



The Baseball Association of Hong Kong, China
2025-2026 Baseball5 Regional Squad Elite Training Scheme and
Preparation for the 3rd Baseball5 Asia Cup 2026
For the period of April 2025 to Mar 2026



Last updated: 30 Jun 2025

Organizer:

The Baseball Association of Hong Kong, China (BAHKC)

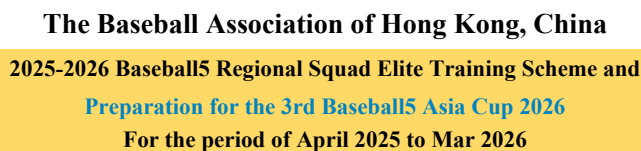
Subvention:

Subvented by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. BII)

Subvented by the Arts and Sport Development Fund (ASDF) under the Sir David Trench Fund for Recreation

B5 RS
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備戰B5亞洲盃

Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
2025.04.11	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.04.25	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.05.02	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.05.09	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.05.16	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.05.23	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.05.30	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.06.06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.06.13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.06.20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.06.22	Sun	7			Wan Chai Harbourfront Event Space	Baseball5 League	LCSD Cat. B(II)
2025.06.27	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.06.28	Sat	6			Wan Chai Harbourfront Event Space	Baseball5 League	LCSD Cat. B(II)
備戰亞洲盃第一階段：逢周二晚及周日下午加操；體能課日期待定							
2025.07.04	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	亞洲盃及青奧運球員選拔集訓	LCSD Cat. B(II)
2025.07.05	Sat	6	13:00 ~ 17:00	4:00	Lam Tin Park	與無錫惠愛實驗學校進行交流賽	LCSD Cat. B(II)
2025.07.08	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	亞洲盃及青奧運球員選拔集訓	ASDF
2025.07.11	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.07.13	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.07.15	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.07.18	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.07.19	Sat	6			Central Harbour Front Event Space	Baseball5 League	LCSD Cat. B(II)
2025.07.20	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.07.22	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.07.25	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.07.27	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.07.29	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
如當月沒有海外比賽／集訓，將安排週末到大灣區進行練習賽							
2025.08.01	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.08.03	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.08.05	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.08.08	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.08.10	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.08.12	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.08.15	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.08.17	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.08.19	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.08.22	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025.08.24	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 1	ASDF
2025.08.26	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.08.27	Wed	3			日本	海外集訓 - 出發	ASDF
2025.08.28	Thu	4			日本	海外集訓	ASDF
2025.08.29	Fri	5			日本	海外集訓	ASDF
2025.08.30	Sat	6			日本	海外集訓	ASDF
2025.08.31	Sun	7			日本	海外集訓 - 返港	ASDF
2025.09.02	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 1	ASDF
2025.09.05	Fri	5			荃灣 D.Park	第一屆香港High Five 五人棒球錦標賽 1st Hong Kong High Five Baseball5 Championship	ASDF LIE
2025.09.06	Sat	6					
2025.09.07	Sun	7					



Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

Subvention:
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Subvented by the Arts and Sport Development Fund (ASDF) under the Sir David Trench Fund for Recreation

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備戰B5亞洲盃

Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
備戰亞洲盃第二階段訓練日數將調整至每週四至五課；除周二，周五，周日外，其他日期待定							
2025. 09. 09	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2 Guest instructor: Andrea D'AURIA	ASDF
2025. 09. 12	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練 Guest instructor: Andrea D'AURIA	LCSD Cat. B(II)
2025. 09. 14	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 09. 16	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 09. 19	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 09. 21	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 09. 23	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 09. 26	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 09. 28	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 09. 30	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 10. 03	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 10. 05	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 10. 07	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 10. 10	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 10. 12	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 10. 14	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 10. 17	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 10. 19	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 10. 21	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 10. 24	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 10. 26	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 10. 28	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 10. 31	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
如當月沒有海外比賽／集訓，將安排週末到大灣區進行練習賽							
2025. 11. 02	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 11. 04	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 11. 07	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 11. 09	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 11. 11	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 11. 14	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 11. 16	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 11. 18	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 11. 21	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 11. 23	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 11. 25	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 11. 28	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 11. 30	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
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2025. 12. 02	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 12. 05	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 12. 07	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 12. 09	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 12. 12	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 12. 14	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2025. 12. 16	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2025. 12. 19	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2025. 12. 21	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	AS



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Preparation for the 3rd Baseball5 Asia Cup 2026
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備戰B5亞洲盃

Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
2026年初					暫定中山	2025-26年度五人制棒球青年軍(青苗)培訓計劃 - 2025年大灣區香港五人制棒球青年軍訓練營	LCSD Cat. C(I)
2026年初					待定	3rd Baseball5 Asia Cup	
2026. 01. 02	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 01. 04	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2026. 01. 06	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2026. 01. 09	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 01. 11	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2026. 01. 13	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2026. 01. 16	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 01. 18	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	備戰 Asia Cup Ph 2	ASDF
2026. 01. 20	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	備戰 Asia Cup Ph 2	ASDF
2026. 01. 23	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 01. 30	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 02. 06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 02. 13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 02. 17						農曆年假 17-19/2/2026	
2026. 02. 20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 02. 27	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 03. 06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 03. 13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 03. 20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)
2026. 03. 27	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	區隊常規訓練	LCSD Cat. B(II)

備註 Remarks:

訓練時間表得按場地情況作出調整。

The training schedule should be adjusted according to the venue conditions.

場地 Venues:

CUHK FAA : 香港中文大學校友會聯會張煊昌學校 (新界沙田顯徑邨嘉田苑)
C.U.H.K. F.A.A. Thomas Cheung School, Ka Tin Court, Hin Keng Estate, Shatin, N. T.
CFCCHS : 明愛粉嶺陳震夏中學 (新界粉嶺新運路28號)
Caritas Fanling Chan Chun Ha Secondary School, 28 San Wan Road, Fanling, N. T.