

LACROSSE

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LAX MOVE !!

→ EQUIP YOURSELF ←



AGE: 16-30

APPLY NOW

PHASE 1: 9.2020 - 1.2021
PHASE 2: 2.2021 - 6.2021





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

About HKLA

The Hong Kong Lacrosse Association (HKLA) is a member of Sports Federation & Olympic Committee Hong Kong, China (SF&OC). It was founded in 1993 and has been the governing body of lacrosse in Hong Kong. HKLA has the mission to develop lacrosse across the general community of Hong Kong and to offer regular training programmes to all genders and ages.

As lacrosse is a niche sport in Hong Kong, we have a lot of potential in developing individuals as well as expanding our game to the general public. Our recent progress in growth means that there is a greater demand of manpower in different aspects of our daily operation in order to facilitate our mission and continue to grow the game across different levels of the community. Therefore, one of our biggest challenges we face is the lack of talents in our coaching and officiating system. Moreover, there is a general lack of confident and passionate individuals who look to pursue a career in the sports industry. It is frequently seen as a source of leisure and entertainment rather than a profession or career path, let alone talents specifically trained for a niche sport.

In the last two decades, our population has grown tremendously across the community, especially in youth lacrosse. Our player population has increased in the primary, secondary and tertiary education level which led to the success in developing interschool competitions as well as league games. However, as mentioned above, due to the lack of confidence and interests in individuals pursuing coaching and officiating roles, these crucial aspects of the game have been struggling to keep up with the players' growth. In order to continue to expand our community and provide opportunities for young sports enthusiasts, HKLA hopes to initiate the project "LaX Move" to equip and develop those who are interested in sharing their passion for sports as well as develop talents specific to lacrosse.

Project LaX Move

The programme is designed for 16-30 aged young enthusiasts who aspire to pursue a career in the sports industry. It aims to equip the potential talents with holistic experience in sports, leisure and recreation organisations such as; sports marketing, sports event management, sports first-aid and injury management and business English. Moreover, the programme offers certifications which can equip participants with lacrosse specific skills and qualifications for a potential career with HKLA; HKLA Lacrosse Senior Instructor or Level One Official in Women's / Men's Lacrosse.

Objectives

- Equips participants with different skills related to sports, leisure and recreation
- Provides holistic and hands on event experience at a National Sports Association
- Provides professional instructions from different sports organisations and companies
- Offers internship and other opportunities at recognized sports organisations or companies



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Course structure

Project LaX Move is designed as two phases of 5-month career development for the teenagers to discover their talent. We target for 30 students in each phase. Project will be held on Saturday since the mid of September and the mid of February. The purpose of the project is to unleash teenagers' talent and lead them a promising career at Hong Kong Lacrosse Association with the following program details:

1st phase (from 19th Sep 2020 to 19th Dec 2021)

**Regarding the current local worsening situation of COVID-19, all the courses will be delivered online until further notice to reduce social contacts and prevent the spread of the virus in the community. The Official / Instructor course will be suspended, and make-up class will be conducted. HKLA will continue to monitor and review the situation and arrangement closely based on the guidelines provided by the government.*

Date	Time	Course	Location	Content
19 th Sep 2020	1400 - 1600	Introduction	Online course	<ul style="list-style-type: none"> To introduce the project. To introduce the Lacrosse game with demonstration and practice session
26 th Sep 2020	1400 - 1500	Lacrosse online session	Online course	<ul style="list-style-type: none"> To provide the fundamental lacrosse skills that participants can practice at home.
3 rd Oct 2020	1400 - 1530	Recruitment Talk	Online course	<ul style="list-style-type: none"> Guest Speaker series "Recruitment, Job and Programme Application in the Sports Industry"
10 th Oct 2020	1400 - 1500	S&C session	Online course	<ul style="list-style-type: none"> To provide some strength and conditioning training method to increase the physical capacities of athletes in a specific way which allows them to perform their sport better
17 th Oct 2020	1400 - 1600	Sport Injuries Prevention Talk	Online course	<ul style="list-style-type: none"> To teach students the basic sport medicine knowledge and practice in sport first aid and injuries prevention
24 th Oct 2020	1400 - 1530	Sports Marketing	Online course	<ul style="list-style-type: none"> To teach students how to plan, coordinate and develop a marketing proposal based on the principle and knowledge of the sports marketing.
31 st Oct 2020	1400 - 1500	S&C session	Online course	<ul style="list-style-type: none"> To provide some strength and conditioning training method to increase the physical capacities of athletes in a specific way which allows them to perform their sport better
7 th Nov 2020	1400 - 1530	Event Management	Online course	<ul style="list-style-type: none"> To provide students the general overview and practical experience in event management including planning and preparation of event, sponsorship and risk management.



