GREEN & GRIND

BASKETBALL ACADEMY

2026-2027
TEAM PROGRAMME
籃球隊課程



@greenandgrind

Student Development Pathway
學員成長階梯

STAGE 3 階段3 : THE GROWTH 成長期

League, Tournament, Friendly 聯賽、錦標賽、友誼賽



Advanced skill
進階技巧



Teamwork
團隊合作



Game exposure
比賽機會



Mental toughness
心理韌性

Competitive Team
籃球隊
(8-18歲)

STAGE 2 階段2 : THE SEEDLINGS 幼苗期

Friendly 友誼賽



Intermediate skill
中級技巧



Basketball IQ
籃球智商



Teamwork
團隊合作



Bridge to competition
銜接比賽

Development Team
預備隊
(7-12歲)

STAGE 1 階段1 : THE SPROUTS 發芽期



Proper fundamentals
正確的基本功



Love basketball
熱愛籃球



Athleticism
運動能力



Make friends
結交朋友

Interest Class
興趣班
(3-14歲)



PLANT THE FOUNDATION. GRIND FOR GREATNESS.

GREEN & GRIND BASKETBALL ACADEMY 綠適動力籃球學院

THE SEEDLINGS
幼苗期

Development Teams
預備隊



An introductory team basketball programme for young players with solid fundamentals and a passion for the game
專為具備籃球基礎與熱誠的年輕球員打造的入門籃球隊體驗

✓ **FIBA-CERTIFIED COACHES**
國際籃聯認證籃球教練主理

✓ **8+ INTERNAL TOURNAMENTS/ FRIENDLIES**
最少8場內部錦標賽/友誼賽

✓ **STRUCTURED TRAINING**
系統化訓練

✓ **PLAYER DEVELOPMENT TRACKING**
球員成長追蹤

Team 球隊	Coach 教練	Time 時間	Location 場地	Capacity 名額
U10 Sunflowers U10向日葵隊	Coach Sunny	Fri 星期五 5:00–6:30 PM	HK Island Court* 港島區球場*	20
U10 Clovers U10三葉草隊	Coach Daryll	Sat 星期六 8:30–10:00 AM	Kellett School 啓歷學校	20
U12 Palms U12棕櫚樹隊	Coach Daryll	Sat 星期六 8:30–10:00 AM	Kellett School 啓歷學校	20

*Exact training location will be shared each week 每星期會公佈訓練地點

Full Season Dates on Pages 7-8 | 完整賽季日期請參閱第7-8頁 →

Option A ⭐ Best Value 最優惠	Option B 📅 Flexible 彈性方案
Annual Commitment 全年承諾 (2026–2027)	**Term-by-Term 逐期付款**
$12,600	**$7,000/term 每期**

THE GROWTH
成長期

5 on 5 Teams
5打5籃球隊



A high-level basketball team programme for battle-tested and growth-oriented players
為有比賽經驗及渴望進步的球員而設的高水準籃球隊課程

- ✓ **FIBA-CERTIFIED COACHES**
  國際籃聯認證籃球教練主理
- ✓ **STRUCTURED TRAINING**
  系統化訓練
- ✓ **2-3 EXTERNAL LEAGUES**
  2至3個外部聯賽
- ✓ **POST-GAME ATHLETIC CONDITIONING & STRETCHING**
  賽後體能訓練及拉筋
- ✓ **8+ INTERNAL TOURNAMENTS/FRIENDLIES**
  最少8場內部錦標賽/友誼賽
- ✓ **PLAYER DEVELOPMENT TRACKING**
  球員成長追蹤

