

Thursday	Activity
2-4pm	Check In
4.30pm	Camp Meeting
5.30pm	Dinner
6-7pm	Free Time
7-8.30pm	Advanced Handling Movement/Positioning

Friday	Activity
6.45-7.45am	Low/Med Extensions
8am	Breakfast
8.30-10.30am	Free Time
10.30-11.30am	High Extensions
12noon	Lunch
12.30-2pm	Free Time
2-3pm	Yoga Session
3-4pm	Video Session 1
4-4.30pm	Free Time
5pm	Dinner
5.30-7pm	Free Time
7-8.30pm	Foot Skills/Distribution (Support Position)

Saturday	Activity
6.45-7.45am	Working back to Bar
8am	Breakfast
8.30-10.30am	Free Time
10.30-11.30am	1v1 Situations
12noon	Lunch
12.30-2pm	Free Time
2-3pm	Yoga Session
3-4pm	Video Session 2
4-4.30pm	Free Time
5pm	Dinner
5.30-7pm	Free Time
7-8.30pm	Pushing/Parrying and Recovery/Repositioning

Sunday	Activity
7am	Breakfast
7.30-9am	Free Time
9-10.30am	Crosses/High Balls and Reactions
10.30-12noon	Free Time
12noon	Lunch
Follows Showcase Schedule	
1pm-1.45pm	Camp Meeting
2pm-3.15pm	Training With Team
4.30pm	Dinner
5.30-6.30pm	Free Time
6.30-8.30pm	Match 1

Monday	Activity
7.30am	Breakfast
8am-9am	Free Time
9-11am	Training With Team
11.30am	Lunch
12-1.30pm	Free Time
3pm-5pm	Match 2
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 3

Tuesday	Activity
7.30am	Breakfast
8am-9am	Free Time
9-11am	Training With Team
11.30am	Lunch
12-1.30pm	Free Time
3pm-5pm	Match 4
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 5

Wednesday	Activity
7.30am	Breakfast
8am-9am	Free Time
9-11am	Training With Team
11.30am	Lunch
12-1.30pm	Free Time
3pm-5pm	Match 6
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 7

Thursday	Activity
7am	Breakfast
8am-9am	Free Time
9-11am	Match 8
11.30am	Check out