



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
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Hong Kong Lacrosse Men's Elite Program 2021/22 High Performance Programme (HPP) Tryout Information

Tryout Announcement

Tryouts for the Men's High Performance Program(MHPP) will be held in September. In the tryout, players will participate in gym and field testing, practices and an intra-squad scrimmage with other participants who are trying out for MHPP program and/or MU21 & MRT.

Selected Athletes will participate in regular training, gym sessions and local and international competitions over the coming year.

Tryout Schedule

Content	Date	Time	Location
Gym Testing	13th September (Monday)	19:00 - 20:30	HKLA Gym (North Point Industrial Building 16B)
Field Testing	15th September (Wednesday)	20:00 - 21:30	Kellett School Rooftop Soccer Pitch
Field Session	18th September (Saturday)	09:00 - 10:00	Po Kong Village Park Pitch 2
Scrimmage	19th September (Sunday)	9:30 - 13:00 or 20:00-22:00	Sun Yat Sen Memorial Park or KGV school

Arrangement for Gym and Field Testing will be communicated after the deadline of the application(8th September 2021) via email. For all Field sessions, please arrive 30 minutes before the scheduled start time for warm-up and field set up.

Players will be assigned to attend different time of the scrimmage accordingly. Announcements might be made as late as 18th Sept, after the field session.

Tryout Cost

- Tryout registration fee \$250 HKD (Non-refundable)
- Fee's for those selected will be communicated separately

Tryout Registrations due by 8 September 2021



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Vaccination Policy

All players must be fully vaccinated to be selected into the program. Applicants should send their vaccination proof to Coach Kelvin before the tryout (if there hasn't been done yet). If you have any questions regarding the vaccination policy, please contact Coach Kelvin anytime.

Selection Process

A selection panel is formed and they will work alongside with the coaching staff in the selection process. The tryout will consist of evaluating the players in 6 categories: Passing/Catching, Looseballs, Shooting, 1v1 skills, Game Sense, Effort. The selection panel and coaching staff will evaluate players according to the 6 categories and they will work together closely in selecting the final squad. Head coach will personally call each player to advise them of their selection and to which program they will be continuing.

Squad Numbers:

The coaching staff and selection panel will select a group of no more than 30 players in the MHPP program.

Contact

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