Team 球隊	Coach 教練	Time 時間	Location 場地	Capacity 名額
U11 Bamboos U11 竹樹隊	Coach Walton	Tue 星期二 5:00–7:00 PM Sun 星期日 2:30–4:30 PM	Kowloon Court 九龍球場* Kellett School 啟歷學校	20
U13 Ironwoods U13 鐵木隊	Coach Sunny	Tue 星期二 5:00–7:00 PM Sun 星期日 2:30–4:30 PM	Kowloon Court 九龍球場* Kellett School 啟歷學校	15
U15 Oaks U15 橡樹隊	Coach Sunny	Thu 星期四 7:00–9:00 PM Sun 星期日 4:30–6:30 PM	HK Island Court 港島球場* Kellett School 啟歷學校	15
U18 Redwoods U18 紅木隊	Coach Daryll	Mon 星期一 7:00–9:00 PM Sun 星期日 4:00–6:00 PM	HK Island Court 港島球場* HK Island Court 港島球場*	15

*Exact training location will be shared each week 每星期會公佈訓練地點

Full Season Dates on Pages 9-11 | 完整賽季日期請參閱第9-11頁 →

Option A ⭐ Best Value 最優惠	Option B 📅 Flexible 彈性方案
Annual Commitment 全年承諾 (2026–2027)	**Term-by-Term 逐期付款**
$27,000	**$15,000/term 每期**

THE GROWTH
成長期

3 on 3 Teams
3打3籃球隊



A 3x3 focused team programme for ballers who wish to become the king of small sided game
為希望成為優秀3打3小型對抗賽球員而設的籃球隊課程

✓ **LED BY HK TOP 3X3 PLAYER**
由香港3X3頂尖球員主理

✓ **3X3 PLAYER DEVELOPMENT TRACKING**
3X3球員成長追蹤

✓ **2 EXTERNAL TOURNAMENTS**
2場外部錦標賽

✓ **STRUCTURED TRAINING**
系統化訓練

✓ **2+ INTERNAL TOURNAMENTS/ FRIENDLIES**
最少2場內部錦標賽/友誼賽

Team 球隊	Coach 教練	Time 時間	Location 場地	Capacity 名額
U10 Thorns U10 荊棘隊	Coach Polson	Sat 星期六 Any two hour between 8:00AM–12:00NN 早上8至12點其中兩個鐘	Kowloon West Court* 九龍西籃球場*	9
U12 Vines U12 藤蔓隊	Coach Polson	Sat 星期六 Any two hour between 8:00AM–12:00NN 早上8至12點其中兩個鐘	Kowloon West Court* 九龍西籃球場*	9

*Exact training time and location will be shared each week 每星期會公佈訓練時間和地點

Full Season Dates on Page 12 | 完整賽季日期請參閱第12頁 →

⭐ Option A 方案A	Option B 方案B
Dual-Athlete Special Offer 優惠方案 (for players admitted to both 5 on 5 and 3x3 teams 適用於同時參加5打5及3x3訓練課程之學員)	**Standalone Package 獨立方案**
$6,000	**$8,000**

EXTRA PROGRAMMES & TOURNAMENTS
額外課程及比賽

A INTERNAL TOURNAMENTS & FRIENDLIES 內聯賽及友誼賽

Location 地點: Kellett School 啟歷學校

Time 時間: 2:30–6:30 PM



Date 日期: Sunday 星期日

Oct 25 | Nov 29 | Jan 31 | Feb 28 | Mar 21 | Apr 25 | May 30 | June 20

10月25日 | 11月29日 | 1月31日 | 2月28日 | 3月21日 | 4月25日 | 5月30日 | 6月20日

B WEDNESDAY SKILL LAB
每週個人技術訓練

90 minutes of relentless, game-speed skill work. Built for players with solid fundamentals who are ready to grind.
專為具備扎實基本功，並渴望突破自我的球員打造的 90 分鐘高強度技術訓練。

Open to intermediate and advanced players
歡迎中級及進階球員參加

Location: Yau Tong Playground Basketball Court
地點：油塘遊樂場籃球場



Age Group 年齡	Time 時間
8–12yo 歲	Wed 星期三 5:00–6:30 PM
13–17yo 歲	Wed 星期三 6:30–8:00 PM

Student Type 學生類別	Fee 費用
Non-GG-Team Players 非GG籃球隊球員	$240/class 每堂
GG Team Players (50% off) GG 籃球隊隊員 (半價優惠)	$120/class 每堂

