

Team Only Sports Elite Training Development Plan (Stage 1 – Pre-2018 Asian Games)**Sports: Softball****Team: Women****A. Overseas Training & Competition Plan (November 2017 – October 2018)***28 November 2017 - 5 December 2017*

11th Asian Women Softball Championship 2017 - Taichung, Taiwan (12 participating nations, top 6 qualify for the 18th Asian Game 2018 - Jakarta, Indonesia)

January 2018

Pitcher Clinic - Organised by Japan Softball Association (JSA) opened to elite pitchers from all members of the Softball Asia Corporation (SCA) - HKSA will send two of our top pitchers and one catcher to take part in this clinic, our objective is to have our athletes training with the best of Asia and with the help of the Japanese coaches fine tuning our pitchers and catchers' technique and match toughness.

March 2018

5 days full squad training camp Osaka, Japan

HKSA will send a team of 20 plus 3 coaches to Osaka, Japan for a 5 day training camp, JSA will also arrange friendly matches for our team with Japanese teams from universities and/or district representatives, our objective is to better prepare our national team for the East Asia Championship host by Taiwan.

May 2018

East Asian Championship, Taiwan

This bi-annual championship will make up of 5 teams namely China, Japan, Taiwan, South Korea and Hong Kong.

B. Program and Budget Plan

(Appendix 2)

C. National Squad Training

	Name of athletes
1.	HUI KAI YAN
2.	NG YAN WAH
3.	WONG CHO HEI
4.	PONG YUI CHI
5.	KU OI YU
6.	LEUNG TSZ YAN
7.	CHEN SZE LAM

8.	LAM PUI KWAN
9.	WONG MARCIA KA YAN

2) Local Training Program

Year round full squad on field training schedule

Venue : Tin Kwong road Softball Field

Training schedule:

- Every Monday - 7pm to 10:30pm pitching, fielding and batting practice
- Every Wednesday - 7pm to 10:30pm weight training, pitching, fielding and batting practice
- Every Saturday - 9:00am - 1:00pm pitching and batting practice

Coaching Fee:

50% funded by LCSD, 50% funded by HKSA

D. Performance Targets / KPI for 2018 Asian Games

1. International Competition Achievements (at major championships/ Games)

11th Asian Women Softball Championship 2017 - Top 6 out of 12 teams

East Asian Championship

This tournament will give our women team extremely valuable experience playing against the top 4 women team in Asia

2. Elite Squads Development

HKSA has been working hard at our youth programme, apart from the traditional U19 national team, an U12, U15 and U21 training programme has been put in place since 2016, fresh talents will be nurture through this ladder system to ensure the national team will have continuous supply of potential national squad players.

3. Others

Overseas Coach

We believe hiring of an overseas coach will bring not only fresh ideas but also the latest training technique to our national squad. We have started the search in June and with the help of World Baseball Softball Confederation (WBSC), a Japanese coach has been identify and progress has been made to bring him to Hong Kong for a one year contract. This coach will take charge of the training and competition of our women national squad and he will also in charge of setting up a coaching system for our feeders programme.