



# 香港棍網球總會有限公司

## HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong  
Tel: 852-2114 3405 Fax: 852-2580 5322 Email: [info@hklax.org](mailto:info@hklax.org) Website: [www.hklax.org](http://www.hklax.org)

### 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 and positive coaching. 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.

### 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

### Need Assessment

Project LaX Move would be a career development program for youth to empower themselves and discover their abilities in sport industry. Project LaX Move contains diversified topics to educate students about sport marketing, sport event management and positive coaching which will be applied in sport industry. HKLA would like to use sport to build up youth's character and their confidence in a way to pursue a career in the sports industry. Internship opportunity in Project LaX Move provides chance for youth to earn the valuable experience and get well prepared in sport industry. Besides, participants can take lacrosse as career path since we can provide the lacrosse instructor course.



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Expanding our game to the general public, we are keen to promote lacrosse in primary and secondary school through fun day or school lacrosse demonstration. As a result, we can provide plenty of opportunities for instructors to assist our activities. Moreover, if participants are interested in coach development, we can provide level 1 lacrosse development coach course and further study in coaching development. It would be a sustainable development program for participants to learn lacrosse and help other to learn in future. We believe the comprehensive training of Project LaX Move can help participants to equip themselves with fruitful experience and build up the confident. Furthermore, it can create positive value and hopes in community.



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### Course structure

Project LaX Move is designed as a 4-month career development for the youth to discover their talent. We target for 30 students for each phase and planning for 3 year with 2 phases per year. Underprivileged students will have a priority to participate in. 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:

Week	Duration	Course	Location	Proposed venue	Date	Time
1	3 hours	Lacrosse & LaxMove Intro, Recruitment, Job & Programme Application in the Sports Industry	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	6-Aug	1000 - 1300
2	3 hours	S&C Session, Lacrosse Practice	Field	Wah Yan hard-surface football pitch	7-Aug	1300 - 1600
3	4 hours	Instructor Course	Classroom + Field	YMCA	14-Aug	Classroom : 1500 - 1700 Field : 1700 - 1900
4	5 hours	Positive Coaching	Classroom	Career Sparkle (10/F, No. 100, Kennedy Road, Wanchai / 香港灣 仔堅尼地道 100 號聖雅各福群會 10 樓)	28-Aug	1000 - 1300, 1430 - 1630
5	2 hours	Lacrosse Coaching for NGOs	Field	Wah Yan hard-surface football pitch	4-Sep	1300 - 1600
6	4 hours	Elementary First Aid Course (EFA)	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	11-Sep	0900 - 1300
6	4 hours	Elementary First Aid Course (EFA)	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	11-Sep	1400 - 1800
7	1.5 hours	Lacrosse Practice	Field	Wah Yan hard-surface football pitch	18-Sep	1430 - 1600



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8	1.5 hours	Lacrosse Practice	Field	Wah Yan hard-surface football pitch	25-Sep	1300 - 1430
9	3 hours	Lacrosse Competition	Field	Wah Yan hard-surface football pitch	2-Oct	1230 - 1430
10	2 hours	Lacrosse Coaching for NGOs	Field	Wah Yan hard-surface football pitch	9-Oct	1230 - 1430
11	3 hours	Sports Marketing, Event Management	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	16-Oct	1000 - 1300
12	3 hours	Preparation for Week 14 Event Day	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	23-Oct	1000 - 1300
13	3 hours	Preparation for Week 14 Event Day	Classroom	佐敦彌敦道 229 號周生生大廈 1503 室	30-Oct	1000 - 1300
14	6 hours	MILE Sixes / Local sixes Event Day	Field		13-Nov	

### Benefits to Participants

After completion of the 4-month project, all students can obtain the following certification:

- ☐ Project LaxMove Participation Certificate
- ☐ Hong Kong Lacrosse Association Instructor Certificate
- ☐ Elementary First Aid Attendance Certificate issued from Hong Kong Red Cross
- ☐ Hong Kong Lacrosse Association 1-year Full Membership
- ☐ Attendance Certificate of Positive Coaching

### (2) Hong Kong Lacrosse Open

KTSI is one of the key sponsors of "Hong Kong Lacrosse Open 2023" which will be held in April 2023 at Stanley Ho Sports Centre, The University of Hong Kong.



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### Coaches Development Pathway

Qualification Levels	Level Descriptors
<b>Lacrosse Instructor</b>	A certificated instructor can demonstrate and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game with a certificated coach.
<b>Senior Lacrosse Instructor</b>	A certificated instructor can lead a demonstration event and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game alone.
<b>Level 1: Lacrosse Development Coach</b>	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.
<b>Level 2: Lacrosse Performance Coach</b>	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.
<b>Level 3: Lacrosse High Performance Coach</b>	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.