

# Hong Kong Elite Training Programme for Men (Junior Squad & Regional Squad)

香港男子棒球精英持續培訓計劃(JS/RS)

(4/2018 ~ 3/2019)

集訓時間表 Training Schedule

## Men's Elite JS/RS

Last updated: 19/7/2018

Lesson	Date	Day	Day	Time	Venue	Remarks	Updated on	
1	6-Apr-18	5	Fri	1900-2200	晒草灣 打擊籠			
2	7-Apr-18	6	Sat	1800-2100	晒草灣 棒球場			
3	13-Apr-18	5	Fri	1900-2200	晒草灣 打擊籠			
4	14-Apr-18	6	Sat	1800-2100	晒草灣 棒球場			
5	20-Apr-18	5	Fri	1900-2200	晒草灣 打擊籠			
6	21-Apr-18	6	Sat	1800-2100	晒草灣 棒球場			
7	27-Apr-18	5	Fri	1900-2200	晒草灣 打擊籠			
8	28-Apr-18	6	Sat	1800-2100	晒草灣 棒球場			
9	4-May-18	5	Fri	1900-2200	晒草灣 棒球場/打擊籠	1900-2030棒球場/2030-2200 打擊籠	<25/4	
10	5-May-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
11	11-May-18	5	Fri	1900-2200	晒草灣 棒球場/打擊籠	1900-2030棒球場/2030-2200 打擊籠	<25/4	
12	12-May-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
13	18-May-18	5	Fri	1900-2200	晒草灣 棒球場/打擊籠	1900-2030棒球場/2030-2200 打擊籠	<25/4	
14	19-May-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
15	25-May-18	5	Fri	1900-2200	晒草灣 棒球場/打擊籠	1900-2030棒球場/2030-2200 打擊籠	<25/4	
16	26-May-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
17	1-Jun-18	5	Fri	1900-2200	晒草灣 打擊籠			
18	2-Jun-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
19	8-Jun-18	5	Fri	1900-2200	晒草灣 打擊籠			
20	9-Jun-18	6	Sat	1800-2100	晒草灣 棒球場		<25/4	
21	15-Jun-18	5	Fri	1900-2200	晒草灣 打擊籠			
22	16-Jun-18	6	Sat	1800-2100	晒草灣 棒球場			
23	22-Jun-18	5	Fri	1900-2200	晒草灣 打擊籠			
24	29-Jun-18	5	Fri	1900-2200	晒草灣 打擊籠			
25	30-Jun-18	6	Sat	1800-2100	晒草灣 棒球場			
<b>備戰 BFA U18 Baseball Championship</b>								
26	6-Jul-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6	
27	7-Jul-18	6	Sat	1800-2100	STW Baseball Field			
28	8-Jul-18	7	Sun	1500-1800	STW Baseball Field			
29	13-Jul-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6	
30	14-Jul-18	6	Sat	1800-2100	STW Baseball Field			
31	15-Jul-18	7	Sun	1500-1800	STW Baseball Field			
32	16-Jul-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7	
33	17-Jul-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7	
34	18-Jul-18	3	Wed	1500-1800	STW Batting cage		<19/7	
35	20-Jul-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6	
36	21-Jul-18	6	Sat	1800-2100	STW Baseball Field			
37	22-Jul-18	7	Sun	1500-1800	STW Baseball Field			
38	23-Jul-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7	
39	23-Jul-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7	
40	24-Jul-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7	
41	25-Jul-18	3	Wed	1500-1800	STW Batting cage		<19/7	
42	26-Jul-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7	
43	27-Jul-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6	
44	28-Jul-18	6	Sat	1500-1800	STW Baseball Field	Enhancement training, non-club team players	<19/7	
45	28-Jul-18	6	Sat	1800-2100	STW Baseball Field			
46	29-Jul-18	7	Sun	1500-1800	STW Baseball Field			
47	30-Jul-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7	
48	30-Jul-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7	
49	30-Jul-18	1	Mon	Deadline for Player Selection				<10/7
	31-Jul-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7	
	31-Jul-18	2	Tue	Deadline for submitting team registration to BFA				<10/7

