



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

U20 Program Information

Program Summary

The Hong Kong Under-20 (U20) Program is directed towards committed athletes with aspirations of representing Hong Kong at the U20 or eventually Senior level. The programme provides year-round, top-level instruction and support, focusing on fundamental skill, technical skill development and tactical systems a.k.a understanding of the game (Lax IQ). In addition to developing athletes understanding of the game, participants will also be provided with strength and conditioning coaching throughout the program.

Program Requirements:

As a developing lacrosse program HKLA will again be seeking the FIL's approval of an age dispensation to permit U22 players. Overage players must be resident in and hold a Hong Kong passport. (or Permanent Resident Card).

To be eligible athletes must meet the World Lacrosse player eligibility requirements found here.

<https://worldlacrosse.sport/wp-content/uploads/2018/08/FIL-Eligibility-Criteria-2018-.pdf>

Relevant age requirements for 2021 are;

- U20 players must be born after Aug 31, 2000 and therefore under 20 as of August 31, 2020.
- U22 players must be born after Aug 31, 1998 and therefore under 22 as of August 31, 2020
 - Overage players must be resident in and hold a HK passport / permanent resident card.
- Players must be 16 years of age as of June 17, 2021. there for born on or earlier than June 16, 2005.

20/21 Program Schedule overview

Tryouts	October as above
Oct – June	Regular training/gym, average 3/4 times/week Regional competition, location tbc
Oct – Jan	Premier League
Jan	Training Camp, Perth, Australia
Feb	Kashima Tournament, Japan
April	Hong Kong Open
June 8-16	Travel & pre event training camp in Manchester, UK
June 17 – 26	World Championships, Limerick, Ireland

Costs

- 4,000 HKD (October to June)
- If selected, a programme Fee (non-refundable) will be required to cover basic training costs..
- Players are required to pay the programme fee in two installments, \$2000 each. First installment will be due in October, while the second installment will be due in Feb (exact date to be announced)
- Financial arrangements for tournaments will be communicated prior to the selection of the travelling squad.
 - Long Haul Trip - \$4000 each
 - Short Haul Trip - \$2500 each

Lacrosse Training Schedule & Location:



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Content	Day of the Week	Time	Location
Training	Every Tuesday	20:00 - 21:30	Cherry Street Park soccer pitch (1 Cherry Street, Mong Kok, Kowloon)
Premier League Or Training	Every Sunday	11:00 - 13:00 Or 20:00 - 22:00	Sun Yat Sen Memorial Park Or KGV School
Positional Practice	Sunday	18:00 – 19:00	KGV School

Gym Programme Schedule & Location:

- 2 coached gym session each week
- Every Monday Evening & Saturday Morning
- Location: HKLA gym

Contact

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