



中國香港棍網球總會有限公司

CHINA 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

2022-23 年夏季深水埗區棍網球隊(深水埗區隊)訓練計劃 章程

宗旨

1. 提高地區青少年參與棍網球運動的興趣及加強他們對地區的歸屬感
2. 發掘有潛質的學員作進一步培訓

遴選資格

1. 參加者必須在深水埗區居住；或 就讀深水埗區的學校
2. U8 組：年齡為 5-8 歲（2015-2018 年出生者）
U12 組：年齡為 9-12 歲（2010-2014 年出生者）

參加者必須於甄選日出示附有個人照片的證明文件以證明其符合遴選資格。

選拔細則

地點：九龍華仁書院草地足球場

日期：5 月 13 日（星期六）

時間：12:30 - 14:30

費用：港幣 100 元正

報名方法：經中國香港棍網球總會網上報名系統報名

報名截止日期：4 月 30 日（星期日）

服飾及裝備：球員應穿著合適運動服(可選擇穿上膠釘運動鞋)及自備球棍，不需穿著護甲。

是次甄選將每個年齡組別挑選 8-10 人成為區隊成員參與訓練。

選拔準則：

- 1) 球員之個人技術及能力
- 2) 球員之團隊配合能力及球商
- 3) 球員之紀律、態度與責任感



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訓練詳情

星期	日期	時間	地點
三	6月7, 14, 21, 28日; 7月5, 12, 19, 26日; 8月2, 9, 16, 23, 30日	U8: 16:00 - 17:30 U12: 17:30 - 19:00	深旺道遊樂場
五	7月14, 21, 28日; 8月4, 11, 18, 25日	U8: 16:00 - 17:30 U12: 17:30 - 19:00	深旺道遊樂場

嘉獎典禮

入選區隊的球員將會進行嘉獎典禮，以表彰及鼓勵球員。屆時亦會與油尖旺區隊進行表演賽。

日期：2023年7月29日（六）

時間：14:00

地點：花墟公園

聯賽資訊

小型棍網球聯賽可以讓球員定期參加比賽，增加比賽經驗。透過與不同地區的球員較量切磋，鍛煉技巧、團隊合作及心理質素。深水埗區隊將會組成一隊參與2023夏季小型棍網球聯賽。

日期：2023年5月27日（六），6月25日，7月30日，8月13日（日）

時間：13:00 - 17:30

地點：

2023年5月27日（六） - 寶翠公園足球場

其他日子 - 九龍華仁書院硬地足球場

訓練費用

區隊訓練費用為港幣1500元正，費用須於選拔後在中國香港棍網球總會網站繳交。費用已包括訓練開支，2023夏季小型棍網球聯賽費用及比賽球衣全套。

如有任何查詢，歡迎聯絡致電或 WhatsApp 韓卓怡小姐 (24582017)



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2022-23 Sham Shui Po District Lacrosse Team Training Scheme Information

Purpose:

1. Raise the interest of local youth in lacrosse and strengthen their sense of belonging to the district
2. Identify potential players for further training

Eligibility:

1. Participants must live in Sham Shui Po District; or attending school in Sham Shui Po District
2. U8 Group: Age 5-8 (Born in 2015-2018)
U12 Group: Age 9-12 (Born in 2011-2014)

Participants are required to present a supporting document with a personal photo on the selection day to prove their eligibility.

Selection details:

Location: Wah Yan College Kowloon Artificial Grass Football Pitch (56 Waterloo Road)

Date: 2023 May 13 (Sat)

Time: 12:30 – 14:30

How to apply: through the online registration system of China Hong Kong Lacrosse Association

Application Deadline: 2023 Apr 30 (Sun)

Application Fee: \$100

Clothing and Equipment: Players should wear appropriate sportswear (optionally with turfs or cleats) and bring their own sticks. No protective gear is required.

8-10 players will be selected for each age group as the district team members to participate in regular training.

Selection criteria:

1. Player's personal skills and abilities
2. Players' teamwork ability and Lax IQ
3. Players' discipline, attitude and responsibility



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Training details

Day	Date	Time	Location
Wed	Jun 7, 14, 21, 28 Jul 5, 12, 19, 26 Aug 2, 9, 16, 23, 30	U8: 16:00 – 17:30 U12: 17:30 – 19:00	Sham Mong Road Playground
Fri	Jul 14, 21, 28 Aug 4, 11, 18, 25	U8: 16:00 – 17:30 U12: 17:30 – 19:00	Sham Mong Road Playground

Award Ceremony

There will be an award ceremony for the players who were selected for the District Team to commend and encourage them. An exhibition game with the Yau Tsim Mong District Team will also be held.

Date: 2023 Jul 29 (Sat)

Time: 14:00

Location: Mong Kok Flower Market Park

League Info

Mini Lacrosse League allows player to play regularly and gain game experience. By competing with players from different classes, players can sharpen their skills, learn teamwork, as well as develop positive mentality. The Sham Shui Po District Team will form a team to participate in the 2023 Summer Mini Lacrosse League.

Date: 2023 May 27 (Sat), Jun 25, Jul 30, Aug 13 (Sun)

Time: 13:00 – 17:30

Location:

2023 May 27 (Sat) - Po Tsui Park Soccer Field

Other dates – Wah Yan College Kowloon Hard Surface Football Pitch

Training Fee

The training fee of 1500hkd will be collected through the HKLA website after the selection. The fee includes training expenses, league fee and a set of jerseys.

Should you have any queries, please do not hesitate to WhatsApp Miss Cherry Hon (24582017).