luk Jonas, Wong Wesley See Hon, Mak Ho Chun Kelvin, Chan Hon Kai

TEAM HONG KONG

**2019 World Lacrosse Women's U19 World Championship
Peterborough, Ontario, Canada**

J.Karger (Head Coach), Y.K.Mo (Physio), K.Wells, C.Whitton, H.L.Poon, J.Ho, M.Wang, E.Bolitto, V.Yeo, S.Sze (Captain), V.Molloy, E.McCoy, C.Y.Hon, Y.Kyriacou (Coach), I.Au (Intern)
K.H.Hui (Coach), J.Ho, R.Lam, Y.H.Chau, S.Tso, K.Yeung, C.Y.Lau (Captain), T.C.Chow, H.Kwong, J.Chan, T.K.Fan (Manager), J.Marrosu (Coach)



**2023 World Lacrosse Men's World Championship
San Diego, California, USA**

(Top row) Corbyn TAO (Coach), Bob SNIDER (Head Coach), Dan MACRAE (Coach), Jordan WONG (Coach), Ka Ho Geoffrey TSOI, Logan Nan-San IP, Chun Wai Geoffrey LING, Tin Chiu LO, Nelson Ngai Long MAK, Wing Kit WEI, Jacky Check-Kiu CHIU, Yiu Lung CHONG, Ming Hong CHEUNG, Wan Piu LAM, Wesley See Hon WONG, Chun Yu AU YEUNG, Ho Chun Kelvin MAK, Jonas LUK (S&D), Ho Lam CHIU (Physio), Amy MACKINNON (Medical), Grace HENG (Manager)
(Bottom row) Wai Kwan WONG, Chak Sum HO, John Dashiell TSAI, Liam FERRIS, Evan Robert Ming-Yan MOK-LAMME, Matthew Chi Man TSE, Hoi Yin Haydn CHEUNG, Long Fai KO, Ron Kai CHAN, Wing CHEUNG, Lai Yin FUNG, Hing Yui TSANG, William ZHAN



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