



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

Hong Kong Lacrosse Under-19 Representative Team Try-Out (Female) 2019

Program Summary

The Hong Kong Under-19 (U19) Representative Team will be participating in the upcoming Hong Kong Open and the FIL 2019 Women's Lacrosse U19 World Championships. A try-out for the team will be held on the 23 & 24 March 2019.

Player Requirements:

- **Players must be born on or before 31st July 2004 and after 31st August 1999**
- **Players born after 31st August 1997 may also apply and will be considered as an over age player**
- **Players must meet at least one of the following requirements:**
 - Holder of a permanent HKSAR ID card or HKSAR passport, or;
 - Have one or both parents, adoptive parents or step-parents born in Hong Kong. (not applicable for overage players), or;
 - Have one or more birth or adoptive grandparents born in Hong Kong (not applicable for overage players) or;
 - Minimum of a two-year residency period in Hong Kong within the last five (5) years, (not applicable for overage players) or;
- Players must be members of HKLA and is prepared to dedicate time and effort to the team.

Program Details:

- Minimum 3 field practices a week.
- At least 1 supervised S&C session per week
- Program includes strength and conditioning support and on-field and off-field assessments.
- Players not selected to the Under-19 Program will be recommended to join the Development Academy.
- All current U19 Program players are automatically entered into the try-out.
- If you are unavailable to attend the try-outs with a valid reason please contact Coach Marrosu and Manager Gemini by email at jmarrosu@hklax.org and gemfan@hklax.org.

Costs

- Try-out Fee \$100 HKD (Non-refundable)
- Once selected, the squad training fee will be \$1,500 HKD per player. (Non-refundable)
- U19 Representative Team tournament fees will be communicated to players once final selections are made.

Program Schedule

Try-out: 23 March 9-11 am (Club de Recreio) & 24 March 5:00-7:30 pm (King George V School)

Training Times:

Every Tuesday: Kellet School (Kowloon Bay) 18:00-20:30

Every Saturday: CDR 9:00 - 11:00

Every Sunday: KGV Multi-Purpose Field 17:00 – 19:30

(Training times may vary due to field availabilities)

Scheduled Tournaments

April 2019: Hong Kong Open (For U19 Representative Team)

May 2019: Taiwan Training Trip (For U19 Representative Team)

July 2019: Pre-World Championship Camp (For U19 Representative Team)

Aug 2019: U19 World Championship (Canada)



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Registrations deadline: 5 pm on 21-March 2019

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

Contact Person:

Gemini Fan

gemfan@hklax.org