

**Organised by the China Hong Kong Lacrosse Association (HKLA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme - Lacrosse**  
**Prospectus**

Type of Activity Key Information	Sport Demonstration		Easy Sport Programme	Outreach Coaching Programme			
	Primary School	Secondary School		Non-School Team Training		School Team Training	
Target Participants	Primary School	Secondary School	Primary School	Primary School	Secondary School	Primary School	Secondary School
Outline	Introduction to lacrosse, including its rules, history and equipment. Demonstration of pass and catch, scooping, shooting, etc. through simple games to let students experience the fun of lacrosse.		Teaching of general lacrosse knowledge, eye-hand coordination practice, stick-handling, pass and catch, scooping and shooting.	Teaching of basic and advanced skills, including pass and catch, dodging, shooting, defensive footwork, game rules and application of tactics, etc.		Teaching of game rules and tactics through advanced training, including dodging, offensive and defensive skills, modes of offense and defense tactics, etc.	
Venue	Hall, Playground or Covered Playground			Outdoor Basketball Court arranged by School			
Fee	\$400 for first session (\$200 for extended session on the same day)	\$310 for first session (\$110 for extended session on the same day)	\$550 per course	\$1,550 per course	\$3,200 per course	\$3,200 per course	\$4,700 per course
Equipment to be provided by the school	20 cones			30 cones			
Other Sport Equipment	Lacrosse equipment (To be provided by HKLA)						
Duration	1 hour per session		5 lessons per course, 1 hour per lesson (5 hours in total)	8 lessons per course, 1 hour per lesson (8 hours in total)	8 lessons per course, 1.5 hours per lesson (12 hours in total)	10 lessons per course, 1.5 hours per lesson (15 hours in total)	10 lessons per course, 2 hours per lesson (20 hours in total)

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				Non-School Team Training		School Team Training	
Estimated No. of Participants per Session/Course	30	30	10	20	15	20	15
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm						
Skill Assessment	Not applicable		Badges Award Scheme				
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)		Easy Sport Programme Enrolment Form (P.200)	Outreach Coaching Programme Enrolment Form (P.203-204)			
How to Enrol	<ol style="list-style-type: none"> <li>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</li> <li>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</li> </ol>						
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. Upon completion of Lacrosse training course under the Easy Sport Programme or the Outreach Coaching Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standards of Lacrosse. Participants who meet the required standard may obtain badges and certificates according to their achieved levels from the HKLA at their own cost. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</li> <li>4. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</li> <li>5. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>6. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>						
Enquiry Phone No./Website	2601 7602 / <a href="http://www.lcsd.gov.hk/tc/ssp/index.html">http://www.lcsd.gov.hk/tc/ssp/index.html</a>						