**香港棍網球培訓計劃 (女子組)**

**2023-2024 春季**

**概要**

香港棍網球培訓計劃旨在推動香港棍網球發展。本計劃的目的為讓參加者能夠接受長期及高水平的指導及訓練，以讓他們將來能夠在棍網球領域上有更高的成就與持續發展。

參與計劃之球員將根據年齡及背景分為不同組別，接受最合適的指導及訓練。

**計劃目的**

香港棍網球總會旨在提升香港棍網球球員的水平，以至讓棍網球於香港更為普及。為了讓更多青少年以及初學者能夠得到更完善的棍網球訓練，總會遂決定推出本計劃。本計劃其中一項目的，是為了培訓一群能於將來銜接青苗計劃，乃至代表香港U20棍網球代表隊。

**計劃目標**

- 提升球員的能力與技術，讓他們能於將來參與國際水平的比賽。

- 透過比賽以至訓練，提升球員的棍網球技術

- 提供體適能訓練，以提升比賽表現

**對象**

年齡介乎18至25歲女子球員

**季度安排**

* 秋季計劃 - 2023年9月中旬 至 2023年12月中旬
* 春季計劃 - 2024年1月中旬 至 2024年4月下旬
* 夏季計劃 – 2024年5月中旬 至 2024年8月下旬

**\*所有符合以上資格的球員均可參與秋季或/及春季計劃**

**報名日期**

- 報名日期將於該季開始前不少於兩星期開始

- 任何符合以上資格的球員均可中途加入該季課程，唯費用**並不會**有所減免

**報名費用**

- 每季報名費用合共 **1000 元港幣**，以用作訓練開支

- 出國比賽或其他比賽，將與獲選球員另行收費

**訓練時間及地點：**

**正式訓練開始日期：2024年1月6日**

|  |  |  |
| --- | --- | --- |
| **日期** | **時間** | **地點** |
| 1月 6,13, 20, 272月 3, 17, 243月 2, 9, 16, 234月 6, 13, 20 | 13:00 – 15:00 | 西洋波會 (加士居道22號) |

**報名日期**

**- 報名日期將於該季開始前不少於兩星期開始**

**- 任何符合以上資格的球員均可中途加入該季課程，唯費用並不會有所減免**

**報名費用**

**- 每季報名費用合共 1000 元港幣，以用作訓練開支**

**- 出國比賽或其他比賽，將與獲選球員另行收費**

**球員參與**

**- 所有球員理應出席本計劃定立的所有訓練與課程.**

**- 球員將有機會代表本計劃參加不同比賽**

**球員要求**

**所有參加者必須註冊成香港棍網球總會之會員: http://www.hklax.org/register\_landing.php**

**教練會持續觀察球員，假如球員的態度、品格等不符合教練之要求，可能會被逐出計劃**

**裝備安排**

**- 本計劃之所有球員必須自備球棍。未有球棍之球員，可經以下網址https://eshop.hklax.org/**

**裝備安排**

**- 本計劃之所有球員必須自備球棍。未有球棍之球員，可經以下網址https://eshop.hklax.org/**

**比賽機會**

* 香港6人聯賽，或
* 其他比賽

**聯絡人**

麥浩駿(Kelvin Mak)

香港棍網球總會教練發展經理

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**Hong Kong Lacrosse**

**Development Academy (Female)**

**2023/2024 Spring Term**

**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.

Athletes will bedivided into different 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 Young Athlete Lacrosse Scheme and Under 20 Representative Team.

**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 Aged Between 18-25 years old

**Program Term**

* **Fall Term –** Mid Sept 2023 till Mid Dec 2023
* **Spring Term –** Mid Jan 2024 till End of Apr 2024
* **Summer Term –** Mid May 2024 till End of Aug 2024

**Application Date**

* Application will begin at least 2 weeks 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**

**Program Fee**

* A program fee of **1000HKD per term** will be required to cover basic training costs
* Financial arrangements for tournaments will be communicated prior to the selection of the squad.

**Practice Time & Location:**

**Start Date: Jan 6th 2024**

|  |  |  |
| --- | --- | --- |
| **Date** | **Time** | **Location** |
| Jan 6, 13, 20, 27Feb 3, 17, 24Mar 2, 9, 16, 23Apr 6, 13, 20 | 13:00 – 15:00 | Club De Recreio (22 Gascoigne Road) |

**Academy Participation**

* All athletes are expected to participate in all scheduled training, development and evaluation sessions
* Athletes will be selected to participate in specific competitions (e.g. HK Lacrosse Open Youth Festival Tournament, etc.)

**Athlete Requirement**

* All applicants must be a HKLA member. Please register your HKLA membership at <http://www.hklax.org/register_landing.php>
* 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 Arrangement**

* Athletes in the program must prepare their own lacrosse stick. Those players who do not have their own sticks, can buy their stick through the following website: <https://eshop.hklax.org/>

**Apparel**

In addition, all players in this program could purchase our logo T-shirt with a discounted price of HKD100.

**Potential Tournament & Competition**

- Youth Festival tournament in Hong Kong Lacrosse Open

- Hong Kong 6s League (Youth Division), or

- Other competition

**Contact**

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Development Manager

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