



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 Representative Team Box Lacrosse 2019

Programme Summary

The Hong Kong Lacrosse Men's Representative BOX or INDOOR program is designed for lacrosse players in Hong Kong who hope to compete at the highest level and represent Hong Kong at the 2019 FIL World Indoor Championships.

This programme provides top-level instruction and support, focusing on skill development and understanding of the indoor game (Lax IQ) and strength and conditioning guidance and support.

Rationale and Intent

One of the main goals of the Hong Kong Lacrosse Association (HKLA) is to continue to improve the caliber of lacrosse in Hong Kong, and to improve on the Asia Pacific Region (ASPAC) and Federation of International Lacrosse (FIL) world rankings. The HKLA is committed to achieving this goal and participating in Box lacrosse is proven to enhance players abilities. Further, HKLA is committed to the introduction of Box lacrosse as a discipline played in Hong Kong.

Target

- Male lacrosse players aged 16 and above with a commitment to developing themselves in the indoor version of the sport
- Athletes with aspirations to compete internationally including the Sept 19 – 28th, 2019 World Championship tournament in Vancouver, Canada
- Athletes need to meet or have the intention/capability to meet FIL player eligibility criteria.

Programme Objectives

- To initiate Hong Kong's commitment to competing internationally in the Indoor / Box lacrosse game.
- To provide athletes with the opportunity to enhance their skills and abilities and gain experience by competing in international competition at the Representative Team level.
- 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.

Athlete Selection Process

- Applicants will be assessed on a combination of lacrosse ability, athletic ability, character, commitment and attitude.

Men's Programme Schedule

- Training / Tryouts start in January, 2019
 - Jan 23, 24, 26, & 30
- **April 18 - 28th, 2 Tournaments & training, Prague, Czech Republic.**



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- **Sept 14 - 28th, FIL World Indoor championships, Vancouver, Canada**

Practice & Training Time & Location:

Coached GYM session details tbc

YMCA, Jordan on floor sessions

- Tryouts start in January, 2019
 - Jan 23 & 30 8:30 -10:30 pm
 - Jan 26th 11:30 - 1pm & 6pm - 10:30 pm
 - Goalie session Jan 24 9 - 10:30; Jan 25 th tbc
- Training.
 - Feb 20th 8:30 - 10:30 pm
 - Mar 27th, 8:30 - 10:30 pm
 - April 3, 10, 17th 8:30 - 10:30 pm
 - April 13th 6 pm - 9 pm
- **April 18 - 28th, 2 Tournaments & training, Prague, Czech Republic.**
 - May 8, 22, June 5, 12th 9 - 10:30 pm
 - August 31 & Sept 7th 6 - 9 pm
 - Sept 4 and 11th 9 - 10:30 pm
- **Sept 14 - 28th, FIL World Indoor championships, Vancouver, Canada**

Costs

- Tryout Fee of 100 HKD

- If selected into the MRT – Box Team, an additional Programme Fee (non-refundable) of 2,000 HKD will be required to cover basic training costs.

- Those selected for the tournaments in Prague will be required to pay an additional participation fee of \$5000 HKD

-Those selected for the World Championships in Vancouver will be required to pay an additional participation fee of \$5000 HKD

Registrations due: Dec 21, 2018

Contact

Scott Browning

HKLA Head Coach - Men

(852) 9065 8790

coachbrowning@hklax.org