



香港網球總會

HONG KONG TENNIS ASSOCIATION

Room 1021, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

Tel: (852) 2504 8266

Fax: (852) 2894 8704

Website: www.tennishk.org

Travelling Notes

POCKET MONEY

Please DO NOT carry an excessive amount of money.

TRAVEL DOCUMENTS

Please give your travelling document to Coach after clearing the immigration at the destination.

PLAYER DIARY

Players must complete a player diary and fill in every match played including practice matches and tournament results, opponents name, date, result of singles and doubles

NTS TRAVEL EXPECTATIONS

When travelling as representatives of the HKTA, players' actions should reflect favourably on the HKTA, and themselves. NTS players are expected to adhere to any particular travelling rules, nutritional needs, and curfew. All players are expected to depart and return with the group/coach unless they are officially released to their parents through a HKTA release agreement.

HOTEL CURFEW / POLICIES

The coaches will set curfews based on match/training schedules. 9:30-10:30 will be the general guideline, with 11:00 the latest in all cases (except special circumstances such as very late match/dinner, late arrivals, etc). Players should be in their rooms before the curfew set by the coach, and should check daily with the coach for curfew times. Players breaking curfews will be subject to penalty, which will be determined by the coach on a case-by-case basis.

Players should **NEVER** enter the room of the opposite sex. This will result in immediate suspension. DEFINITION of CURFEW: In your OWN room; lights & TV off; in bed; QUIET!



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RULES AND GUIDELINES

AT THE HOTEL / DORM / TOURNAMENT VENUE

- DO NOT leave the premises without permission from Coach. Players must always keep the coaches informed of whereabouts at all time.
- AVOID abusive / aggressive behaviours (e.g., throwing your racket, fighting, cheating, foul language, etc). Coach will NOT tolerate any abusive behaviour. You may be sent home for abusive behaviour, and your payment will not be refunded.
- Avoid damaging court / hotel's property. You will be held responsible for damaging any property.
- **Avoid running around or making loud noises. Especially at the hotel lobby!**
- You are PROHIBITED to visit the swimming pool unless permission is given by Coach. NO coach / lifeguard, NO swimming!
- Be considerate. There will be many kids staying at the hotel / dorm from different parts of the world.

LEARN TO BE INDEPENDENT.....

- Arrange wake-up calls (at least 3 hours before your first match)
- Maintain good eating habits (choose the right foods - plenty of fruit and vegetables, pasta, fish, white meat; if necessary go and buy healthy food instead of eating junk food)
- Find your own, most effective way to prepare for matches (consult with the coaches)
- Put everything into your bag for before the match (including blister tape, spare laces, pieces of chocolate or bananas, spare shorts, shirt and socks, soft grips, towel, etc.)
- Fully understand the tournament levels (junior, satellites etc.), ranking system, tournament rules (when to sign for lucky losers, list for doubles) and know the tennis rules in detail
- Bring your books or homework (study during your free time)
- Find out when your next match is
- Find time to scout your next opponent
- Evaluate your own performance after a match



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RECOMMENDED PACKING LIST

CLOTHING

3 HKTA t-shirts

4 training shirts

4 match shirts

5 shorts / skirts

2 tennis hats

Underwear

6 pairs of socks

2 pairs of Tennis shoes

2 Casual clothes

Min. 2 Sweaters or Jackets with long pants (warm-ups)

Sleepwear

Sandals

TENNIS EQUIPMENT

Min. 3 rackets

Tennis bag

Min. 5 personal strings

Min. 10 personal grips

1 can tennis ball

TOILETRIES

Toothbrush

Toothpaste

Soap and shampoo

Sunscreen and lip balm

Insect repellent

Comb

Cotton balls

Feminine hygiene items

Washing powder



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ACCESSORIES

Skipping Rope

Camera and film

Sunglasses

CD/MD/MP3

Prescribed vitamins or drugs

Study books/ homework

NTS player diary

WHAT NOT TO BRING

Jewellery

Excessive amount of cash

Unnecessary credit card, membership card, etc

Bulky items or items you'll only wear once