



# 香港棍網球總會有限公司

## HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong  
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklax.org Website: www.hklax.org

### Jockey Club Community Sustainability Fund – Lax for All

#### Hong Kong Lacrosse Development Academy (Female)

2020/2021

#### **Academy Summary**

The Hong Kong Lacrosse Development Academy (DA) is directed towards developing lacrosse in Hong Kong. This programme is designed so that participants receive year-long, top level instruction and support preparing them for the next step in their development and achievements.

This season, this program is subvented by “**Jockey Club Community Sustainability Fund**”, athletes will be divided into three groups, so athletes will experience instruction and level of play that is most appropriate for their age and background.

#### **Rationale and Intent**

One of the main goals of the Hong Kong Lacrosse Association (HKLA) is to improve the calibre of lacrosse and to enhance the popularity of the sport in Hong Kong. The HKLA is committed to achieving this goal, and the introduction and development of youth lacrosse programme such as the Development Academy is a key strategy to that end. **This programme will serve as talent identification for the Hong Kong Lacrosse Under 19 Representative Team and the High Performance Programme (HPP).**

#### **Academy Objectives**

- To provide athletes with the opportunity to enhance their skills and abilities and to prepare them for international competition.
- To provide athletes with lacrosse skill development opportunities through on field preparation and competition.
- To provide athletes with the opportunity to improve their strength and conditioning as to enhance their on-field performance.

#### **Target**

**FEMALE (applicant must meet at least one of the following requirements):**

- Studying S.1 - S.6 in school year 2020-2021; OR
- aged between 12 and 25 years old AND have less than 2 years of lacrosse experience

#### **Program Term**

- **Fall Term** – Beginning of Sept 2020 Till End of Dec 2020
- **Spring Term** – Middle of Jan 2021 Till End of May 2021

**Anyone would meet the above requirement could participate in the Fall and/or Spring term.**



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### Application Date

- Application will begin 1 month before the start date of each term
- Any athletes who meet the above requirement could apply for the program anytime, however, **no reduction of program fee will be granted**

\*for athletes who join the program in the middle of the course, attendance rate will be counted based on the remaining of the sessions when he joined the program

### Program Fee

- A program fee of **600HKD per term** will be required to cover basic training costs
- Anyone youth or children who meets the requirement, could apply for a program fee reduction, the program fee would be 300HKD per term^
- Financial arrangements for tournaments will be communicated prior to the selection of the squad.

^Youth and children who are recipients of the Hong Kong Government's comprehensive Social Security Assistance (CSSA) Scheme recipient family; or recipients of the Hong Kong Government Primary and Secondary School Book Subsidy scheme; or recipients of the Hong Kong Government Working Family Allowance (WFA) Scheme. CSSA or WFA recipients are required to email the proof and member ID to [info@hklax.org](mailto:info@hklax.org) with subject of "application for DA program fee reduction" and mention which Division of Groups you belong to. After approval of the application, the link of application will be delivered.

### Division of Groups

1. **Junior Division** – Aged above 12, or Studying S.1-S.2 in school year 2020-21;
2. **Youth Division** – Studying S.3 - S.6 in school year 2020-21;
3. **Open Division** – Other participants who aged between 18 and 25 years old

\*Coaches may advice players to change groups as deemed necessary (e.g. skills, physicality, etc.)

### Practice Time & Location:

1. Junior Division – Club De Recreio (20 Gascoigne Road) : Every Saturday 13:00 – 14:30
2. Youth Division – Club De Recreio (20 Gascoigne Road) : Every Saturday 13:00 – 14:30
3. Open Division – Club De Recreio (20 Gascoigne Road) : Every Saturday 13:00 – 14:30

\*\*Practice time and location may be altered as deemed necessary

### Academy Participation

- All athletes are expected to participate in all scheduled training, development and evaluation sessions.
- Athletes who attain more than 80% attendance rate, will be granted a **full refund of the program fee.**
- Athletes will be selected to participate in specific competitions (e.g. Greater China Cup, HK Lacrosse Open 2021 Youth Festival Tournament, etc.).
- Athletes in the Open division would be able to apply for the **Lacrosse Instructor Course** organized by HKLA for **FREE**.



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## Athlete Requirement

- All applicants must be a HKLA member. Please register your HKLA membership at [http://www.hklax.org/register\\_landing.php](http://www.hklax.org/register_landing.php) .
- Athletes in the Youth & Open Division will be required to participate in *at least 1 volunteer times* of HKLA organized activities, including but not limited to HKOpen, Fun Day/Event, Leagues, community services, etc. **Those who can't fulfil the requirement, will not be granted the full refund of the program fee.**
- Athletes must complete a survey after the last session of that term. **Those who didn't complete the survey, will not be granted the full refund of the program fee.**
- Athletes in the Development academy will be continuously monitored, if player is found to be deficient in the areas of character, commitment and attitude, this could lead to being removed from the programme.

## Equipment Support

- Athletes in the program could rent the goalie's equipment for **FREE**. The equipment includes helmet, throat guard, chest guard, gloves, protective pants & goalie stick).
- Athletes who rent equipment are required to pay a deposit in **CASH**. The deposit will be returned after athletes return all his rented equipment. If any of the equipment is lost, or found abnormally tear, HKLA will deduct the cost of the item from the deposit.

Deposit as follow:

- Students - \$1000HKD
- Adult - \$1500HKD

## Potential Tournament & Competition

### Junior Division

- Opportunity to participate at the Youth Festival tournament in Hong Kong Lacrosse Open 2021\*, or
- Other competition

### Youth Division

- 10 players from the Spring Term will be invited to attend Youth Festival tournament in Hong Kong Lacrosse Open 2021\*
- The Greater China Cup, or
- Other competition

### Open Division

- The Greater China Cup, or
- Other competition

**\*the players will be selected by respective coaches accordingly, the tournament fee of selected players will be funded**



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## Program Gift

- All athletes in the program will receive a certificate, one women's stick, one pair of goggles, one pinnie, one set of programme apparel (one T-shirt and one pair of shorts) and one souvenir.
- Certificate will be given after the completion of that term of the program
- Athletes who participant in more than 1 term of the program, will **ONLY** receive **ONE** set of gifts.

## Special Arrangement

If a session is cancelled due to coronavirus, field closure or any other special reasons, an online teaching session will be held instead. Teaching includes rules explanation, tactical/technical teaching, self-training guides, etc. This special arrangement will be announced by email or other methods to all participants in advance.

## First Practice Date:

Jan 23<sup>rd</sup> 2021 (Saturday)

## Contact

Ka Hei Hui

HKLA Coach – Development, Women's Team

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