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Last updated: 19/7/2018

Lesson	Date	Day	Day	Time	Venue	Remarks	Updated on
50	1-Aug-18	3	Wed	1500-1800	STW Batting cage		<19/7
51	2-Aug-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7
52	3-Aug-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6
53	4-Aug-18	6	Sat	1500-1800	STW Baseball Field	Enhancement training, non-club team players	<19/7
54	4-Aug-18	6	Sat	1800-2100	STW Baseball Field		
55	5-Aug-18	7	Sun	1500-1800	STW Baseball Field		
56	6-Aug-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7
57	6-Aug-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7
58	7-Aug-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7
59	8-Aug-18	3	Wed	1500-1800	STW Batting cage		<19/7
60	9-Aug-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7
61	10-Aug-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6
62	11-Aug-18	6	Sat	1500-1800	STW Baseball Field	Enhancement training, non-club team players	<19/7
63	11-Aug-18	6	Sat	1800-2100	STW Baseball Field		
64	12-Aug-18	7	Sun	1500-1800	STW Baseball Field		
65	13-Aug-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7
66	13-Aug-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7
67	14-Aug-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7
68	15-Aug-18	3	Wed	1500-1800	STW Batting cage		<19/7
69	16-Aug-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7
70	17-Aug-18	5	Fri	1900-2200	STW Field + Batting cage	1900-2030 field/2030-2200 cage	<21/6
71	18-Aug-18	6	Sat	1500-1800	STW Baseball Field	Enhancement training, non-club team players	<19/7
72	18-Aug-18	6	Sat	1800-2100	STW Baseball Field		
73	19-Aug-18	7	Sun	1500-1800	STW Baseball Field	Men for Asian Games depart to Jakarta	
74	20-Aug-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7
75	20-Aug-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7
76	21-Aug-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7
77	22-Aug-18	3	Wed	1500-1800	STW Batting cage	TBC	<19/7
78	23-Aug-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7
79	24-Aug-18	5	Fri	1900-2200	STW Batting cage		
80	25-Aug-18	6	Sat	1500-1800	STW Batting cage	Enhancement training, non-club team players	<19/7
81	25-Aug-18	6	Sat	1800-2100	STW Baseball Field		
82	27-Aug-18	1	Mon	0930-1230	LR1 Baseball Field		<19/7
83	27-Aug-18	1	Mon	1900-2200	STW Recreation Ground	Fitness training	<10/7
	<b>27-Aug-18</b>	<b>1</b>	<b>Mon</b>	<b>27 Aug - 10 Oct Sai Tso Wan Field will be closed for summer maintenance</b>			<10/7
84	28-Aug-18	2	Tue	1900-2200	STW Recreation Ground	Rehab	<10/7
85	29-Aug-18	3	Wed	1500-1800	STW Batting cage	TBC	<19/7
86	30-Aug-18	4	Thu	1500-1800	STW Batting cage	TBC	<19/7
87	31-Aug-18	5	Fri	1900-2200	STW Batting cage		
	<b>1-Sep-18</b>	<b>6</b>	<b>Sat</b>	<b>1-30 Sept, Lion Rock will be closed for turf maintenance</b>			<10/7
	<b>1-Sep-18</b>	<b>6</b>	<b>Sat</b>	<b>Date of arrival, BFA U18 Championship</b>			<10/7
	<b>3-Sep-18</b>	<b>1</b>	<b>Mon</b>	<b>3-10 Sept BFA U18 Championship, Miyazaki, Japan</b>			<10/7
	<b>11-Sep-18</b>	<b>2</b>	<b>Tue</b>	<b>Return to Hong Kong</b>			<10/7
88	21-Sep-18	5	Fri	1900-2200	晒草灣 打擊籠		<21/6
89	22-Sep-18	6	Sat	1800-2100	晒草灣 打擊籠		<21/6
90	28-Sep-18	5	Fri	1900-2200	晒草灣 打擊籠		<21/6
91	29-Sep-18	6	Sat	1800-2100	晒草灣 打擊籠		<21/6
	<b>30-Sep-18</b>	<b>7</b>	<b>Sun</b>	<b>1-30 Sept, Lion Rock will be closed for turf maintenance</b>			
92	5-Oct-18	5	Fri	1900-2200	晒草灣 打擊籠		
93	6-Oct-18	6	Sat	1800-2100	晒草灣 打擊籠		
	<b>10-Oct-18</b>	<b>3</b>	<b>Wed</b>	<b>27 Aug - 10 Oct Sai Tso Wan Field will be closed for summer maintenance</b>			<10/7
94	12-Oct-18	5	Fri	1900-2200	晒草灣 打擊籠		
95	13-Oct-18	6	Sat	1800-2100	晒草灣 棒球場		
96	19-Oct-18	5	Fri	1900-2200	晒草灣 打擊籠		
97	20-Oct-18	6	Sat	1800-2100	晒草灣 棒球場		
98	26-Oct-18	5	Fri	1900-2200	晒草灣 打擊籠		
99	27-Oct-18	6	Sat	1800-2100	晒草灣 棒球場		

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(4/2018 ~ 3/2019)

