

UM Sports Team and Sports Performing Team Training Schedule (From 17 Aug - 30 Nov 2023)				
	Team	Training Schedule	Venue	Try-out Schedule (13-24 Sep)
Sports Team				
1	Badminton	Wed 21:00-23:00 Sat 11:00-13:00	Badminton Hall 4 Courts (1,2,3,4 courts)	20 Sep (Wed) 21:00-23:00 Badminton Hall
2	Men's Basketball	Mon 18:30-21:00 Tue 18:30-21:30 Thu 21:00-23:00	Sports Pavilion	18 Sep (Mon) 18:30-21:00 Sports Pavilion
3	Women's Basketball	Sun 10:00-13:00	Training Hall B	14 Sep (Thu), 15 Sep (Fri) 19:00-21:00, 19:00-22:00 Sports Pavilion
		Thu 19:00-21:00 Fri 19:00-22:00	Sports Pavilion	
4	Korfball	Wed 19:00-21:00	Sports Pavilion	20 Sep (Wed), 22 Sep (Fri) 19:00-21:00 Sports Pavilion 19:00-21:00 Training Hall B
		Fri 19:00-21:00	Training Hall B	
5	Men's Volleyball	Mon 21:00-23:00	Training Hall B	14 Sep (Thu) 21:00-23:00 Training Hall B
		Thu 21:00-23:00		
6	Women's Volleyball	Mon 19:00-21:00	Training Hall A	14 Sep (Thu) 19:00-21:00 Training Hall B
		Thu 19:00-21:00	Training Hall B	
7	Dragon Boat	Sat 10:00-12:00	UM	16 Sep (Sat), 17 Sep (Sun) 10:00-12:00 N8 Fitness Room
		Sun 10:00-12:00		
8	Fencing	Tue 21:00-23:00 Thu 21:00-23:00	Multi-Purpose Room	19 Sep (Tue), 21 Sep (Thu) 21:00-23:00 Multi-Purpose Room
9	Karate	Mon 20:00-22:00 Wed 20:00-22:00	Multi-Purpose Room	18 Sep (Mon), 20 Sep (Wed) 20:00-22:00 Multi-Purpose Room
10	Martial Arts	Tue 19:00-21:00 Thu 19:00-21:00	Multi-Purpose Room	14 Sep (Thu) 19:00-21:00 Multi-Purpose Room
11	Rock Climbing	Mon 19:30-21:30 Thu 19:30-21:30	Sport Climbing Wall Bouldering Wall	18 Sep (Mon), 21 Sep (Thu) 19:30-21:30 Sport Climbing Wall Bouldering Wall
12	Men's Soccer	Mon 18:30-20:00 Thu 18:30-20:00 Sat 11:00-12:00	1st Choice: N9 Soccer Pitch 2nd Choice: Mini Soccer Pitch	14 Sep (Thu), 18 Sep (Mon) 18:30-20:00 N9 Soccer Pitch
13	Squash	Tue 19:00-21:00 Wed 19:00-21:00	Squash Courts (# 1-3)	13 Sep (Wed), 19 Sep (Tue) 19:00-21:00 Squash Courts
14	Swimming	Mon 19:00-21:00 Thu 19:00-21:00	UM Swimming Pool (3 Lanes #7, 8, 9)	14 Sep (Thu), 18 Sep (Mon) 19:00-21:00 Swimming Pool
15	Table Tennis	Tue 19:00-21:00 Sat 16:00-18:00	Table Tennis Room (Table 5-9) Table Tennis Room (Table 1-9)	16 Sep (Sat) 16:00-18:00 Table Tennis Room (Table 1-9)
16	Tennis	Mon 20:00-22:00 Thu 20:00-22:00	3 Tennis Courts (# 1,2,3) near W14	14 Sep (Thu) 20:00-22:00 Tennis Courts
17	Track and Field	Run & Jump Events Wed 15:00-17:00 Sat 09:00-11:00	UM Stadium (N9)	13 Sep (Wed) 15:00-17:00 UM Stadium (N9)
		Throw Events Wed 16:00-18:00 Sat 09:00-11:00	Outside UM (濠江中學/奧林匹克體育中心運動場副 場投擲區或其他合適的場地)	
			UM Stadium (N9)	
Sports Performing Team				
1	Dragon Dance	Mon 21:00-23:00	Sports Pavilion	13 Sep (Wed), 18 Sep (Mon) 21:00-23:00 Sports Pavilion
		Wed 21:00-23:00		
2	Cheerleading	Tue 21:30-23:00	Sports Pavilion	14 Sep (Thu), 21 Sep (Thu) 21:15-23:30 Dance Room
		Thu 21:16-23:00	Dance Room	