



# 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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## 2018 / 19 Season : HKLA Men's Performance Program Overview

Priorities continue to be developing fundamental skills, increasing lax IQ and experience, improving domestic leagues, expanding youth programs and the introduction of Indoor (Box) lacrosse. And an increasing focus on Coach development.

These will be achieved using a combination of developmental programs, leagues and HK Representative Teams.

### Box (indoor) Lacrosse

#### Introduction of Box lacrosse league

- Weekly instruction and league play
- Sept - December

#### Box Representative Team

- Tryouts in January, 2019
- Strength & Conditioning support
- Targeted training leading up to 2 major events
- April 18 - 28th, 2 Tournaments & training, Prague, Czech Republic.
- **Sept 14 - 28th, FIL World Indoor championships, Vancouver, Canada**

### Field (outdoor) Lacrosse

#### High Performance Program (Year 5)

- Sept - May
- Regular training and development of approx 50 athletes
- Strength and Conditioning training and support
- Singapore Spectacular (Nov 30 - Dec 2)
- HK Open



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## Premier League (Year 2)

- Weekly Games, double headers on Sunday evenings
- Feb 24 - May 26th

## Field Representative Team

- Tryouts in February, 2019
- Strength & Conditioning support
- Targeted training leading up to 2 events
- HK Open
- **June 20 - 30th, ASPAC Tournament, Korea**

Men's Lacrosse Programs timeline 2018/19 <http://www.hklax.org/userfiles/file/2018%20-%202019%20Programs%20Graphic-01%20M.png>