

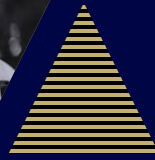


# Our Journey Re-imagined

VALLEY LACROSSE WORKING  
COMMITTEE 2023/24

MAY 2023





# Overview

- Intro of 2023/24 of Committee Members
- Year Plan & Goal 2023/24
- Elements for Success
- Membership
- Q&A



# Valley Lacrosse 2023/24 Committee Members



# Valley Lacrosse

## 2023/24 Working Committee

Administrative Duties

**Chairman:**  
Godwin

**Vice-Chairman:**  
Alec

**General Secretary:**  
Charing

**Finance Controller:**  
Albert

**Player Development  
Officer:**  
Kin

**Event & Welfare  
Secretary**  
SiuJ

**Publicity Secretary:**  
Christy

**Team Captain (Men):**  
TBD

**Team Captain  
(Women):**  
TBD



# Valley Lacrosse

## 2023/24 Coaching Committee

On-field Practice/ Player Guidance, Roster Selection

Hei

Alec

Kin

Albert

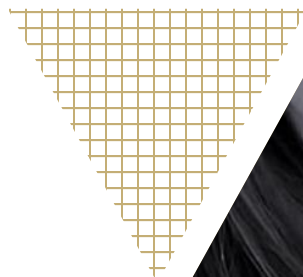




# Year Plan & Goal 23/24

What is happening this year?

What is our goal as a team?



# Year Plan 2023/24

Aug  
2023

## Valley Lacrosse Camp

- 2-nights intensive training from individual skills development to team concept

Q4  
2023

## Men Champion's League

- Division 2
- Compete with developing local players
- Roster selection 1 month before league

Apr  
2024

## Hong Kong Open 2024

- **Pre-requisite: Champion's League Champion**
- Compete with best players across Asia region
- Roster selection 1 month before tournament

Sep  
2023

## 6's League

- Format TBC
- Potentially continuous 2 days tournament/weekend game

Feb  
2024

## Overseas Trip (Tentative)

- Participation of an overseas tournament/friendly game
- Taiwan/Mainland/Japan



Finish Hong Kong  
Lacrosse Open in top 50%  
percentile



23/24 Men's Champion  
League Division 2  
**CHAMPION**



Measurable improvement  
for all participating  
individuals of Valley  
Lacrosse

# Short Term Goal



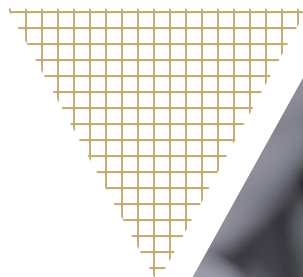


# Elements for Success

How to achieve all our ambitions?

What is needed?

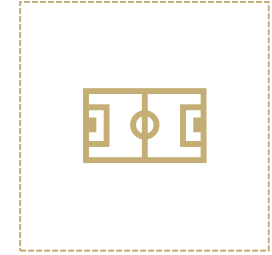
What do we have on hand?



# Elements for Success



Progressive and  
targeted training



Monthly friendly  
matches & player  
statistics



Team bonding  
activities



Your Support!



# Progressive and Target Training

## Three Pillars of Practice and Conditioning

- Progressive training to build-up to a Team ready for game

### Field Practice

- Warm-up & Positional drills (15+30 mins)
  - Offense & Defensive
- Situational practice (45 mins)
  - 1v1/2v2/3v3 groundball and dodging
  - Man-up/down
  - 6v6
- Shift from individual to team focus as game-day approaching

### Off-field Practice

- Positional individual practice and wall ball
- 2-3 weekly self-session to obtain game fundamentals and opportunities to expand role

### S&C

- On/off-season workout plan
- Get you into shape!