2026
Sept 2, 9, 16, 23, 30
Oct 7, 14, 21, 28
Nov 4, 11, 18, 25
Dec 2, 9, 16 (Excl. 23, 30)

2027
Jan 6, 13, 20, 27
Feb 3, 10, 17, 24
Mar 3, 10, 17, 24, 31
Apr 7, 14, 21, 28
May 5, 12, 19, 26
June 2, 16, 23 (Excl. 9,30)

THE SEEDLINGS
幼苗期

Development Teams
預備隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U10 Sunflowers U10向日葵隊

Training 訓練日子 (Fridays 星期五)

Term 1 第一期

Sept 4, 11, 18 (Excl.25) | Oct 2, 9, 16, 23, 30 | Nov 6, 13, 20, 27 |
Dec 4, 11, 18 (Excl.25) | Jan 8, 15, 22, 29 (Excl.1)

Term 2 第二期

Feb 12, 19, 26 (Excl.5) |
Mar 5, 12, 19 (Excl.26) | Apr 2, 9, 16, 23, 30 | May 7, 14, 21, 28 |
June 4, 11, 18, 25

Refer to Page 6 for Internal GG Games
內部GG比賽詳情，請參閱第6頁

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUN

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Training dates 訓練日子
Excluded 沒有訓練
Internal GG Game dates 內部GG比賽日子

Development Teams
預備隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U10 Clovers U10三葉草隊/ U12 Palms U12棕櫚樹隊

Training 訓練日子 (Saturdays 星期六)

1

Term 1
第一期

Sept 5, 12, 19 (Excl.26) | Oct 3, 10, 17, 24, 31 | Nov 7, 14, 21, 28 |
Dec 5, 12, 19 (Excl.26) | Jan 9, 16, 23, 30 (Excl.2)

2

Term 2
第二期

Feb 13, 20, 27 (Excl.6) |
Mar 6, 13, 20 (Excl.27) | Apr 3, 10, 17, 24 | May 8, 15, 22, 29 (Excl.1) |
June 5, 12, 19, 26

3

Refer to Page 6 for Internal GG Games
內部GG比賽詳情，請參閱第6頁

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN

M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUN

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Training dates 訓練日子
Excluded 沒有訓練
Internal GG Game dates 內部GG比賽日子

THE GROWTH
成長期

5 on 5 Teams
5打5籃球隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U11 Bamboos U11竹樹隊/ U13 Ironwoods U13鐵木隊

	Training 訓練日子 (Tuesdays 星期二)	Training 訓練日子 (Sundays 星期日)
1 Term 1 第一期	Sept 1, 8, 15, 22, 29	Sept 6, 13, 20, 27
	Oct 6, 13, 20, 27	Oct 4, 11 (Excl.18, 25)
	Nov 3, 10, 17, 24	Nov 1, 8, 15, 22 (Excl.29)
	Dec 1, 8, 15 (Excl. 22, 29)	Dec 6, 13 (Excl.20, 27)
	Jan 5, 12, 19, 26	Jan 10, 17, 24 (Excl.3, 31)
2 Term 2 第二期	Feb 2, 16, 23 (Excl.9)	Feb 14, 21 (Excl.7, 28)
	Mar 2, 9, 16, 23	Mar 7, 14 (Excl.21, 28)
	Apr 13, 20, 27 (Excl.6)	Apr 11, 18 (Excl.4, 25)
	May 4, 11, 18, 25	May 2, 9, 16, 23 (Excl.30)
	June 1, 8, 15, 22 (Excl.29)	June 6, 13 (Excl.20, 27)

3 Refer to Page 6 for Internal GG Games
內部GG比賽詳情，請參閱第6頁

4 External Games (TBC)
外部比賽 (待確認)

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUN

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Training dates 訓練日子
Excluded 沒有訓練
Internal GG Game dates 內部GG比賽日子
External Game Dates (TBC) 外部比賽日子 (待確認)

