

Coach Interview

Event Highlight

News Updates

Global/Local Sports News



APRIL 2022
ISSUE

Court/Pitch re-open 球場重新開放

球場終於重新開放!

4月21日，香港將放寬限制，足球場即將重開。這對運動員來說是個好消息，終於可以在三個月的限制後重返球場。

ASA 常規班和代表隊在有條件下復課，但我們必需遵守康文署的指引，例如限制球員人數、配戴口罩等。我們盡快恢復餘下來的籃球課，希望所有球員更快能重新參與運動。若情況許可，我們將會安排友誼賽或各樣的錦標賽。

可以隨時聯絡 ASA 查詢有關課堂時間。

RETURN TO PLAY

April 21st will see the ease of restrictions in Hong Kong which is great news for our athletes as they can finally return to Football pitches and Basketball courts after three months of restrictions.

Regular class and squad team classes can finally resume as of Thursday 21st of April under minor conditions such as a limited number of players per pitch/court, masks, etc.

We hope to see everyone resume their previous schedule and return to sporting activity as soon as possible to continue the improvement of all the physical, social and psychological skills we benefit from by performing health and fitness in a team environment.

The following ease of restrictions should remove almost all conditions, resulting in our squad players returning to competing in tournaments and league games.

If you have any questions or queries regarding the return to sport, don't hesitate to contact your coach or ASA office. We will provide practical guidelines and relevant information.



Class Location: Happy Valley Recreation Ground



Class Location: 1/F Indoor Sports Hall, Hong Kong Football Club



Class Location: Training Triangle, Hong Kong Football Club

ASA SUMMER BASKETBALL & SOCCER CAMP 足球、籃球 夏令營

This summer, the ASA team will cover everyone's needs by scheduling morning and afternoon camps to suit those on school holidays and those who are resuming school activities.

Our Basketball and Soccer summer camps will take place at Happy Valley and Hong Kong Football camp and commence from the first week of July.

We will be offering multiple packages for those looking to take up more than one sport for the summer, such as soccer, basketball, and private fitness classes.

We have packages for those students who want to train for full 5 day weeks and options for combinations of different days and sports. Our coaches will also provide opportunities for our squad teams to continue their training throughout the summer.

Please stay tuned for the finalised summer schedule that will be released in May by Newsletter and Social media platforms, our ASA web page, and leaflets provided in the links below.

跟據教育局宣佈，中小學及國際學校的暑假安排在不同的時段進行，所以我們將加開上午的夏令營，而原來的下午班將會照常舉行。籃球及足球早上的夏令營將於七月的第一周在跑馬地運動場、香港足球會及深灣遊艇會舉行。夏令營會由七月四日開始到八月廿六日，共八個星期，每一個夏令營為五天，目的是提供多的選項符合不同學生都需要。下午的代表隊訓練恆常班會照常舉行，為來年的比賽作準備。



COACH ANDY GETS SELECTED FOR HONG KONG NATIONAL TEAM



Coach Andy started his professional career with Happy Valley in the season of 2019/2020 and joined Hong Kong U23 as the captain of the team in the season 2021/2022. Now, coach Andy is selected in the Hong Kong Team. He is now training hard and get ready to join AFC Asian Cup in June 2022. We hope Hong Kong Team will get a great result and we will see coach Andy soon when he is back to us!

Coach Andy 現時代表香港 U23。今年，更被選入香港代表隊。他現時積極備賽，希望在六月份的亞洲盃外圍賽為港隊帶來好成績。

Coach David Interview with Buddy

Today Buddy will interview coach David and find out how his season is going with ASA!

今天 Buddy 跟 Coach David 做了一個訪問

Hey, coach David! How are you still managing to stay fit and healthy during the current situation in Hong Kong?

Hey coach David! 在目前的情況下，您是如何能夠保持健康的體魄呢？

Hey Buddy! Thanks for asking! Unfortunately, the basketball courts are closed right now, but I still jog every morning with my dog - Ziggy. Also, every week I go hiking near my home to stay active and healthy. 🐕

Hey buddy! 雖然現在所有球場暫停營業，但我仍然會抽時間做運動，每天都會與我的狗-Ziggy 跑步。若週末有時間的話，我也喜歡行山！

Great to hear, Coach! And how was your season going with ASA before the courts closed?

對，運動能帶給我們健康體魄！可惜現時暫時停止，那可以跟我們分享以往 ASA squad team 的球賽各球員表現嗎？

All of us were excited, especially the U10 since we were taking a squad team to compete in an important basketball tournament before the courts closed. Now it's Postponed until mid-July. I hope the pandemic only took basketball time from our students and not the passion for playing basketball.

原本我們一月的時間將參加籃球比賽，ASA 代表隊每位球員都很積極備賽，雖然比賽延遲到七月中旬，但我相信 ASA 學生不會因為疫情而減低對籃球的熱情。

Wow, fantastic news! Are you excited about the reopening of the courts?

嘩，那是好消息！ Coach David 你期待球場重開嗎？

Who isn't?! I don't just miss coaching; I miss playing too!

我深信每位球員都非常期待球場重開吧！不只是個人練習，我更期待與學生訓練。

Before you go, Coach David, since there is no sport being played in Hong Kong at the moment, can you share with us who you like to watch in the NBA? 由於目前香港沒有運動比賽進行，我們只能在電視上觀看一些球賽，Coach David 您能分享一下您喜歡看哪些比賽嗎？🏀

My favourite player to watch is LeBron James, currently playing for the LA Lakers. They had a great team, including LeBron James, Anthony Davis, Carmelo Anthony and several other young players. They played pretty well at the beginning of the season, but sadly, they didn't make it to the playoffs this season due to injuries of players. However, my favourite team to watch now is the Boston Celtics during the playoffs. They stand on the 2nd of the Eastern conference, with great potential to get the NBA title this year. They have a passionate team, including Superstar Jayson Tatum, Jaylen Brown, Al Horford and Marcus Smart.

