



2022-23 年油尖旺區棍網球隊(油尖旺區隊)訓練計劃 章程

香港棍網球總會近年致力於地區發展棍網球，務求更多青少年參與棍網球訓練及幫助本會發掘有潛質的學員。油尖旺區一直是本會其中一個重點區份。有見及此，本會希望以油尖旺區作為起步點，於此區成立棍網球區隊，重點培訓該區有潛質的青少年，並希望借此經驗推而廣之，未來於全港 18 區成立地區隊，發展「地區棍網球區際賽」。

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. 參加者必須在油尖旺區居住；或
就讀油尖旺區的學校
2. 年齡為 9-12 歲（2013 年 12 月 31 日或之前出生及 2010 年 1 月 1 日或之後出生）

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：11 月 26 日（星期六）

時間：12:30 - 14:00

費用：全免

報名方法：經香港棍網球總會網上報名系統報名

報名截止日期：11 月 20 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。

是次甄選將挑選 15-20 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



訓練詳情

地點：西洋波會

日期： 11 月 30 ；

12 月 2，7，9，14，16，21，23，28，30 日；

1 月 4，6，11，13，18 日（逢星期三及五）

時間： 16:00 – 17:30

訓練費用：港幣 800 元正

進入訓練場地前，請細閱西洋波會守則，守則如下：

1. 所有球員及家長進入場地前，須掃描安心出行及針卡，並出示在過去 24 小時內進行快速抗原測試的陰性結果證明，測試棒上須標有其姓名、測試日期及時間，再拍攝照片儲存手機內，以便教練檢查，否則不得內進。
2. 禁止穿著釘鞋
3. 請勿於更衣室聚集及存放個人物品
4. 請勿進食外來食物及飲品，飲用水除外
5. 如有需要，可於餐廳吧內購買飲料
6. 尊重場地內的西洋波會會員
7. 離開前請自行清理垃圾

如有任何查詢，歡迎聯絡致電或 WhatsApp 麥浩駿先生 (63317307)



2022-23 Yau Tsim Mong District Regional Lacrosse Team Training Scheme Information

To engage the broader community and identify youth talents, Hong Kong Lacrosse Association has been reaching out to various districts in Hong Kong in the past few years. Yau Tsim Mong District has been one of our main focuses. Taking YTM as a starting point, HKLA is establishing a YTM regional team to select potential youth for focused training. Our association desires to set up regional teams in 18 districts of Hong Kong and develop “All Hong Kong Regional Lacrosse Tournament” in the future.

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 Yau Tsim Mong District; or
Attending school in Yau Tsim Mong District
2. Age 9-12 (Born on or before 31 December 2013 and born on or after 1 January 2010)

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: November 26 (Sat)

Time: 12:30 – 14:00

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

Application Deadline: November 20 (Sun)

Application Fee: Free

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

15-20 players will be selected as the regional team members to participate in regular trainings.

Selection criteria:

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



Training details

Location: Club De Recreio

Dates:

2022 Nov 30;

2022 Dec 2, 7, 9, 14, 16, 21, 23, 28, 30;

2023 Jan 4, 6, 11, 13, 18 (Every Wed & Fri)

Time: 16:00 – 17:30

Fee: \$800

For entry into CDR, besides scanning the app, the following is required:

1. Proof of a negative rapid antigen test (RAT) taken within 24 hours of the start of the session. People can show a photo of the test result with their name, the date and the time the test written on the test. COACHES will be at the entrance of the club before your session to check your RAT results.
2. NO CLEATS
3. Do NOT gather in the bathrooms.
4. No Outside food or drinks with the exception of water will be allowed to be consumed and drunk in the Club Grounds.
5. Drinks may be purchased at the bar
6. Be respectful of members of the club
7. Please pick up all the rubbish and empty bottles and place them in bins.

Should you have any queries, please do not hesitate to Whatsapp Mr. Mak Ho Chun Kelvin (63317307).