



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

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High Performance Program

Hong Kong Lacrosse High Performance Program (Female) 2018/2019

Program Summary

The Hong Kong Lacrosse High Performance Program is directed towards athletes with aspirations of representing Hong Kong at the international level. The ongoing program is designed for participants to receive top level instruction and support, preparing them for the next step in their development and achievements.

Program Requirements:

All players must be HKLA members and be a minimum of 16 years old with a high degree of dedication including the ability to attend 3 sessions weekly. It is also preferred that all players have a basic level of playing experience. Additionally, players will be required to participate in "community involvement" activities helping to support and develop lacrosse within our community.

Program Details:

- Minimum of 3 sessions per week (practices and games)
- Minimum of at least 1 supervised S&C session per week
- Program runs from October – February (Before CNY)
- Weekly sessions will include a combination of skill acquisition and cognitive development, along with high degree of competition.
- Program includes strength and conditioning support and on-field and off-field assessments.
- Players may be selected for the Representative Team and Development Team program which will run from February (after CNY – July) and have a chance to represent Hong Kong Lacrosse in overseas tournaments

Costs

- Try-out Fee \$100 HKD (Non-refundable)
- Once selected, the high performance program will cost \$1,500 HKD per player (Non-refundable).
- Representative Team and Development Team fees will be communicated to players once they have been selected.

Program Schedule (October 2018 – February 2019)

Try-out: 6 Oct (Sat) & 7 Oct (Sun)
Every Thursday: KGV Multipurpose Field 19:30 - 21:30
Every Saturday: CDR 11:00 - 13:00
Every Sunday: KGV Full Field 18:00 - 20:00

Registrations due: 30-Sep, 2018

Sign up to be completed online at www.hklax.org

Contact Person:

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