



中國香港棍網球總會有限公司

HONG KONG, CHINA 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

2024香港棍網球公開賽 青少年錦標賽— U8 / U10 / U12 隊選拔 章程

由中國香港棍網球總會主辦的2024香港棍網球公開賽將於2024年3月29-31日舉行，期間**3月30及31日**為青少年組別錦標賽，包括U12、U10及U8兒童棍網球比賽，為此本會希望招募本地兒童球員，成立U8、U10及U12組別的隊伍，重點培訓有潛質的球員，與外地隊伍交流切磋。本會教練會於選拔期間審核球員各方面的能力，成功通過選拔的球員將進行兩課，並於棍網球公開賽出賽。選拔及訓練詳情如下：

年齡組別

U8	2015年4月1日或之後出生
U10	2013年4月1日或之後出生 及 2015年3月31日或之前出生
U12	2011年4月1日或之後出生 及 2013年3月31日或之前出生

選拔細則

日期: 2024年3月3日 (星期日)

時間: 15:00 – 17:00

地點: 西洋波會 - 九龍京士柏加士居道20號

費用: 港幣100元正

報名方法: 經總會網上報名系統報名

報名截止日期: 2024年2月28日 (星期三)

服飾及裝備: 球員應穿著帶號碼的球衣、合適運動服及自備球棍，不需穿著護甲。是次甄選將於每個年齡組別挑選16-20人成為精英隊成員參與訓練。

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

訓練時間及地點(所有年齡組別):

日期	星期	時間	地點	地址
3月24日	日	0930 - 1130	西洋波會	九龍京士柏加士居道20號
3月27日	三	1500 - 1700	西洋波會	九龍京士柏加士居道20號

訓練費用: 港幣600元正 (連同比賽球衣費)

進入西洋波會前, 請細閱以下守則:

1. 選拔期間, 家長不能逗留會所範圍內
2. 如駕車前往場地, 必須於下車後, 立刻離開會所停車場範圍, 會所不設泊車服務
3. 禁止穿著釘鞋
4. 請勿於更衣室聚集及存放個人物品
5. 請勿進食外來食物及飲品, 飲用水除外
6. 如有需要, 可於餐廳吧內購買飲料
7. 尊重場地內的西洋波會會員
8. 離開前請自行清理垃圾

如有任何查詢, 歡迎聯絡致電24582017或WhatsApp (24582017) 麥先生。



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2024 Hong Kong Lacrosse Open Youth Tournament - U8 / U10 / U12 Team

Organized by Hong Kong, China Lacrosse Association, the 2024 Hong Kong Lacrosse Open will be held from Mar 29 - 31, 2024. Youth Tournament will be held on Mar 30 and 31st, 2024. There will be a U12/U10/U8 kid's tournament during the event. For this reason, HKLA would like to set up Teams in U8, U10 and U12 groups for the tournament. Talented youth players will be selected for intensive training and play against foreign teams. Coaches will assess the abilities in all aspects during the try-out. Players who are selected will participate in two training and compete in the Hong Kong Lacrosse Open. The details are as follows:

Age Group

U8	On or after April 1, 2015
U10	On or after April 1, 2013 and on or before Mar 31, 2015
U12	On or after April 1, 2011 and on or before Mar 31, 2013

Try-out Information

Date: Mar 3rd 2024 (Sunday)

Time: 15:00 – 17:00

Location: Club De Recreio (20 Gascoigne Road, King's Park, Kowloon)

Fee: HKD 100

Application Method: Through HKLA website application system

Application Deadline: Feb 28th 2024 (Wednesday)

Apparels & Equipment

All players must wear a jersey/pinnie with number, and wear proper sports attire. All players must bring their own stick, no protective equipment will be required.

16-20 players will be selected as the elite 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



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Training Information

(For all age group)

Date	Day	Time	Location	Address
24 Mar	Sunday	0930 - 1130	Club De Recreio	20 Gascoigne Road, King's Park, Kowloon
27 Mar	Wednesday	15:00 – 17:00	Club De Recreio	20 Gascoigne Road, King's Park, Kowloon

Training Fee: HKD 600 (Including Tournament Apparel)

Rules & Regulation in Club De Recreio:

1. During Tryout, all parents are not allowed to stay within the club premises
2. If you are driving to the Club, you must leave the venue after dropping off, No parking is allowed in the Club
3. NO CLEATS
4. Do NOT gather in the bathrooms.
5. No Outside food or drinks with the exception of water will be allowed to be consumed and drunk in the Club Grounds.
6. Drinks may be purchased at the bar
7. Be respectful of members of the club
8. 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 (24582017).