

Lam Tai Fai College Sports Team Training Arrangements (2018-2019)

Training period: 9/2018 - 8/2019						
Sports Team	Coach	Coach's Qualification	Training Venue	Date	Time	Teachers-in-charge
Athletics	Liu Yau Shing	Coach of HK Amateur Athletic Association	LTFC Sports Ground or Shatin Sports Ground or Ma On Shan Sports Ground	Wed & Fri	16:15-18:15	Mr. Chan Ho Yan Ms. Ho Yu Chai
Athletics (Throwing Events)	Lee Ka Shun	Discus record holder in HK		Tue	16:15-18:15	Mr. Chan Ho Yan Ms. Ho Yu Chai
Badminton	Yang Ching	Former member of HK Team Coach of HK Badminton Association	2/F School Hall or 5/F New Gym	Mon & Tue	16:15-18:15	Dr. Luk Chi Shing Mr. Tao Wai Fook
Basketball (Boys)	Members of South China Basketball Team		LTFC Playground or 5/F New Gym	Tue & Thur	16:15-18:15	Dr. Luk Chi Shing
Basketball (Girls)	Members of South China Basketball Team		5/F New Gym	Mon & Fri	16:15-18:15	Ms. Ho Yu Chai
Cross-country	Coach of HK Amateur Athletic Association		Training details will be informed by CCA notice later.			Mr. Chan Ho Yan Ms. Ho Yu Chai
Cycling	Coach of HK Cycling Association		LTFC Sports Ground or Cycling Ground outside school	Tue & Thur	16:15-18:15	Ms. Lai Po Yee
Fencing	Coach of Primo Fencing Hong Kong Limited		5/F Old Gym	Thur	16:15-18:15	Dr. Luk Chi Shing
Football	South China Youth Soccer Institute		LTFC Sports Ground or LCSD Football Pitch	Tue & Thur	16:30-18:30	Mr. Man Kin Ping Mr. Chan Ho Yan
Handball	Lee Chi Cheong	Former member of HK Team Coach of HK Handball Association	LTFC Sports Ground	Mon & Wed	16:15-18:15	Mr. Man Kin Ping Ms. Ho Yu Chai
Squash	Training details will be informed by CCA notice later.					Dr. Luk Chi Shing
Swimming	Yeung Jing	Former member of China Team Coach of Hong Kong Team	LTFC Indoor Swimming Pool	Mon to Thur- Morning 07:00-07:50(Sep-Nov) Mon to Fri -Afternoon 16:00-17:30(Whole Year)		Ms. Lai Po Yee Dr. Luk Chi Shing
Table-tennis	GAO Ming Quan	Former member of China Team Coach of HK Table-tennis Association	5/F Old Gym	Mon & Fri	16:15-18:15	Mr. Man Kin Ping
Tennis	Training details will be informed by CCA notice later.					Mr. Man Kin Ping
Volleyball (Boys)	Coach of HK Volleyball Association		5/F Old Gym or LTFC Sports Ground	Wed & Fri	16:15-18:15	Ms. Lai Po Yee

Volleyball (Girls)	Coach of HK Volleyball Association	5/F Old Gym	Tue & Wed	16:15-18:15	Ms. Lai Po Yee
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Note: As the training of Football / Cycling / Athletics / Squash / Tennis / Cross-country takes place outside the school campus, team members will be dismissed on site when the training is completed. Parents can make transport arrangements from the training venues if necessary.