

Badminton Team Training Schedule

| | Team 1 | | Team 2 | | Fun Course A(興趣班A班) | | Fun Course B(興趣班B班) | |
|----|--------------------------------|---------------|--------------------------------|---------------|-------------------------------|---------------|-------------------------------|---------------|
| | Date and Time | Venue | Date and Time | Venue | Date and Time | Venue | Date and Time | Venue |
| 1 | 23/6/2010(Wed) 1:00-5:00 | Hiu Kwong | | | | | | |
| 2 | 25/6/2010(Fri) 11:00-1:00 | Lam Tin South | 25/6/2010(Fri) 1:00-3:00 | Lam Tin South | 25/6/2010(Fri) 3:00-5:00 | Lam Tin South | 30/6/2010(Wed) 3:00-5:00 | Lam Tin South |
| 3 | 28/6/2010(Mon) 9:00 - 11:00 | Kowloon City | 28/6/2010(Mon) 11:00-1:00 | Kowloon City | 28/6/2010(Mon) 1:00 - 3:00 | Kowloon City | | |
| 4 | 5/7/2010(Mon) 9:00-11:00 | Hiu Kwong | 5/7/2010(Mon) 11:00 - 1:00 | Hiu Kwong | 5/7/2010(Mon) 1:00 - 3:00 | Hiu Kwong | | |
| 5 | 7/7/2010(Wed) 9:00-1:00 | Hiu Kwong | | | 7/7/2010(Wed) 1:00 - 3:00 | Choi Hung | 7/7/2010(Wed) 3:00 - 5:00 | Choi Hung |
| 6 | 9/7/2010(Fri) 1:00 - 3:00 | Lam Tin South | 9/7/2010(Fri) 3:00 - 5:00 | Lam Tin South | | | | |
| 7 | 12/7/2010(Mon) 9:00-11:00 | Shun Lei | 12/7/2010(Mon) 11:00 - 1:00 | Shun Lei | 12/7/2010(Mon) 3:00 - 5:00 | Lam Tin South | | |
| 8 | 14/7/2010(Wed) 9:00-1:00 | Hiu Kwong | 14/7/2010(Wed) 1:00 - 3:00 | Choi Hung | | | 14/7/2010(Wed) 3:00 - 5:00 | Choi Hung |
| 9 | 16/7/2010(Fri) 9:00-11:00 | Hiu Kwong | 16/7/2010(Fri) 11:00-1:00 | Hiu Kwong | 16/7/2010(Fri) 1:00-3:00 | Hiu Kwong | | |
| 10 | 19/7/2010(Mon) 11:00-1:00 | Lam Tin South | 19/7/2010(Mon) 1:00 - 3:00 | Lam Tin South | 19/7/2010(Mon) 3:00 - 5:00 | Lam Tin South | | |
| 11 | 21/7/2010(Wed) 9:00 - 1:00 | Lei Yu Mun(3) | | | 21/7/2010(Wed) 1:00 -3:00 | Choi Hung | 21/7/2010(Wed) 3:00 - 5:00 | Choi Hung |
| 12 | 23/7/2010(Fri) 11:00 - 1:00 | Kowloon Bay | | | | | | |
| 13 | 26/7/2010(Mon) 9:00-11:00 | Shun Lei | 26/7/2010(Mon) 11:00 - 1:00 | Shun Lei | 26/7/2010(Mon) 3:00-5:00 | Lam Tin South | | |
| 14 | 28/7/2010(Wed) 12:00 - 4:00 | Shun Lei | | | | | 28/7/2010(Wed) 3:00 - 5:00 | Shui Wo |
| 15 | 30/7/2010(Fri) 9:00 - 11:00 | Lei Yu Mun | 30/7/2010(Fri) 11:00 - 1:00 | Lei Yu Mun | | | | |
| 16 | 2/8/2010(Mon) 11:00-1:00 | Lam Tin South | 2/8/2010(Mon) 1:00-3:00 | Lam Tin South | 2/8/2010(Mon) 3:00-5:00 | Lam Tin South | | |
| 17 | 4/8/2010(Wed) 9:00 - 1:00 | Lei Yu Mun(3) | | | | | 4/8/2010(Wed) 3:00 - 5:00 | Shui Wo |
| 18 | 6/8/2010(Fri) 9:00 - 11:00 | Lei Yu Mun | 6/8/2010(Fri) 11:00 - 1:00 | Lei Yu Mun | 5/8/2010(Thur) 3:00 - 5:00 | Kowloon Bay | | |
| 19 | 9/8/2010(Mon) 9:00-11:00 | Shun Lei | 9/8/2010(Mon) 11:00-1:00 | Shun Lei | 9/8/2010(Mon) 3:00-5:00 | Lam Tin South | | |
| 20 | 11/8/2010(Wed) 9:00-1:00 | Lei Yu Mun(3) | | | | | 11/8/2010(Wed) 3:00 - 5:00 | Shui Wo |

