



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 Field Lacrosse 2019

Programme Summary

The Hong Kong Lacrosse Men's Representative FIELD program is designed for lacrosse players in Hong Kong who hope to compete at the highest level and represent Hong Kong at the 2019 Asia Pacific Lacrosse 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.

In 2019 HKLA will be looking to provide developing high performance athletes with the opportunity to compete and represent Hong Kong at the ASPAC Championships.

Target

- Male lacrosse players aged 16 and above with a commitment to developing themselves
- Athletes with aspirations to compete internationally including the June 20 – 30, 2018 ASPAC championships in South Korea.
- Athletes need to meet or have the intention/capability to meet FIL player eligibility criteria.

Programme Objectives

- 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

- Tryouts in February, 2019
 - Feb 10 & 17th 5:30 - 8pm at KGV
 - Feb 14th 8 - 9:30pm at Boundary Street
- Training
 - Sun April 14.. 6 - 8 PM at KGV
 - Sat April 6, 13.... Kellett in Kowloon Bay



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- Tuesday April 9 & 16th.... TBC
- HK Open – Easter, April 19-22
- Training
 - Sun June 2, 9, 16th 6pm at KGV
 - Sat June 8, 15 Kellett School
 - Thursday June 6 & 13, 8 - 9:30pm at Boundary
- **June 20 - 30th, ASPAC Tournament, Korea**

Costs

- Tryout Fee of 100 HKD
- If selected into the MRT – Field Team, an additional Programme Fee (non-refundable) of 2,000 HKD will be required to cover basic training costs.
- Those selected for the ASPAC Tournament in Korea will be required to pay an additional participation fee of \$2000 HKD

Registrations due: Dec 21, 2018

Contact

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