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14 th Nov 2020	1400 - 1500	S&C session	Online course	<ul style="list-style-type: none"> To provide some strength and conditioning training method to increase the physical capacities of athletes in a specific way which allows them to perform their sport better
21 st Nov 2020	1400 - 1800	Elementary First Aid Course (EFA)	Online course	<ul style="list-style-type: none"> This course contents include basic first aid theory, immediate management for accidents
28 th Nov 2020	1400 - 1600	Pre-competition classroom practice	Online course	<ul style="list-style-type: none"> To teach students how to plan and run a lacrosse competition Students will be divided into different teams and take the responsibility for different positions in competition preparation
5 th Dec 2020	1400 - 1530	Business English	Online course	<ul style="list-style-type: none"> To help students to improve their spoken and written English in various business contexts.
19 th Dec 2020	1400 - 1800	Evaluation	Online course	<ul style="list-style-type: none"> Students are required to hand in proposal of Hong Kong Lacrosse Open and present their promotion idea of Hong Kong Lacrosse Open 2021 in class by using the knowledge gained from the previous lessons.
TBC	TBC	Official / Instructor course – classroom session	TBC	<ul style="list-style-type: none"> Students can choose either Official or Instructor course. To learn the basic skill of Lacrosse or rules of Lacrosse. For the Official training course, students can choose either Men's field or Women's field.
TBC	TBC	Official / Instructor course - field experience session	TBC	<ul style="list-style-type: none"> Students can gain the practical experience as instructor/ official on field.



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2nd phase (20th Feb 2021 to 19th Jun 2021)

**The courses will be rearranged as 1st phase if there is outbreak of COVID-19 during 2nd phase, all the courses will be delivered online until further notice to reduce social contacts and prevent the spread of the virus in the community. The Official / Instructor course will be suspended, and make-up class will be conducted. HKLA will continue to monitor and review the situation and arrangement closely based on the guidelines provided by the government.*

Date	Time	Course	Location	Content
20 th Feb 2021	1400 - 1630	Introduction	United Services Recreation Club	<ul style="list-style-type: none"> To introduce the project. To introduce the Lacrosse game with demonstration and practice session
27 th Feb 2021	1500 - 1630	Lacrosse experience	United Services Recreation Club	<ul style="list-style-type: none"> Students can experience the lacrosse game on field.
6 th Mar 2021	1400 - 1800	Elementary First Aid Course (EFA)	YMCA King's Park Centenary Centre	<ul style="list-style-type: none"> This course contents include basic first aid theory, immediate management for accidents
13 th Mar 2021	1500 - 1630	Lacrosse experience	United Services Recreation Club	<ul style="list-style-type: none"> Students can experience the lacrosse game on field.
20 th Mar 2021	1400 - 1700	Sport Injuries Prevention Talk	YMCA King's Park Centenary Centre	<ul style="list-style-type: none"> To teach students the basic sport medicine knowledge and practice in sport first aid and injuries prevention
27 th Mar 2021	1400 - 1700	Official / Instructor course – classroom session	YMCA King's Park Centenary Centre	<ul style="list-style-type: none"> Students can choose either Official or Instructor course. To learn the basic skill of Lacrosse or rules of Lacrosse. For the Official training course, students can choose either Men's field or Women's field.
10 th Apr 2021	1400 - 1700	Event Management	YMCA King's Park Centenary Centre	<ul style="list-style-type: none"> To provide students the general overview and practical experience in event management including planning and preparation of event, sponsorship and risk management.
17 th Apr 2021	1500 - 1630	Official / Instructor course - practical field experience session	Club de Recreio	<ul style="list-style-type: none"> Students can gain the practical experience as instructor on field.
24 th Apr 2021	1500 - 1630	Official / Instructor course - practical field experience session	Club de Recreio	<ul style="list-style-type: none"> Students can gain the practical experience as official on field.
8 th May 2021	1400 - 1700	Business English	YMCA King's Park Centenary Centre	<ul style="list-style-type: none"> To help students to improve their spoken and written English in various business contexts.



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15 th May 2021	1400 - 1700	Lacrosse Practice	YMCA King's Park Centenary Centre	<ul style="list-style-type: none">• To teach students how to plan and run a lacrosse competition• Students will be divided into different teams and take the responsibility for different positions in competition preparation
22 nd May 2021	1400 - 1700	Sports Marketing	YMCA King's Park Centenary Centre	<ul style="list-style-type: none">• To teach students how to plan, coordinate and develop a marketing proposal based on the principle and knowledge of the sports marketing.
29 th May 2021	1400 - 1700	Lacrosse competition	King George V school	<ul style="list-style-type: none">• Students will be in different positions in competition and also compete as players.
5 th Jun 2021	1400 - 1700	Business English	YMCA King's Park Centenary Centre	<ul style="list-style-type: none">• To help students to improve their spoken and written English in various business contexts.
19 th Jun 2021	1400 - 1800	Evaluation	YMCA King's Park Centenary Centre	<ul style="list-style-type: none">• Students are required to hand in proposal of HKLA summer event and present their promotion idea of HKLA summer event in class by using the knowledge gained from the previous lessons.



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Benefits

Two students with excellent presentation skills and assigned proposals would be selected by HKLA as assistant of Hong Kong Lacrosse Open 2021/ main organizer of HKLA summer event and received a 2000 HKD scholarship for further sport related education.

