



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 Jan 2026 to Mar 2026



Last updated: 30 Jan 2026

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

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Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	AC	Subvention Source
2026.01.01	Thu	4				New Year Holiday		
2026.01.02	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.01.03	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.01.04	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 2	1	ASDF
2026.01.06	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 2	1	ASDF
2026.01.07	Wed	3	19:00 ~ 22:00	3:00	KYR-YL	備戰 Asia Cup Ph 2		ASDF
2026.01.08	Thu	4				No Training		
2026.01.09	Fri	5	19:00 ~ 22:00	3:00	SPTPG, Tuen Mun	區隊常規訓練		LCSD Cat. B(II)
2026.01.10	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.01.11	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 2	1	ASDF
2026.01.13	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 2	1	ASDF
2026.01.14	Wed	3	19:00 ~ 22:00	3:00	CHRP-GWTS	備戰 Asia Cup Ph 2		ASDF
2026.01.15	Thu	4	19:00 ~ 22:00	3:00	KYR-YL	備戰 Asia Cup Ph 2		ASDF
2026.01.16	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.01.17	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.01.18	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 2	1	ASDF
2026.01.20	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 2	1	ASDF
2026.01.21	Wed	3	19:00 ~ 22:00	3:00	KYR-YL	備戰 Asia Cup Ph 2		ASDF
2026.01.22	Thu	4				No Training		
2026.01.23	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.01.24	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.01.25	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 2	1	ASDF
2026.01.27	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 2	1	ASDF
2026.01.28	Wed	3				No Training		
2026.01.29	Thu	4				No Training		
2026.01.30	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.01.31	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.02.01	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026.02.03	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026.02.04	Wed	3	19:00 ~ 22:00	3:00	KYR-YL	備戰 Asia Cup Ph 3		ASDF
2026.02.05	Thu	4	19:00 ~ 22:00	3:00	KYR-YL	備戰 Asia Cup Ph 3		ASDF
2026.02.06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.02.07	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.02.08	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026.02.10	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026.02.11	Wed	3	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026.02.12	Thu	4	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026.02.13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.02.14	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.02.15	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026.02.15	Sun	7				Submission of PTR on myWBSC		
2026.02			Asia Cup Preparation Ph 3 - Overseas Training Trip 1 will be scheduled after finalizing the PTR (depart in the evening on Friday, back to Hong Kong in the evening on Sunday)					
2026.02.17	Tue	2				農曆年假 - 年初一		
2026.02.18	Wed	3				農曆年假 - 年初二		
2026.02.19	Thu	4				農曆年假 - 年初三		
2026.02.20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026.02.21	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.02.22	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026.02.24	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026.02.25	Wed	3	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026.02.26	Thu	4	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026.02.27	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		ASDF
2026.02.28	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026.03.01	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026.03.03	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF



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Date (YYYY-MM-DD)	Day	Day	Time	Hours	Proposed Venue	Remarks	AC	Subvention Source
2026. 03. 04	Wed	3	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 05	Thu	4	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 06	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026. 03. 07	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026. 03. 07	Sat	6	Submission of FTR (5 male + 5 female) on myWBSC (selected from PTR only)					
2026. 03			Asia Cup Preparation Ph 3 - Overseas Training Trip 2 will be scheduled after finalizing the FTR (depart in the evening on Friday, back to Hong Kong in the evening on Sunday)					
2026. 03. 08	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 10	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 11	Wed	3	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 12	Thu	4	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 13	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026. 03. 14	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026. 03. 15	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 17	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 18	Wed	3	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 19	Thu	4	19:00 ~ 22:00	3:00	TBC	備戰 Asia Cup Ph 3		ASDF
2026. 03. 20	Fri	5	19:00 ~ 22:00	3:00	CUHK FAA-ST	區隊常規訓練		LCSD Cat. B(II)
2026. 03. 21	Sat	6	15:00 ~ 17:00	2:00	HMKRPG-TW	地區訓練		LCSD Cat. C(I)
2026. 03. 22	Sun	7	14:00 ~ 17:00	3:00	CFCCHS-FL	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 24	Tue	2	19:00 ~ 22:00	3:00	CUHK FAA-ST	備戰 Asia Cup Ph 3	1	ASDF
2026. 03. 26	Thu	4	15:00 or after		Official Hotel B	3rd Baseball5 Asia Cup Check-in		MLIE
2026. 03. 26	Thu	4	To be scheduled by SA		D.PARK	3rd Baseball5 Asia Cup Pre-game Practice		MLIE
2026. 03. 26	Thu	4	To be scheduled by SA		Official Hotel A	3rd Baseball5 Asia Cup Pre-Tournament Meeting		MLIE
2026. 03. 27	Fri	5			D.PARK	3rd Baseball5 Asia Cup Game day 1		MLIE
2026. 03. 28	Sat	6			D.PARK	3rd Baseball5 Asia Cup Game day 2		MLIE
2026. 03. 29	Sun	7			D.PARK	3rd Baseball5 Asia Cup Game day 3		MLIE
2026. 03. 30	Mon	1			D.PARK	3rd Baseball5 Asia Cup Game day 4		MLIE
2026. 03. 31	Tue	2			D.PARK	3rd Baseball5 Asia Cup Game day 5		MLIE
2026. 04. 01	Wed	3	12:00		Official Hotel B	3rd Baseball5 Asia Cup Check-out		MLIE

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.

List of School Venues

RS **CUHK FAA-ST** Covered Playground, CUHK FAA Thomas Cheung School, Ka Tin Court, Hin Keng, Shatin, N. T. (新界沙田顯徑村嘉田苑 香港中文大學校友會聯會張煊昌學校 有蓋操場)
AC **CFCCHS-FL** Basketball Courts, Caritas Fanling Chan Chun Ha Secondary School, 28 San Wan Road, Fanling, N. T. (新界粉嶺新運路28號明愛粉嶺陳震夏中學 籃球場)

List of LCSD venues or other facilities

CHRP-G-WTS 5-a-side Soccer Pitch, Choi Hung Road Playground, 150 Choi Hung Road, San Po Kong, Kln. (九龍新蒲崗彩虹道150號 彩虹道遊樂場 五人足球場)
HMKRPG-TW 5-a-side Soccer Pitch, Hung Mui Kuk Road Playground, Hung Mui Kuk Road, Tai Wai, N. T. (新界沙田紅梅谷路 紅梅谷路遊樂場 五人足球場)
KYR-YL 5-a-side Soccer Pitch, Kik Yeung Road 5-a-side Football Pitch, Kik Yeung Road, Yuen Long, N. T. (新界元朗擊壤路 元朗擊壤路五人足球場)
LWHPG-FL 5-a-side Soccer Pitch, Luen Wo Hui Playground, Luen Wo Road, Luen Wo Hui, Fanling, N. T. (新界粉嶺聯和墟聯和道 聯和墟遊樂場 五人足球場)
SPTPG-TM 5-a-side Soccer Pitch, Shek Pai Tau Playground, Ho Tin Street, Tuen Mun, N. T. (新界屯門河田街 石排頭遊樂場 五人足球場)