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|----|----------------|---------------|----------------|---------------|-----------------|---------------|----------------|-----------|
| 21 | 13/8/2010(Fri) | Lei Yu Mun | 13/8/2010(Fri) | Lei Yu Mun | 12/8/2010(Thur) | Kowloon Bay | | |
| | 9:00-11:00 | | 11:00 - 1:00 | | 3:00 - 5:00 | | | |
| 22 | 16/8/2010(Mon) | Lei Yu Mun | 16/8/2010(Mon) | Lei Yu Mun | 16/8/2010(Mon) | Kowloon Bay | | |
| | 9:00 - 11:00 | | 11:00-1:00 | | 3:00 - 5:00 | | | |
| 23 | 18/8/2010(Wed) | Lei Yu Mun(3) | | | | | 18/8/2010(Wed) | Shui Wo |
| | 9:00-1:00 | | | | | 3:00 - 5:00 | | |
| 24 | 20/8/2010(Fri) | Lei Yu Mun | 20/8/2010(Fri) | Lei Yu Mun | 19/8/2010(Thur) | Kowloon Bay | | |
| | 9:00 - 11:00 | | 11:00-1:00 | | 3:00 - 5:00 | | | |
| 25 | 23/8/2010(Mon) | Shun Lei | 23/8/2010(Mon) | Shun Lei | 23/8/2010(Mon) | Lam Tin South | | |
| | 9:00-11:00 | | 11:00-1:00 | | 3:00 - 5:00 | | | |
| 26 | 25/8/2010(Wed) | Lam Tin South | 25/8/2010(Wed) | Choi Hung | | | 25/8/2010(Wed) | Shui Wo |
| | 12:00-5:00 | | 1:00 - 3:00 | | | 3:00 - 5:00 | | |
| 27 | 27/8/2010(Fri) | Lam Tin South | 27/8/2010(Fri) | Lam Tin South | 27/8/2010(Fri) | Lam Tin South | | |
| | 11:00-1:00 | | 1:00-3:00 | | 3:00-5:00 | | | |
| 28 | 30/8/2010(Mon) | Lam Tin South | 30/8/2010(Mon) | Shun Lei | 30/8/2010(Mon) | Shun Lei | | |
| | Competition | | 9:00-11:00 | | 11:00-1:00 | | | |
| 29 | 1/9/2010(Wed) | Lam Tin South | | | 7/9/2010(Tue) | Lam Tin South | 1/9/2010(Wed) | Hiu Kwong |
| | 2:00 - 6:00 | | | | 3:00 - 5:00 | | 3:00 - 5:00 | |
| 30 | 3/9/2010(Fri) | Lam Tin South | | | 14/9/2010(Tue) | Shui Wo | | |
| | 3:00 - 5:00 | | | | 5:00 - 7:00 | | | |
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Coach: Chik sir (66848151)- Team 1, 2, Fun Course A (Monday & Friday), Fun Course B(Wednesday)

Coach: Lian sir (98003473)-Team 1 (Wednesday)