THE GROWTH
成長期

5 on 5 Teams
5打5籃球隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U15 Oaks U15橡樹隊

1 Term 1 第一期

Training 訓練日子 (Thursdays 星期四)	Training 訓練日子 (Sundays 星期日)
Sept 3, 10, 17, 24	Sept 6, 13, 20, 27
Oct 8, 15, 22, 29 (Excl.1)	Oct 4, 11 (Excl.18, 25)
Nov 5, 12, 19, 26	Nov 1, 8, 15, 22 (Excl.29)
Dec 3, 10, 17 (Excl. 24, 31)	Dec 6, 13 (Excl.20, 27)
Jan 7, 14, 21, 28	Jan 10, 17, 24 (Excl.3, 31)

2 Term 2 第二期

Feb 4, 18, 25 (Excl.11)	Feb 14, 21 (Excl.7, 28)
Mar 4, 11, 18, 25	Mar 7, 14 (Excl.21, 28)
Apr 15, 22, 29 (Excl.1, 8)	Apr 11, 18 (Excl.4, 25)
May 6, 20, 27 (Excl.13)	May 2, 9, 16, 23 (Excl.30)
	June 6, 13 (Excl.20, 27)

3 Refer to Page 6 for Internal GG Games
內部GG比賽詳情，請參閱第6頁

4 External Games (TBC)
外部比賽 (待確認)

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUN

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Training dates 訓練日子
Excluded 沒有訓練
Internal GG Game dates 內部GG比賽日子
External Game Dates (TBC) 外部比賽日子 (待確認)

THE GROWTH
成長期

5 on 5 Teams
5打5籃球隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U18 Redwoods U18紅木隊

	Mondays 星期一	Sundays 星期日
1 Term 1 第一期	Sept 7, 14, 21, 28	Sept 6, 13, 20, 27
	Oct 5, 12, 26 (Excl.19)	Oct 4, 11 (Excl.18, 25)
	Nov 2, 9, 16, 23, 30	Nov 1, 8, 15, 22 (Excl.29)
	Dec 7, 14 (Excl.21, 28)	Dec 6, 13 (Excl.20, 27)
	Jan 4, 11, 18, 25	Jan 10, 17, 24 (Excl.3, 31)
2 Term 2 第二期	Feb 1, 15, 22 (Excl.8)	Feb 14, 21 (Excl.7, 28)
	Mar 1, 8, 15, 22 (Excl.29)	Mar 7, 14 (Excl.21, 28)
	Apr 12, 19, 26 (Excl.5)	Apr 11, 18 (Excl.4, 25)
	May 3, 10, 17, 24, 31	May 2, 9, 16, 23 (Excl.30)
		June 6, 13 (Excl.20, 27)

3 Refer to Page 6 for Internal GG Games
內部GG比賽詳情，請參閱第6頁

4 External Games (TBC)
外部比賽 (待確認)

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUN

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- Training dates 訓練日子
- Excluded 沒有訓練
- Internal GG Game dates 內部GG比賽日子
- External Game Dates (TBC) 外部比賽日子 (待確認)

THE GROWTH
成長期

3 on 3 Teams
3打3籃球隊

Full Season Dates | 完整賽季日期 (Sept 2026 – June 2027)

U10 Thorns U10荊棘隊
U12 Vines U12藤蔓隊

1 **Training 訓練日子 (Saturdays 星期六)**

Sept 5, 12, 19 (Excl: 26) | Oct 3, 10, 17, 24, 31 | Nov 7, 14, 21, 28 |
Dec 5, 12, 19 (Excl: 26)

2 **Internal Tournaments & Friendlies 內聯賽/友誼賽 (Sundays 星期日*):**

Oct 25 | Nov 29

*Anytime between 2:30-6:30pm @Sports Hall, Kellett School
*下午2點半至6點半之間舉行 @啟歷學校體育館

3 External Games (TBC)
外部比賽 (待確認)

SEP

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

DEC

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

(|) Training dates 訓練日子
| Excluded 沒有訓練
Internal GG Game dates 內部GG比賽日子