



The Baseball Association of Hong Kong, China
2025-2026 Baseball5 Regional Squad Elite Training Scheme and
Preparation for the 3rd Baseball5 Asia Cup 2026 (Phase 2)
For the period of October 2025 to Mar 2026



Last updated: 24 Oct 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
&
B5 Asia Cup
Preparation

Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
2025. 10. 03	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 10. 05	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 07	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 10	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 10. 12	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 14	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 17	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 10. 19	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 21	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 24	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 10. 26	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 28	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 10. 31	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 11. 01	Sat	6	14:00 ~ 17:00	3:00	CFCCHS	INA-HKG Baseball5 Friendly Match Tryout on 1-3 Nov 2025 only applicable to registered Baseball5 Regional Squad Athletes / Elite Baseball Athletes.	ASDF
2025. 11. 02	Sun	7	14:00 ~ 17:00	3:00	CFCCHS		ASDF
2025. 11. 03	Mon	1	19:00 ~ 22:00	3:00	CFCCHS		ASDF
2025. 11. 04	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 06	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 07	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 11. 09	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 10	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 11	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 13	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 14	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 11. 16	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 17	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 18	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 20	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 21	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 11. 23	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 24	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 25	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 27	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 11. 28	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 11. 30	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2 - Tryout	ASDF
2025. 12. 01	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 02	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 04	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 05	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 12. 07	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 08	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 09	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 11	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 12	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)



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Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
2025. 12. 14	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 15	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 16	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 18	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 19	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2025. 12. 21	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 22	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 23	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 25	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 26	Fri	5				Christmas Holiday 25-26/12/2025	
2025. 12. 28	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12. 29	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2025. 12		.	Date to be fixed		To be confirmed	YATS Training Camp in Greater Bay Area	LCSD Cat. C(I)
2025. 12. 30	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 01	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01		.	Date to be fixed		To be confirmed	3rd Asia Cup Preparation - Overseas Training Selected Preliminary Team Roster only	ASDF
2026. 01. 02	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 01. 04	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 05	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 06	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 08	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 09	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 01. 11	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 12	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 13	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 15	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 16	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 01. 18	Sun	7	14:00 ~ 17:00	3:00	CFCCHS	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 19	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 20	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 22	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 23	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 01. 26	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 29	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 01. 30	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 02		.	Date to be fixed		To be confirmed	3rd Asia Cup Preparation - Overseas Training Selected Preliminary Team Roster only	ASDF
2026. 02. 02	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 05	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 02. 09	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 12	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 02. 16	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF



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Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	Subvention Source
2026. 02. 17	Tue	2				Chinese New Year 17-19/2/2026	
2026. 02. 19	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 02. 23	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 26	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 02. 27	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 03. 02	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 05	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 03. 09	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 12	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 03. 16	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 19	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA	Regional Squad Regular Training	LCSD Cat. B(II)
2026. 03. 23	Mon	1	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03. 26	Thu	4	19:00 ~ 22:00	3:00	TBD	3rd Asia Cup Preparation Ph 2	ASDF
2026. 03			Date to be announced		To be confirmed	3rd Baseball5 Asia Cup	

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.