集訓時間表 Training Schedule

## Men's Elite JS/RS

Last updated: 19/7/2018

Lesson	Date	Day	Day	Time	Venue	Remarks	Updated on	
<b>備戰 HKIBO</b>								
100	2-Nov-18	5	Fri	1900-2200	晒草灣 打擊籠			
101	3-Nov-18	6	Sat	1800-2100	晒草灣 棒球場			
102	4-Nov-18	7	Sun	0930-1230	Lion Rock Baseball Field			
103	7-Nov-18	3	Wed	1900-2200	晒草灣 打擊籠			
104	9-Nov-18	5	Fri	1900-2200	晒草灣 打擊籠			
105	10-Nov-18	6	Sat	1800-2100	晒草灣 棒球場			
106	14-Nov-18	3	Wed	1900-2200	晒草灣 打擊籠			
107	16-Nov-18	5	Fri	1900-2200	晒草灣 打擊籠			
108	17-Nov-18	6	Sat	1800-2100	晒草灣 棒球場			
109	18-Nov-18	7	Sun	1800-2100	Lion Rock Baseball Field	<<< 獅子山唔會有夜晚場	<10/7	
110	21-Nov-18	3	Wed	1900-2200	晒草灣 打擊籠			
111	23-Nov-18	5	Fri	1900-2200	晒草灣 打擊籠			
112	24-Nov-18	6	Sat	1800-2100	晒草灣 棒球場			
113	28-Nov-18	3	Wed	1800-2100	晒草灣 棒球場			
114	30-Nov-18	5	Fri	1900-2200	晒草灣 打擊籠			
115	1-Dec-18	6	Sat	1800-2100	晒草灣 棒球場			
116	2-Dec-18	7	Sun	0930-1230	Lion Rock Baseball Field	<<< 獅子山唔會有夜晚場	<10/7	
117	5-Dec-18	3	Wed	1800-2100	晒草灣 棒球場	1900-2030棒球場/2000-2200 打擊籠		
118	8-Dec-18	6	Sat	1800-2100	晒草灣 棒球場			
119	9-Dec-18	7	Sun	0930-1230	Lion Rock Baseball Field	<<< 獅子山唔會有夜晚場	<10/7	
120	12-Dec-18	3	Wed	0930-1230	晒草灣 棒球場	1900-2030棒球場/2000-2200 打擊籠		
<b>HKIBO 14-17 December 2018</b>								
	<b>21-Dec-18</b>	<b>6</b>	<b>Fri</b>	<b>21 Dec 2018 - 22 Jan 2019, Sai Tso Wan Field will be closed for summer maintenance</b>				<10/7
121	4-Jan-19	5	Fri	1900-2200	晒草灣 打擊籠			
122	5-Jan-19	6	Sat	1800-2100	晒草灣 打擊籠		<10/7	
123	11-Jan-19	5	Fri	1900-2200	晒草灣 打擊籠			
124	12-Jan-19	6	Sat	1800-2100	晒草灣 打擊籠		<10/7	
125	18-Jan-19	5	Fri	1900-2200	晒草灣 打擊籠			
126	19-Jan-19	6	Sat	1800-2100	晒草灣 打擊籠		<10/7	
	<b>22-Jan-19</b>	<b>2</b>	<b>Tue</b>	<b>21 Dec 2018 - 22 Jan 2019, Sai Tso Wan Field will be closed for summer maintenance</b>				<10/7
127	25-Jan-19	5	Fri	1900-2200	晒草灣 打擊籠			
128	26-Jan-19	6	Sat	1800-2100	晒草灣 棒球場			
129	1-Feb-19	5	Fri	1900-2200	晒草灣 打擊籠			
130	2-Feb-19	6	Sat	1800-2100	晒草灣 棒球場			
131	9-Feb-19	6	Sat	1800-2100	晒草灣 棒球場			
132	15-Feb-19	5	Fri	1900-2200	晒草灣 打擊籠			
133	16-Feb-19	6	Sat	1800-2100	晒草灣 棒球場			
134	22-Feb-19	5	Fri	1900-2200	晒草灣 打擊籠			
135	1-Mar-19	5	Fri	1900-2200	晒草灣 打擊籠			
136	2-Mar-19	6	Sat	1800-2100	晒草灣 棒球場			
137	8-Mar-19	5	Fri	1900-2200	晒草灣 打擊籠			
138	9-Mar-19	6	Sat	1800-2100	晒草灣 棒球場			
139	15-Mar-19	5	Fri	1900-2200	晒草灣 打擊籠			
140	16-Mar-19	6	Sat	1800-2100	晒草灣 棒球場			
141	22-Mar-19	5	Fri	1900-2200	晒草灣 打擊籠			
142	23-Mar-19	6	Sat	1800-2100	晒草灣 棒球場			
143	29-Mar-19	5	Fri	1900-2200	晒草灣 打擊籠			
144	30-Mar-19	6	Sat	1800-2100	晒草灣 棒球場			

**Remarks:**

- Sai Tso Wan (STW) baseball field will be closed for turf maintenance on 27 Aug - 10 Oct 2018 and 21 Dec 2018 to 22 Jan 2019
- Lion Rock will be closed on 1-30 Sept 2018
- The training schedule is subject to change according to the availability of a venue.
- Additional training will be added to the above list as new and modifications to training requirements evolves.
- HKBA reserves the rights to revise the schedule and training activities.
- The training schedule is available on our website: [www.hkbaseball.org](http://www.hkbaseball.org) under the page of Elite Training (精英培訓)

[www.hkbaseball.org](http://www.hkbaseball.org)