



中國香港棍網球總會有限公司

HONG KONG, CHINA 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 Website: www.hklax.org

2023-24 年春季油尖旺區棍網球隊(油尖旺區隊)訓練計劃 章程

宗旨

1. 提高地區青少年參與棍網球運動的興趣及加強他們對地區的歸屬感
2. 發掘有潛質的學員作進一步培訓

遴選資格

1. U8 組：年齡為 5-8 歲（2015-2018 年出生者）
U12 組：年齡為 9-12 歲（2011-2014 年出生者）

選拔細則

地點：九龍華仁書院草地足球場

日期：2024 年 1 月 6 日（星期六）

時間：13:00 - 14:30

費用：港幣 100 元正（上季區隊成員可免費參與是此選拔）

報名方法：經中國香港棍網球總會網上報名系統報名

報名截止日期：2024 年 1 月 2 日（星期二）

服飾及裝備：球員應穿著合適運動服(可選擇穿上膠釘運動鞋)及自備球棍，不需穿著護甲。

是次甄選將每個年齡組別挑選 8-10 人成為區隊成員參與訓練。

選拔準則：

- 1) 球員之個人技術及能力
- 2) 球員之團隊配合能力及球商
- 3) 球員之紀律、態度與責任感



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訓練詳情

星期	日期	時間	地點
六	2024 年 1 月 13, 20, 27 日 ; 2 月 3, 17, 24 日 ; 3 月 2, 9, 16 日 ; 4 月 6, 13, 20 日	13:00 - 14:30	九龍華仁書院人造草足球場
三	2024 年 2 月 7, 14, 21, 28 日 ; 3 月 6, 13, 20, 27 日	16:30 - 18:00	西洋波會草地球場 (加士居道 22 號)

聯賽資訊

小型棍網球聯賽可以讓球員定期參加比賽，增加比賽經驗。透過與不同地區的球員較量切磋，鍛煉技巧、團隊合作及心理質素。油尖旺區隊將會組成一隊參與 2024 春季小型棍網球聯賽。

日期：2024 年 1 月 28 日，2 月 18 日，3 月 17 日，4 月 14 日（日）

時間：13:00 - 17:30

地點：九龍華仁書院硬地足球場

訓練費用

區隊訓練費用為港幣 1500 元正，費用須於選拔後在中國香港棍網球總會網站繳交。費用已包括訓練開支，2024 春季小型棍網球聯賽費用及比賽球衣全套。

過往曾入選區隊之球員，將不會重複獲發球衣

如有任何查詢，歡迎聯絡致電或 WhatsApp 24582017



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2023-24 Yau Tsim Mong District Lacrosse Team Training Scheme Information

Purpose:

1. Raise the interest of local youth in lacrosse and strengthen their sense of belonging to the district
2. Identify potential players for further training

Eligibility:

U8 Group: Age 5-8 (Born in 2015-2018)

U12 Group: Age 9-12 (Born in 2011-2014)

Selection details:

Location: Wah Yan College Kowloon Artificial Grass Football Pitch (56 Waterloo Road)

Date: 2024 Jan 6(Sat)

Time: 13:00 – 14:30

How to apply: through the online registration system of Hong Kong China Lacrosse Association

Application Deadline: 2024 Jan 2 (Tue)

Application Fee: \$100 (Members of the district team from the previous season can participate in this selection for free)

Clothing and Equipment: Players should wear appropriate sportswear (optionally with turfs or cleats) and bring their own sticks. No protective gear is required.

8-10 players will be selected for each age group as the district team members to participate in regular training.

Selection criteria:

1. Player's personal skills and abilities
2. Players' teamwork ability and Lax IQ
3. Players' discipline, attitude and responsibility



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Training details

Day	Date	Time	Location
Sat	Jan 13, 20, 27 Feb 3, 17, 24 Mar 2, 9, 16 Apr 6, 13, 20	13:00 – 14:30	Wah Yan College Kowloon Artificial Grass Football Pitch
Wed	7, 14, 21, 28/2 6, 13, 20, 27/3	16:30 – 18:00	Club de Recreio (22 Gascoigne Road)

League Info

Mini Lacrosse League allows players to play regularly and gain game experience. By competing with players from different classes, players can sharpen their skills, learn teamwork, as well as develop positive mentality. The Yau Tsim Mong District Team will form a team to participate in the 2024 Spring Mini Lacrosse League.

Date: 2024 Jan 28, Feb 18, Mar 17, Apr 14 (Sun)

Time: 13:00 – 17:30

Location: Wah Yan College Kowloon Hard Surface Football Pitch

Training Fee

The training fee of 1500HKD will be collected through the HKLA website after the selection. The fee includes training expenses, league fee and a set of jerseys.

Jersey will not be distributed to former district team player again.

Should you have any queries, please do not hesitate to Call or WhatsApp 24582017