



# 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 Men's Elite Program 2020/21 High Performance Program(HPP) Program Information

### Programme Summary

Athletes of this program, MHPP, are the prospects of Hong Kong Men's Representative Team(MRT). They will be representing the association in local and international competitions, in preparing themselves to become an MRT player in the near future.

Therefore, similar to MRT, this programme provides year-round, top-level instruction and support, focusing on fundamental skill, technical skill development and tactical systems a.k.a understanding of the game (Lax IQ). In addition to developing athletes' understanding of the game, participants will also be provided with strength and conditioning coaching throughout the program.

### Rationale and Intent

One of the main goals of the Hong Kong Lacrosse Association (HKLA) is to continue to improve the calibre of lacrosse in Hong Kong, and to improve on the Asia Pacific Region (ASPAC) and World Lacrosse world rankings. The HKLA is committed to achieving this goal, and the HPP program is a key strategy to that end.

### Target

- 30-35 athletes will be selected
- Male lacrosse players aged 16 and above with a commitment to developing themselves in the sport
- Athletes with aspirations to become a MRT player and compete in international competitions
- Athletes need to meet or have the intention/capability to meet World Lacrosse player eligibility criteria

### Programme Objectives

- To provide athletes with the opportunity to enhance their skills and abilities and to prepare them for international competition at the Elite level.
- To provide athletes with lacrosse skill development opportunities through on field preparation and competition.
- To provide athletes with access to strength and conditioning coaching, training programs and assessments.
- To provide athletes with access to nutritional education and injury recovery and prevention techniques.

### Programme Participation

- All athletes selected to the program are expected to participate in all scheduled training, development and evaluation sessions.
- Athletes in the programme will be required to participate in *at least 1 volunteer times* of "community involvement" activities. For examples, coaching youth clinics, time keeping or refereeing for the league games, demonstrator in lacrosse events, etc.



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### Athlete Selection Process

- Applicants will participate in tryouts(details to be found in the “tryout information” doc.) which will be composed of lacrosse training, intra-squad scrimmages as well as physical fitness testing.
- Applicants will be assessed by Coaches and a selection panel on a combination of lacrosse ability, athletic ability, character, commitment and attitude.

### Continuous Evaluation

- Athletes will be evaluated and selected to represent Hong Kong on the international stage
- Athletes in the program will be continuously monitored against the selection criteria, and if found to be deficient (particularly in the areas of character, commitment and attitude), this could lead to being transferred to the HPP program or removed from the team.
- Similarly, as a result of ongoing talent identification efforts, athletes from the HPP program would be considered to join MRT whenever applicable.

### Costs

- 4,000 HKD (October to July)
- If selected, a programme Fee (non-refundable) will be required to cover basic training costs. The Programme Fee will cover costs until the next Programme Year starts in September 2020.
- Players are required to pay the programme fee in two installments, \$2000 each. First installment will be due in October, while the second installment will be due in Feb (exact date to be announced)
- Financial arrangements for tournaments will be communicated prior to the selection of the travelling squad.
  - Long Haul Trip - \$4000 each
  - Short Haul Trip - \$2500 each

### Lacrosse Training Schedule & Location:

Content	Day of the Week	Time	Location
Training	Every Sunday	09:30 – 11:00	Sun Yat Sen Memorial Park
Premier League	Every Sunday	11:00 - 13:00 Or 20:00 - 22:00	Sun Yat Sen Memorial Park Or KGV School
Positional Practice	Sunday	18:00 – 19:00	KGV School



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## Gym Programme Schedule & Location:

- 1 coached gym session each week
- Every Saturday Afternoon
- Location: HKLA gym

## Local and International Competitions:

Regional Competition with Team China, Chinese Taipei

Feb: Kashima Open(TBD)

March: Okinawa Open(TBD)

## Contact

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