# Progressive and Target Training

## Field Practice Format

### CURRENT

Random practice announced few weeks before (1 week per practice)

No set position, generic skills development for players

Game participation heavily involve outside players

### VISION

1.5 practices/week (every Monday + bi-weekly practice on Friday)

Players train on their most suitable position (Personal preference + Team need)

Club members sufficient and capable of participating tournaments

# Progressive and Target Training

## Off-field Practice Format

Positioning drill during on-field session:

- Reinforce what have been done with more reps
- Video instruction with written description

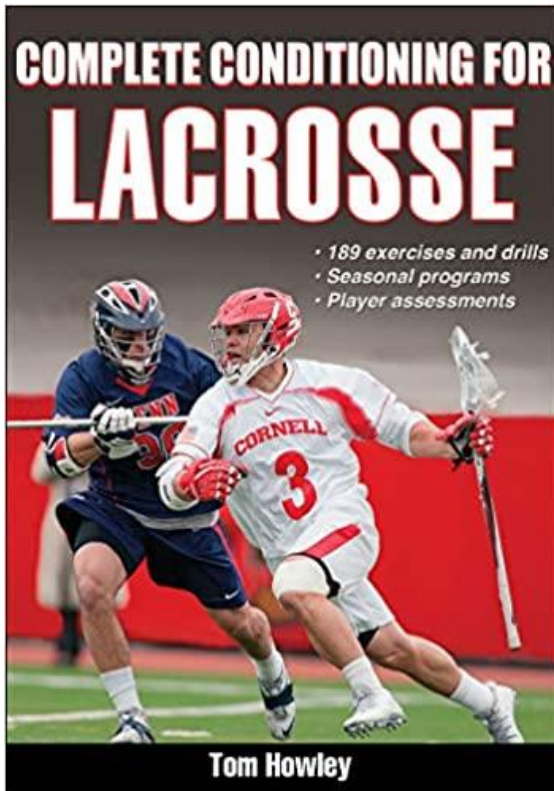
Wall-ball challenge:

- Throw & Catch – 1 of the most important aspect of the game (especially for aspiring offensive players)!

2 – 3 times / week to elevate your game to the next level

# Progressive and Target Training

## Strength & Conditioning



Referencing Conditioning Programs from:

Complete Conditioning for Lacrosse

Tom Howley (Cornell University, Associate Athletic Director for Athlete Performance)

Commitment and Experience based:

Body-weight Circuit (2 sessions/week) (Option 1)

Weight Training Program (3-4 sessions/week) (Option 2)



# Friendly Matches

Ride on our success in Apr 23 vs Siu J FC

In-game experience when no league games:



Full  
Statistics



Officials



Game Footage  
& Photography

Potential Opponents:

U25, HKU, Hall Alumni Teams

(Intra-squad 6s when no opponents)





# Team Bonding Activities

Q2  
2023

BBQ (*May 1, 2023*)

Boat Party (*Jun 25, 2023*)

Q3  
2023

World Champ Live Watching

Media Day

Q4  
2023

Christmas Party





# Media Day

Originated from College/High School/  
Club Lacrosse Program:

- Media Coverage
- Team Photo-taking

Re-created by Valley to document our team  
moments:

Prepare your props

Fantasize your poses

&

Be prepared to take your best profile picture  
ever!!!





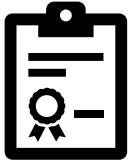
# Membership

*(Eff Jun 1, 2023)*

- Membership Structure
- Practice Subscription

# Membership *(Eff Jun 1, 2023)*

## Structure



- Access to regular practice
- Participation of League/Tournaments
- Discount on Equipment & Apparels
- And more...

### Founding Membership

HK\$ **1,000**

Life-time Membership for founding Valley Homies

### Full Membership

HK\$ **200**

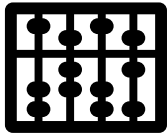
Every year

Annual Membership for access to Club Benefits.

- 40% off for students/female

# Membership *(Eff Jun 1, 2023)*

Practice Subscription • 40% off for students/female



- 6 practices / month
- Refer to previous slides for practice format
- Priority to team roster based on attendance
- **Single practice at HK\$100**

\* Terms & Condition applies

Best Value

Season Subscription

HK\$  
**960**

Every 3 months

20% Off from Monthly  
Subscription

- ~\$50/practice

Monthly Subscription

HK\$  
**400**

Every month

- ~\$70/practice

**Transitional Period (until May 31, 2023)** - HK\$50/practice with no membership required





# Q&A

Contact Our Working Committee

via WhatsApp

or

Email: [info@thevalleylax.org](mailto:info@thevalleylax.org)

