



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

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Hong Kong Lacrosse High Performance Programme/U20 Squad

The Programs

The Hong Kong Lacrosse High Performance Programme/U20 Squad is directed towards athletes with aspirations of representing Hong Kong at the international level. The ongoing program is designed for participants to receive top level instruction and support, preparing them for the next step in their development and achievements.

The programme will include:

- Minimum of 3 field sessions per week (Tues, Sat & Sun)
- 1 supervised S&C session per week
- Continuous on-field and off-field assessments

Program Requirements:

All players must be HKLA members and at least 15 years of age. Players must have a high degree of dedication including the ability to attend 4 sessions weekly. Players should have a basic level of playing experience. Additionally, players will be required to participate in "community involvement" activities helping to support and develop lacrosse within our community.

Costs

- Try-out Fee HKD \$250 (Non-refundable)
- Once selected, the program fees will be \$4000 for the season by 2 instalments of HKD \$2000 each. (Non-refundable)
- Tournament and trip fees will be communicated to players prior to the selection of the travelling squad.

Try-out Period:

24-Oct- 2020 9:00-10:30 am	Jockey Club HKFA Football Training Centre 190 Wan Po Road, Tseung Kwan O, Hong Kong
25-Oct- 2020 8-9:30 pm	King George V School 2 Tin Kwong Road Homantin, Kowloon

Program Schedule: October 2020 - May 2021 (Tentatively)

Tuesday: Kellett or other venues	Evening
Thursday: North Point (S&C)	Evening
Saturday: CDR or other venues	9-10:30 am
Sunday: KGV	8:00-9:30 pm

Tentative Local and International Competitions

April: HKO
May: Taiwan/Japan

Registrations deadline: 20-Oct-2020

Sign up to be completed online at www.hklax.org

Contact Person:

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