





2023-24 Baseball5 Regional Squad Training Scheme

Players Recruitment Select potential players to feed to national squad to prepare for international competition 1) Goals International competition as follow: -6th Asian Indoor & Martial Arts Games WBSC Baseball5 World Cup Coaching The Baseball Association of Hong Kong, China (BAHKC) Baseball5 coaching team 2) Team 3) Training From October 2023 to May 2024 Training programme includes baseball5-specific training, strength and conditioning training and cross-functional training or talks organized or co-organized by BAHKC. Please visit BAHKC Elite Training website for related training schedule. Schedule will be adjusted according to actual circumstance, please refer to the details announced. https://www.hkbaseball.org/html/tc/training-course/elite-training.html?lang_id=2 Eligibility Male or Female, aged 14 to 35 (born between 1988 to 2009); 4) Must hold Hong Kong Identity Card (Squad member who hold HKSAR Passport would equivalent in representing Hong Kong, China to participate in international competition) Register and pass the tryout https://www.hkbaseball.org/product_details.php?id=586013&lang_id=2 Log in to the BAHKC "Online Registration System", register as BAHKC user and register the tryout. 5) Registration Procedure Passed the tryout and register as Baseball5 athlete according to the age range (Entry fee HKD500). Athlete aged 14 - 18 (born between 2005 and 2009) https://www.hkbaseball.org/product_details.php?id=585528 ✤ Youth Athlete aged 19 - 35 (born between 1988 and 2004) Open https://www.hkbaseball.org/product_details.php?id=585529 Enrty Fee Entry fee HKD500 for BAHKC registered Baseball5 athletes; Participation fee will be charged if there are oversea 6) training or competition. Elite athletes, who attend in BAHKC Baseball5 trainings or activities, must wear assigned uniform (jersey). Subsidy Assistance for Underprivileged Elite Athletes is a subsidy assistance subvented by the Leisure and Cultural Services Department (LCSD). BAHKC registered Baseball5 athletes shall submit all required supporting documentation along with application form to the BAHKC by mail: Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong, if needed. Applications will examine and approve in monthly basis and terminated if out of funding. Applicant can only be successfully grant once in their life time. Entry fee HKD500 will be return when application is successful. Applicant who did not receive notification for tryout within 5 days or result within 10 days, please contact us. 7) Remarks Athlete under this training programme who has 80% or above attendance will receive participation certificate. The Association serve the right to dismiss athlete who attendance or training standard are unsatisfaction. Any paid fee will not be refunded. Athletes can only apply same programme once in the registered year. (For any special circumstance, including exam or outing, athletes should submit a written application for leave to related programme coach, permission of leave is depended on coach decision.) Training schedule depends on Leisure and Cultural Services Department approval on venue. The Association will adjust the schedule from time to time accordingly. The BAHKC reserves the right to approve the application. Players have to abide by training rules and regulations, coach reserves the right to dismiss critical offender. Athlete eligibility of participation in competition depends on event host. The Association will adjust the training and amend the regulations according to actual circumstance. The training programme are partially subvented by the Leisure and Cultural Services Development, and the remaining source is from BAHKC elite athlete registration fund. 8) Enquires The Baseball Association of Hong Kong, China Tel: 2504 8330 Email: hkbsa@hkolympic.org Website: www.hkbaseball.org