



Time	Activity	Location	Notes
Friday			
16.00-18.00	Check in	Ruthven and Nicol boarding houses	
18.00-19.00	Dinner	Dining hall	
19.00-20.00	Team meeting	Theatre	
20.00-20.30	<i>Players get changed and walk to practice</i>		
20.30-22.00	Practice 1	Astro	Flood lights required
22.00-23.00	<i>Players shower and change, downtime, bed (sandwiches and fruit served)</i>	Ruthven and Nicol boarding houses	Ice baths
Saturday			
06.30-07.30	Positional practice opportunity	Astro	Flood lights required
08.00-09.00	Breakfast	Dining hall	
09.00-10.00	Film	Ruthven, Nichol, Theatre and classroom	
10.00-10.30	<i>Players get changed, walk to practice</i>		
10.30-12.00	Practice 2	Grass	
12.00-12.30	<i>Players get changed</i>		Ice baths
12.30-13.30	Lunch	Dining hall	
13.00-13.30	<i>Optional insurance session with Sport Insure</i>	Theatre	
13.30-14.00	<i>Player downtime</i>	Ruthven and Nicol boarding houses	
13.30-14.00	<i>Optional insurance session with Sport Insure</i>	Theatre	
14.00-15.00	Film	Ruthven, Nichol, Theatre and classroom	

15.00-15.30	<i>Players get changed, walk to pitch</i>		
15.30-17.00	Practice 3	Grass	
17.00-18.00	<i>Players get changed, showered, ice baths, downtime – optional pool recovery session</i>	Swimming pool	Ice baths
18.00-19.00	Dinner	Dining hall	
19.00-20.00	Film	Ruthven, Nichol, Theatre and classroom	
20.00-20.30	<i>Players get changed, walk to pitch</i>		
20.30-22.00	Practice 4	Grass	Flood lights required
22.00-22.30	<i>Players get changed, showered</i>		Ice baths
22.30-23.30	Rookie show (Sandwiches and fruit served)	Sixth form centre	
Sunday			
06.30-07.30	Positional practice opportunity	Astro	Flood lights required
08.00-09.00	Breakfast – players move luggage to holding area	Dining hall	
09.00-10.00	Film	Ruthven, Nichol, Theatre and classroom	
10.00-10.30	<i>Players get changed, walk to practice</i>		
10.30-12.00	Practice 5	Grass	
12.00-12.30	<i>Players get changed</i>		Ice baths
12.30-13.30	Lunch	Dining hall	
13.30-14.00	Player downtime	Ruthven and Nicol boarding houses	
13.00-13.30	<i>optional pool recovery session</i>	Swimming pool	
14.00-15.00	Film	Ruthven, Nichol, Theatre and classroom	
15.00-15.30	<i>Players get changed, walk to pitch</i>		
15.30-17.30	Practice 6	Grass	
17.30-18.00	<i>Players get changed, showered, and exit facility</i>		Ice baths