

## 2022 - 2023 Elite Training Programmes and Coaching Staff Arrangement & Pay Rates

Proposed on 22 Mar 2022

申請人遞交申請表格時需連同一份全年訓練計劃書，擬培訓人數為20-30名。(截止申請日期: 2022年3月23日)

Applicant should submit the application form together with a training proposal for a group of 20-30 players throughout the year. (Application deadline: 23 March 2022)

Ref.	類別	分組	訓練項目及比賽	任教期		# 時間	主責教練		教練		Physical Trainer (S&C)			Sport Therapist		
				起始	終止		人數	Pay rate	人數	Pay rate	#時間	人數	Pay rate	#時間	人數	Pay rate
22/B1/M-NS	Men - NS	Men Senior	常規訓練 (National Squad "NS") 隊際運動五年發展計劃 (TS) 海外集訓 Asian Games Hangzhou 2022 Asian Baseball Championship BFA East Asia Cup BFA University Baseball Championship Hong Kong International Baseball Open (HKIBO)	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 - TS TUE, WED 18:00 - 22:00 SAT 18:00 - 21:00 SUN 09:30 - 12:30  <u>Regular</u> 常規 - NS FRI 19:00 - 22:00  # 備戰加操日期另訂	1	已委任教練 區學良先生  Assigned Coach Mr. AU Hok Leung	2	\$318/hr (L2) \$245/hr (L1)	TUE, WED, FRI 19:30 - 21:30	1	\$318/hr	SUN 12:30 - 15:30	1	\$318/hr
22/B1/M-JS	Men - JS	Junior Squad U18	常規訓練 (Junior Squad "JS") BFA U18 Baseball Championship BFA University Baseball Championship	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 FRI 19:00 - 22:00 SAT 18:00 - 21:00  # 備戰加操日期另訂			2	\$318/hr (L2) \$245/hr (L1)						
22/B2/M-RS	Men - RS	Regional Squad U15	常規訓練 (Regional Squad "RS")	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 TUE 17:00 - 20:00  # 備戰加操日期另訂			1	\$318/hr (L2) \$245/hr (L1)						
22/B1/MF	Men Feeder	優化培育系統 (男子)	常規訓練 (Men Feeder "MF")	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 SAT 09:30 - 12:30  # 備戰加操另訂			2	\$318/hr (L2) \$245/hr (L1)						
22/B1/W-NS	Women NS	Women Senior	常規訓練 (Women Squad "WS") III BFA Women's Baseball Asian Cup Phoenix Cup	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 TUE, WED 19:00 - 22:00 THU 19:30 - 21:30 SUN 13:30 - 16:30  # 備戰加操日期另訂	1	\$467/hr (L2) \$318/hr (L1)	1	\$318/hr (L2) \$245/hr (L1)	THU 19:30 - 21:30	1	\$318/hr			
22/B2/W-RS	Women RS	Women Regional Squad	常規訓練 (Women Regional Squad "WRS")	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 TUE 19:00 - 22:00 SUN 13:30 - 16:30  # 備戰加操日期另訂			1	\$318/hr (L2) \$245/hr (L1)						
22/B1/WF	Women Feeder	優化培育系統 (女子)	常規訓練 (Women Feeder "WF")	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 SUN 09:30-12:30  # 備戰加操日期另訂			2	\$318/hr (L2) \$245/hr (L1)						
22/SF/U12	U12	少棒 U12	常規訓練 BFA U12 Baseball Championship	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 SAT 09:30 - 12:30  # 備戰加操另訂			2	\$318/hr (L2) \$245/hr (L1)						
22/B2/BB5	Baseball 5	Baseball5 Regional Squad	常規訓練 (Baseball 5 Regional Squad "BB5") WBSC Baseball5 亞洲盃	1 Apr 2022	31 Mar 2023	<u>Regular</u> 常規 SUN 09:00 - 12:00  # 備戰加操另訂			1	\$318/hr (L2) \$245/hr (L1) *需持有BB5 Trainer資格						

**備註:**

- 一) 精英培訓集中於港隊訓練基地晒草灣棒球場，位於九龍藍田茜發道九十號。
  - 二) 晒草灣棒球場封場或本會舉行大型賽事期間，訓練將移師至九龍黃大仙獅子山公園棒球場。部份組別可能安排移地海外集訓，一般 3-7天。
- # 訓練時間將按個別組別及場地情況作出調整。