



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

Hong Kong Lacrosse Women's Box Representative Team Training Squad Try-Out

Program Summary

The Hong Kong Women's Box Representative Team Training Squad will be holding a try-out for the team for the 2024 World Lacrosse Women's Box Championship

Player Requirements:

- Players must be born on or before 19 Sep 2009
- Players must meet at least one of the following requirements:
 - Holder of a permanent HKSAR ID card or HKSAR passport, or;
 - Have one or both parents, adoptive parents or step-parents born in Hong Kong or;
 - Have one or more birth or adoptive grandparents born in Hong Kong or;
 - Minimum of a two-year residency period in Hong Kong within the last five (5) years,
- Players must be members of HKLA

Try-out Dates:

12 January 2024 (Friday)	20:30-22:30 YMCA King's Centenary Centre 22 Gascoigne Road, Yau Ma Tei, Kowloon
13 January 2024 (Saturday)	16:30-19:30 YMCA King's Centenary Centre 22 Gascoigne Road, Yau Ma Tei, Kowloon
19 January 2024 (Friday)	20:30-22:30 YMCA King's Centenary Centre 22 Gascoigne Road, Yau Ma Tei, Kowloon

Notes:

- 1) Players are required to attend all sessions.
- 2) Players must bring their own reversible pinnies and their own gear (Helmet, shoulder pads, elbow pads and gloves are available for rental as a set at a cost of HKD\$800 + \$1500 deposit, any additional gear including sticks, bicep pads and rib/kidney pads players will have to buy on their own)

Program Details:

- S&C support will be provided if you are not already currently in an HKLA program.
- If you are unavailable to attend the try-outs with a valid reason, please contact Gemini Fan by gemfan@hklax.org
- Players will be notified of any schedule changes accordingly.
- 20-25 players will be selected as the Representative Team Training Squad.



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- For a copy of the selection policy, please visit www.hklax.org

Costs

- Try-out Fee \$250HKD (Non-refundable)
- Once selected, the program fee will be \$2000 (Non-refundable)
- Team tournament and trip fees will be communicated to players prior to the tournaments.

Program Training Schedule:

16-Feb Fri 20:30-22:30
8-Mar Fri 20:30-22:30
5-Apr Fri 20:30-22:30
6-Apr Sat 16:30-18:00
12-Apr Fri 20:30-22:30
13-Apr Sat 16:30-20:00

Overseas Tournament:

19-21 Apr SheBOX Prague (Traveling Dates will be 2-3 days before and 2 days after)

10-May Fri 20:30-22:30
24-May Fri 20:30-22:30

1-June Sat 16:30-18:00
7-June Fri 20:30-22:30
15-June Sat 16:30-18:00
21-June Fri 20:30-22:30
29-June Sat 16:30-18:00

July and Aug

Every Friday 20:30-22:30
Every Saturday 16:30-18:00

Sep

6-Sep Fri 20:30-22:30
7-Sep Sat 16:30-18:00

13-Sep Fri 20:30-22:30
14-Sep Sat 16:30-18:30

Box World Championship 20-29th Sep 2024 (Tournament Dates)

Registrations deadline: 30th December 2023

Sign up to be completed online at www.hklax.org

Contact Person:

Gemini Fan
gemfan@hklax.org