

Learning Report – Lacrosse Prague Cup 2018

It is a rare chance to be given an opportunity to represent Hong Kong in an international lacrosse competition. Lacrosse is a growing sport in Hong Kong and should be recognized and reached out to more people as it is gaining popularity over the years. I was first introduced to lacrosse through the University of Hong Kong, and being able to grow from a team member of the HKU Women's Lacrosse Team, to a member of the Women's High Performance Program, and now to represent Hong Kong in Prague Cup is an honour, and a delight that I could partake in.

From this competition, I aimed to gain experience from playing against teams across the world, and to learn from one another so as to build and shape myself into a better team player and a better athlete. Yet, from this experience I had gained much more than that. Just before this trip, I had fallen ill and in turn had to compete in the 3-day-competition while suffering from a cold and flu, in addition to this, the weather in Prague did not help at all as it was very cold and was even raining every day. However, I did not give up easily as I knew my teammates counted on me after months of training together. I certainly did not let my illness get the better of me and waste such a precious opportunity, so I learnt to persevere and push through.

Throughout the competition, I was chosen as a defensive player in our plays and had learnt a lot more about myself in these 6 matches. Before the games, I had a goal for myself and that was not to fear losing, but to just go for it and put in 100% effort into each match. Though I do admit that in the first 2 matches on day 1, I did not put my all as I was afraid that I would let my team down if I had made any mistakes on the field, however, my coaches were very encouraging and said to me that you will only learn and grow from the mistakes you make. With this, I had put my all and pushed away my fears to the back of my head. At the end of the 3 days, not only did I learn how to improve as a player by being on the field, but by learning from other players by observing them off-field. In addition to this, my mentality and attitude towards being a successful lacrosse player has definitely changed and improved during this competition.



Gemma Acconci

In my opinion, this competition really opened doors to my lacrosse journey as I am not confined to only competing against local teams in Hong Kong, but to compete in international competitions against national teams worldwide, such as Czech Republic, USA, Netherlands and the United Kingdom. Moreover, after this experience, I will definitely bring back what I have learnt and picked up from the competition to lacrosse players in Hong Kong, such as HKU Women's Lacrosse Team, the Women's High Performance Program, and Lee Hysan Hall Women's Lacrosse Team. I will share my knowledge and help grow the lacrosse game in Hong Kong, and inspire other young players to pursue their dreams of being a better athlete and to encourage them to participate in similar activities such as this one as it can really benefit oneself in different aspects.

Furthermore, this competition was a blast and not only did I learn more about myself, such as my weaknesses and strengths at lacrosse, but I had also gained a lot more friends from all over the world in this competition.