我最喜歡的球員是 LeBron James，他目前效力於 LA Lakers，這球隊有卓越的球員，包括 LeBron James, Anthony Davis, Carmelo Anthony 和其他年輕球員。他們在賽季初表現不錯，但遺憾的是，因有球員受傷令他們未能進入季后賽。季后賽期間，Boston Celtics 是我最欣賞的球隊之一。他們很有可能在今年獲得 NBA 總冠軍。他們的隊員包括超級巨星 Jayson Tatum, Jaylen Brown, Al Horford and Marcus Smart.

Thank you Coach David 🍷

FIFA Football World Cup Qatar 2022

全球足球資訊
Global Football News

This year the FIFA football world cup will take place during November and December for the record-breaking first time ever.

The event that comes around every four years will be held in Qatar. Due to its sweltering weather, the so-called summer tournament will be played in the winter months.

The group stages have been drawn and the coaches have already started constructing their master plans and strategies to take home the most-watched competition in the world. The final match of the 2018 competition saw over 517 million of the world's population tune in to watch France defeat Croatia.



FIFA WORLD CUP Qatar 2022 Final Draw Results

Group A	Group B	Group C	Group D
Qatar	England	Argentina	France
Ecuador	IR Iran	Saudi Arabia	FIFA IC Play-off 1
Senegal	USA	Mexico	Denmark
Netherlands	Euro Play-off	Poland	Tunisia

Group E	Group F	Group G	Group H
Spain	Belgium	Brazil	Portugal
FIFA IC Play-off 2	Canada	Serbia	Ghana
Germany	Morocco	Switzerland	Uruguay
Japan	Croatia	Cameroon	Korea Republic

Who do you think will take home the glory this time:

你認為這次誰會奪得獎盃：

England 英國

Brazil 巴西

Portugal 葡萄牙

Japan 日本

France 法國

Other 其他

每四年舉辦一次的世界杯，今次會在卡塔爾進行比賽。由於天氣悶熱，所以國際足聯把日期改為 11 月和 12 月進行，是歷年來首次在冬季舉行。

小組賽已經結束，各隊都積極備戰，希望呈現一場又一場矚目的比賽。在 2018 年決賽 — 法國對克羅地亞，全球有超過 5.17 億人觀看。



NBA Playoffs – Play in Tournament Explained

全球足球資訊
Global Football News

The NBA Play-In Tournament adds a fascinating wrinkle to the end of the regular season and the start of the postseason.

Teams were already less incentivized to tank games down the stretch because of the flattened lottery odds instituted. Now that the top 10 teams in the standings will finish the regular season with at least a chance to make the playoffs, more franchises will stay in the mix for longer.

Here's everything you need to know about the play-in setup this season, including matchups, when and where it's happening and how it works. Here's how the games will work:

- **Game 1:** The No. 7 team in the standings by winning percentage will host the No. 8 team, with the winner earning the No. 7 seed in the playoffs. The losing team gets another chance in Game 3.
- **Game 2:** The No. 9 team will host the No. 10 team, with the winner moving on to Game 3. The loser is eliminated and enters the NBA draft lottery.
- **Game 3:** The loser of the No. 7 vs. No. 8 matchup will host the winner of the No. 9 vs. No. 10 matchup, with the victor grabbing the No. 8 seed in the postseason. The loser of Game 3 also enters the lottery.

This means that the teams with the seventh-highest and eighth-highest winning percentages will have two opportunities to win one game to earn a playoff spot. The teams with the ninth-highest and 10th-highest winning percentages need to win two straight games to advance.

When do the 2022 playoffs start?

The playoffs start on April 16, featuring the best-of-seven elimination-style as usual.



NBA 季后賽 – 錦標賽延伸解說

NBA 常規賽的結束同時代表季后賽開始，令更多球隊可以在球場上發揮。

以下是需有關比賽的晉級方式。

- **第一場比賽：**排名第 7 的球隊將主場迎戰第 8 的球隊，勝者將獲得季后賽第 7 號種子。失敗的球隊在第三場比賽中再次獲得機會。
- **第 2 場比賽：**第 9 隊將迎戰第 10 隊，獲勝者將進入第 3 場比賽。失敗者將被淘汰並進入抽籤。
- **第三場比賽：**7 號與 8 號對決的負者將主場迎戰 9 號與 10 號對決的勝者，勝者將在季后賽中獲得 8 號種子。第 3 場比賽的輸家也進入淘汰。

這意味著勝率排名第七和第八的球隊將有兩次機會贏得一場比賽以獲得季后賽席位。勝率排名第 9 和第 10 的球隊需要連勝兩場才能晉級。

2022 年季后賽什麼時候開始？

季后賽於 4 月 16 日開始，一如既往地採用七局三勝的淘汰賽制。


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 Adventure Sports Academy (ASA)

 [asa_hongkong](https://www.instagram.com/asa_hongkong)

 ASA Channel

 Room 16B, Ka Nin Wah Commercial
Building, 423-425 Hennessy Road,
Wan Chai, Hong Kong

 info@adventuresportsacademy.com

 +852 3998 4042