

Supplementary trial information

This document should be read in conjunction with the trials circular to help athletes better prepare for the upcoming trials. If you have any questions, please reach out to the coaching team or any member of the NSC.

Purpose

The objective of these trials is to select athletes that will be best equipped to represent Hong Kong, China to qualify for and participate in the Asian Games 2026.

The purpose of the trials is to select the following groups of athletes:

- 1) Hong Kong Senior Training Squad for calendar year 2026 – Training squad will be announced on 3rd February 2026
- 2) Hong Kong Junior Training Squad for calendar year 2026 – Training squad will be announced on 3rd February 2026
- 3) Hong Kong Senior Squad for 9th WHIT (6-8th March 2026) – 18 highest performing players plus 2 reserves will be named on 30th January 2026
- 4) Culture, Sports and Tourism Bureau (CSTB) Tier 1 squad athletes – 21 high performance athletes – athletes will be informed alongside the training squad announcement
- 5) Culture, Sports and Tourism Bureau (CSTB) Tier 2 squad athletes – 18 development athletes - athletes will be informed alongside the training squad announcement

For those selected for the WHIT tournament, additional information will be provided to the selected athletes alongside the selection announcement. Note that the WHIT squad will be expected to be available for a training match against a Hong Kong Select team on Sunday 8th February 2026.

Per LCSD requirements, athletes will be placed in the Senior and Junior Squads based on age brackets. For those u21 athletes that are capable, they may be placed in Tier 1 or Tier 2 under the CSTB team sports programme. Junior athletes that are being considered for senior tournaments will be invited to Senior training.

For CSTB Tier 1 and Tier 2 athletes, the requirements to sustain individual funding will be communicated to the selected athletes. CSTB Tier 2 selection or non-selection for WHIT squad does not equate to the selection consideration for Asian Games qualifiers – further selection will be made for Asian Games Qualifiers (any future tournaments/ tours/ test series) post WHIT from all squad athletes.

Selectors

The selection team will be led by Tsoanelo Pholo (Hong Kong team Head Coach) supported by Satchi Reddy and Kulwant Dhillon (Hong Kong team Assistant Coaches). The coaching team will be supported by independent observers to be finalised in due course.

The National Sub Committee (NSC) will have representatives in attendance at various points throughout the trials. A reminder that the role of the NSC is not in selection but will endorse the selection decision prior to communication with the players.

Selection Framework

Please refer to the detailed document “National Squad Selection Framework” (“selection document”) included in the circular for detailed guidance. This has been updated to allow the selection process to better reflect the current hockey landscape and address challenges that have emerged since the inception of the previous framework.

Fitness Testing

Fitness testing will be performed on Thursday 15th and Monday 19th January from 7:30 until 8:30pm. Trialists are only required to complete the fitness testing once, unless an athlete elects to perform the test for a second time to try and improve a result. Fitness testing will be performed on Thursday 16th and Monday 19th January.

On these dates, please ensure that you are arriving with sufficient time to warm up so that testing is not delayed.

The fitness tests that will be conducted by the S&C team will be as follows:

Illinois Agility Test (Players and GKs): A test to establish how efficiently one can move and change direction without losing speed.

1400m Shuttle Test (Outfield players only): A maximal effort, continuous, shuttle based running test measuring aerobic power, (an estimate of VO2 max or the maximum amount of oxygen the body can use.) A higher VO2 max correlates with improved match running performance.

5-10-5 w. down/ups x 6: A test measuring speed, explosiveness and the ability to change direction. Modified from its original version of 10m-20m-10m to be more specific to hockey goalies.

All fitness testing will be explained in detail by the S&C team prior to the commencement of each session. The following standards are expected by each of the players. Note that the final senior squad benchmark will be for final tournament players.

Fitness Test	Training Squad (All squads outlined in trials purpose)	Final Senior Squad (By Asian Games final selection)
Illinois Agility Test (Players)	<20	<17
Illinois Agility Test (GKs)	<21.7	<18.0
1400m Shuttle Test	≤399s	≤374s
Modified Malcolm (5-10-5)	<1m30s	<1m20s

Overseas Players

NSC is asking for the following from all overseas players, or those who are unable to attend sufficient trial sessions due to vacation/ business travel:

1. Playing CV for the past 12 months, including current club (and team), coach and league that you are predominantly participating in. Please include the contact details of your current club coach.
2. Summary of planned club training sessions and matches between submission date and 28th February 2026 (n/a if you are based in HK but unable to attend trials).
3. A full game/ training session video from the past month (or as close to submission date as practical).
4. Video evidence of your fitness testing completion, in full view.
5. All fitness testing times, signed off by your coach.
6. Summary of your planned travel dates into Hong Kong during 2026 (n/a if you are based in HK but unable to attend trials).

In giving the details of your current club coach, you are giving permission for that coach to be contacted by the Head Coach of the Hong Kong team programme either as part of the trial process, or ongoing assessment. Please notify them accordingly.

Selected overseas players are required to return to Hong Kong (at their own expense) prior to the tournament to attend training sessions and must travel to/from Hong Kong for any overseas tournament. The expectation is that overseas players will attend a minimum of 3 training sessions (one week) with the team in advance of any tournament. If you are in Hong Kong at other times of the year, please communicate this with the Head Coach – it is encouraged that additional time is spent with the team throughout the year.

The NSC understand that different countries may have different on and off seasons. Please discuss with the Head Coach any concerns you have about providing the above information by the deadline. If not practical to test, or use footage from early in January, we will accept testing anytime between now and the submission date. We may ask for additional fitness testing results closer to any tournament dates to align with the testing schedule of the team.

Administrative matters

Popeye will oversee all administrative matters for this trial period.

All players must sign in at the start of each session prior to the warmup. A sign in sheet will be available where you will be assigned a number and training bib (which is to be kept for the whole trials period). If you do not sign in, this will be considered non-attendance.

Please provide your arrival and departure time of each trial if you arrive late/ leave early– we understand that players have club training and work commitments, this is just additional data for our review.

Senior squad triallists are expected to attend 4 out of 6 pitch sessions (2 out of 4 for Junior trials), and fitness testing must be completed under the supervision of a coach or the S&C team (note this can be your club coach). If you are unable to attend on either day when fitness testing is available as part of the trials process, then please arrange an individual test accordingly and submit to Gary (follow the guidelines of overseas players if not using one of the HKT coaches). If this is not signed off by a coach or S&C team member by 21st January, then your trial submission will be deemed incomplete.

If you are injured or have any medical reasons that you are unable to participate in the required number of trials, please submit a medical certificate to the HockeyHK office, and cc Pholo and Popeye.

Players that are unable to play due to injuries/ other medical leave are still required to be present at the minimum number of trial sessions (if based in Hong Kong).

All trials will be filmed.

Good Luck!