



# 香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit 2201, 22/F, 88 Hing Fat Street, Causeway Bay, Hong Kong  
Tel: 852-2114 3405 Fax: 852-3747 8599 Email: info@hklax.org Website: www.hklax.org

## Skill Workshop – Beginner Goalie Clinic

### General Information

**Date:** 18<sup>th</sup> April 2020 (Saturday)

**Time:** 15:00 - 16:30 (Please arrive at least 15 mins before the start time)

**Location:** Club De Recreio (20 Gascogne Road, King's Park)

**Apparels:** Sportswear, running shoes (no cleats)

**Maximum No.:** 20 persons

#### Target Audience:

- Men's/Boys' or Women's/Girls' Goalies in beginner's level (less than 2 years of goalie experience), OR
- Coaches\*

\*this goalie clinic will be counted as the required hour of continuous development workshop hour of the accredited coaches

**Medium of Instruction:** Cantonese (with English professional terms)

**Course Fee:** HKD \$200

**Application Deadline:** 1<sup>st</sup> Mar 2019

#### Workshop Instructor:

Fung Lai Yin (Marco)	Wong Wai Kwan (Wilson)
Hong Kong Men's Representative Team Goalie <ul style="list-style-type: none"><li>• 2016 FIL U19 Men's Lacrosse Championship</li><li>• 2018 FIL Men's Lacrosse Championship</li></ul>	Hong Kong Men's Representative Team Goalie <ul style="list-style-type: none"><li>• 2014, 18 FIL Men's Lacrosse Championship</li><li>• 2019 World Lacrosse Box Lacrosse Championship</li></ul>

#### Course outline:

- Basic Stance (Hand/Body)
- Saving Form
- Positioning
- Roles & Mentality
- Passing & Clearing
- Drills & Training



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## Remarks :

1. Application must be done through our website
2. Course Fee must be paid through our website via PayPal.
3. Course fee paid is non-refundable upon the completion of application procedures.
4. All applicants must upload a recent passport size color photo into their own HKLA member ID profile
5. All participants must arrange their own personal accident insurance.
6. Hong Kong Lacrosse Association reserves the right of making any amendment in the course and the decision should be final.
7. All participants should follow the below ground rules of Club De Recreio. Any participants who have been seen violating the ground rules, before, during or after the clinic, might be released from the session by the discretion of the workshop instructor/coordinator.
  - a. Only footwear complying with the specifications for Artificial Turf Pitches will be allowed. Soccer boots with metal or plastic studs will not be permitted.
  - b. Players on the Club grounds must keep their shirts on at all times
  - c. No visitor parking is available at the Club.
  - d. No outside food or drinks allowed in the Club Premises, with the exception of personal drinking water.
  - e. Players must change in the Changing Rooms and must not disrobe or change anywhere on the grounds of the Club.
  - f. Showering facilities are for use of Club members only.
  - g. Please take your shoes off before entering the club house if they have grass or mud on them.
  - h. Please mind your language when you are on the club premises.
8. Should you have any enquiries, please contact workshop coordinator Kelvin Mak via email [kmak@hklax.org](mailto:kmak@hklax.org)

**\*End\***