After full participation of the 5-month project, all students can obtain the following certification:

1. Participation Certificate of Project LaX Move
2. Hong Kong Lacrosse Association Official / Instructor Certificate (fulfill with the required hours of training workshop)
3. Elementary First Aid Attendance Certificate from Hong Kong Red Cross
4. HKLA 1-year full membership
5. Kai Tak Sport Initiative membership



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Application Method

Interested parties can apply the programme by the following means. The Hong Kong Lacrosse Association will announce the application result by email. Applicant cannot change to another course or request course cancellation after successful enrollment. Paid course fee is not refundable or transferable. Full refund of deposit will be provided to rejected application. HKLA reserves the right for the final decision.

1. By Cash

Please come to the office of Hong Kong Lacrosse Association (Unit 2201, 88 Hing Fat Street, Causeway Bay, Hong Kong) with filled Application form and 600HKD cash. (Office hour, Mon – Fri : 0930 – 1800 , Except Public holiday)

2. By Cheque

Please send a crossed cheque payable (600 HKD) with filled Application form to "**Hong Kong Lacrosse Association Limited**" or "香港棍網球總會有限公司" to Hong Kong Lacrosse Association Limited , Unit 2201 ,88 Hing Fat Street, Causeway Bay , Hong Kong . Please write your name, contact number on the back of your cheque and indicate "Project Lax Move Application" on the envelope.

3. By Bank Deposit

Please deposit your payment (600 HKD) in Hong Kong Lacrosse Association Limited 's HSBC Bank Account (A/C No.: 658-089669-838) and send the bank-in-slip with filled Application form to Hong Kong Lacrosse Association Limited , Unit 2201 ,88 Hing Fat Street, Causeway Bay , Hong Kong. Please write your name and contact number on the back of your bank-in-slip and indicate " Project Lax Move Application " on the envelope.

All sessions are compulsory. Applicant who is absent from any session due to extenuating circumstances such as illness, injury or other personal emergencies may submit an email to HKLA on sli@hklax.org from 5 days the date of the missed session for consideration by the Project LaX Move committee. In case of illness or injury, the email should include a medical certificate recommending for sick leave on the date of the missed session by a qualified medical practitioner.

Applicants will be notified the results of application and details of course schedule via email. The phase of course would be allocated on a first come first served basis. HKLA reserves the right of the final decision.



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Coaches Development Pathway

Qualification Levels	Level Descriptors
Lacrosse Instructor	A certificated instructor can demonstrate and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game with a certificated coach.
Senior Lacrosse Instructor	A certificated instructor can lead a demonstration event and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game alone.
Level 1: Lacrosse Development Coach	A recognized Level 1 coach can support a program or lead its unit with the focus in developing the players' skills effectively. Can apply for coaching work at Development Academy level.
Level 2: Lacrosse Performance Coach	A recognized Level 2 coach can lead a program of competitive levels and develop the players into athletes and effectively perform as a team. Can apply for coaching work at U19 HK Representative team level.
Level 3: Lacrosse High Performance Coach	A recognized Level 3 coach can lead and develop the athletes of highly competitive levels and drive the players and teams to excel and sustain in high performance. Can apply for coaching work at HK Representative team level.

Coaching opportunities

Lacrosse players in Hong Kong has a clear pathway to excel in their prime time. HKLA has routine training every week for Representative Teams, HPP Teams, Development Academy and U19 Teams. HKLA will send teams to attend World Championships every year according to tournament schedule.

Since 2018, HKLA has joined the LCSD Subvention scheme to provide different level of lacrosse introduction course to public. We would be delivering 60 class a year in different district.

Both primary school and secondary school team will prepare weekly for the annual Interschool Lacrosse Competition. In 2019, there are 11 primary schools and 13 secondary schools joining.

Other than schools, HKLA has partnered with different NGOs, brands and private clubs to provide fun days, lacrosse demonstrations and promotional campaigns throughout the whole year. For example, Friesland Campina, BGCA, Playground Association and Club De Recreio.



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Officials Development Pathway

Men's rule and Women's rule	
Qualification Levels	Level Descriptors
Level 1 referee / umpire	Open to all people who are interested to take part in officiating
Level 2 referee / umpire	For experienced referees to further furnish their officiating skills , would be considered to involve in World Lacrosse sanctioned events
Level 3 referee / umpire	High level quality officiating skills required, would able to represent Hong Kong to officiate oversea tournaments, including World Lacrosse sanctioned tournaments.

Officials opportunities

HKLA would coordinate officials for every local league games and tournaments. Other than that, local referees / umpires would also be able to head to overseas tournaments to do shadowing or refereeing every year, including World Lacrosse Championship.



Chief Referee of 2014 World Lacrosse Championship Mr. Thomas Sutton come to Hong Kong to share box lacrosse referee experiences to local referees.



Coaches, PE Teachers and interested individuals participating in HKLA Instructor certification course.



Hong Kong Men's Representative team player Geoffrey Ling, also the coach of St. Joseph's Primary School, is coaching his team in Interschool Lacrosse Competition (Primary School)