

Regional U16s Academy Training 2018

Kowloon 16's Squad 2018				
Week	Date	Time	Venue	
1	4 Aug	8am-11am	Shun Lee Tsuen SC	Phase 1 Trial & Training
2	11 Aug	8am-10am	Shun Lee Tsuen SC	Phase I Squad Training
3	18 Aug	8am-10am	Shun Lee Tsuen SC	Phase I Squad Training
4	25 Aug	8am-11am	Shun Lee Tsuen SC	Phase 2 Trial
5	1 Sept	8am-10am	Shun Lee Tsuen SC	Fitness Testing
6	8 Sept	8am-10am	Shun Lee Tsuen SC	Phase 2 Squad Training
7	22 Sept	8am-10am	Shun Lee Tsuen SC	Phase 2 Squad Training
8	6 Oct	8am-10am	Shun Lee Tsuen SC	Phase 2 Squad Training
9	13 Oct	8am-10am	Shun Lee Tsuen SC	Phase 2 Squad Training
10	20 Oct	8am-10am	Shun Lee Tsuen SC	Phase 2 Squad Training
Touring Team Trial	27 Oct	8am-10am	Shun Lee Tsuen SC	Phase 3 Trial

Island 16's Squad 2018				
Week	Date	Time	Venue	
1	2 Aug	7pm-10pm	Hong Kong Park SC	Phase 1 Trial& Training
2	9 Aug	7pm-9pm	Hong Kong Park SC	Phase I Squad Training
3	16 Aug	7pm-9pm	Hong Kong Park SC	Phase I Squad Training
4	23 Aug	7pm-9pm	Hong Kong Park SC	Phase I Squad Training
5	30 Aug	7pm-10pm	Hong Kong Park SC	Phase 2 Trial
6	6 Sept	7pm-9pm	Hong Kong Park SC	Fitness Testing
7	13 Sept	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
8	20 Sept	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
9	27 Sept	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
10 TBC*	4 Oct	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
11 TBC*	11 Oct	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
12 TBC*	18 Oct	7pm-9pm	Hong Kong Park SC	Phase 2 Squad Training
Touring Team Trial TBC*	25 Oct	7pm-9pm	Hong Kong Park SC	Phase 3 Trial

Touring Team Training 2018				
Session	Date	Time	Venue	
1 TBC*	1 Nov	7pm-9pm	Hong Kong Park SC	
2	3 Nov	8am-10am	Shun Lee Tsuen SC	
3 TBC*	8 Nov	7pm-9pm	Hong Kong Park SC	
4	10 Nov	8am-10am	Shun Lee Tsuen SC	
5 TBC*	15 Nov	7pm-9pm	Hong Kong Park SC	
6	17 Nov	8am-10am	Shun Lee Tsuen SC	
7 TBC*	22 Nov	7pm-9pm	Hong Kong Park SC	
8	24 Nov	8am-10am	Shun Lee Tsuen SC	
9 TBC*	29 Nov	7pm-9pm	Hong Kong Park SC	
10	1 Dec	8am-10am	Shun Lee Tsuen SC	
11 TBC*	6 Dec	7pm-9pm	Hong Kong Park SC	