

Preparation for 2017 BFA Women's Baseball Asian Cup

Additional Training Sessions

9/4/2017 - 30/8/2017

Appendix II

updated at 24/8/2017

	Date	Day	Time	Venue	Training Hours	Remarks
1	2017.04.09	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
2	2017.04.11	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
3	2017.04.12	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
4	2017.04.18	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
5	2017.04.19	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
6	2017.04.21	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
7	2017.04.23	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
8	2017.04.25	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
9	2017.04.26	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
10	2017.04.28	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
11	2017.04.30	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
12	2017.05.02	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
13	2017.05.05	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
14	2017.05.07	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
Sai Tso Wan Baseball Field Closed (2017/5/8-2017/6/21)						
15	2017.05.09	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
16	2017.05.10	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
17	2017.05.12	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
18	2017.05.14	Sun	9:30 ~ 12:30	Lion Rock	3:00	
19	2017.05.16	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
20	2017.05.17	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
21	2017.05.19	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
22	2017.05.21	Sun	9:30 ~ 12:30	Lion Rock	3:00	
23	2017.05.23	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
24	2017.05.24	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
25	2017.05.26	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
26	2017.05.28	Sun	9:30 ~ 12:30	Lion Rock	3:00	
27	2017.05.30	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
28	2017.05.31	Wed	18:00 ~ 19:00	Sai Tso Wan Cage	1:00	
29	2017.05.31	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
30	2017.06.02	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
31	2017.06.04	Sun	9:30 ~ 12:30	Lion Rock	3:00	
32	2017.06.06	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
33	2017.06.07	Wed	18:00 ~ 19:30	Sai Tso Wan Cage	1:30	<<14/6
34	2017.06.07	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
35	2017.06.09	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
36	2017.06.11	Sun	9:30 ~ 12:30	Lion Rock	3:00	
37	2017.06.13	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
38	2017.06.14	Wed	18:00 ~ 19:30	Sai Tso Wan Cage	1:30	<<14/6
39	2017.06.14	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
40	2017.06.16	Fri	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
41	2017.06.18	Sun	9:30 ~ 12:30	Lion Rock	3:00	
42	2017.06.20	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
43	2017.06.21	Wed	18:00 ~ 19:30	Sai Tso Wan Cage	1:30	<<14/6
44	2017.06.21	Wed	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
45	2017.06.24	Sat	18:00 ~ 21:00	Sai Tso Wan Baseball Field	3:00	
46	2017.06.25	Sun	9:30 ~ 12:30	Sai Tso Wan Baseball Field	3:00	<<13/6
47	2017.06.27	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
48	2017.06.28	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
49	2017.06.29	Thu	18:00 ~ 20:00	Sai Tso Wan Cage/Playground	2:00	Cage 1800-1900
50	2017.06.29	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	

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51	2017.07.01	Sat	18:00 ~ 21:00	Sai Tso Wan Baseball Field	3:00	
52	2017.07.02	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
53	2017.07.04	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
54	2017.07.05	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
55	2017.07.06	Thu	18:00 ~ 20:00	Sai Tso Wan Cage	2:00	
56	2017.07.06	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
57	2017.07.08	Sat	13:00 ~ 15:00	MYO Sports Clinic	2:00	<< 12/7
58	2017.07.08	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	
59	2017.07.09	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
60	2017.07.11	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Cage	3:00	Regular Training <<27/6
61	2017.07.12	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
62	2017.07.13	Thu	18:00 ~ 20:00	Sai Tso Wan Cage	2:00	TBC
63	2017.07.13	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
64	2017.07.14	Fri	19:00 ~ 22:00	MYO Sports Clinic	3:00	<< 12/7
65	2017.07.15	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	
66	2017.07.16	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
67	2017.07.17	Mon	20:00 ~ 21:00	Olympic House	1:00	<< 12/7
68	2017.07.18	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
69	2017.07.19	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
70	2017.07.20	Thu	18:00 ~ 20:00	Sai Tso Wan Cage	2:00	
71	2017.07.20	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
72	2017.07.22	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	
Overseas Training (2017/7/23-29)						
	2017.07.30	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	Cancel <<3/7
73	2017.08.01	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
74	2017.08.02	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
75	2017.08.03	Thu	18:00 ~ 20:00	Sai Tso Wan Playground	2:00	
76	2017.08.03	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
77	2017.08.04	Fri	19:30 ~ 20:30	Olympic House	1:00	
78	2017.08.05	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	
79	2017.08.06	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
80	2017.08.08	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
81	2017.08.09	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
82	2017.08.10	Thu	18:00 ~ 20:00	Sai Tso Wan Playground/Cage	2:00	<<7/8
83	2017.08.10	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
84	2017.08.11	Fri	19:00 ~ 22:00	MYO Sports Clinic	3:00	<< 12/7
85	2017.08.12	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	<<7/8
86	2017.08.13	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
87	2017.08.15	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
88	2017.08.16	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
89	2017.08.17	Thu	18:00 ~ 20:00	Sai Tso Wan Cage	2:00	
90	2017.08.17	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
91	2017.08.18	Fri	19:30 ~ 20:30	Olympic House	1:00	
92	2017.08.19	Sat	18:00 ~ 21:00	Sai Tso Wan Baseball Field	3:00	
93	2017.08.20	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
94	2017.08.22	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Cage	3:00	Regular Training
95	2017.08.29	Tue	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	Regular Training
96	2017.08.23	Wed	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	
97	2017.08.24	Thu	18:00 ~ 20:00	Sai Tso Wan Cage	2:00	
98	2017.08.24	Thu	19:30 ~ 21:30	Sai Tso Wan Playground	2:00	
99	2017.08.26	Sat	16:30 ~ 21:00	Sai Tso Wan Baseball Field	4:30	<<24/8
100	2017.08.27	Sun	15:00 ~ 18:00	Sai Tso Wan Baseball Field	3:00	
101	2017.08.29	Tue	19:00 ~ 22:00	Sai Tso Wan Baseball Field/Playground	3:00	Regular Training <<7/8
102	2017.08.30	Wed	19:00 ~ 22:00	Sai Tso Wan Cage	3:00	

STWField : 90 Sin Fat Road, Lam Tin, Kowloon

Transport: Lam Tin Station Exit D1

Lion Rock Field : Lion Rock ParkField, Wong Tai Sin, Kowloon

le Black: 26F Li Dong Building, 9 Li Yuen East Street.

Remark: Above training schedule will be revised if need.

HKBA website : www.hkbaseball.org