

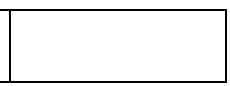


<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Notes</b>
<b>Friday</b>			
16.00-17.00	Check in	Ruthven	
17.00-18.15	<b>Practice 1</b>	Grass	
18.15-18.30	<i>Players get changed</i>		
18.30-19.15	<b>Dinner</b>	Dining Hall	
19.15-19.30	Back to boarding house – fire drill!	Ruthven	
19.30-20.15	Introductory meeting	Exam Room	
20.15-21.00	<b>Film</b>	Common room	
21.00-22.00	Team socialise	Common room	
22.00	Curfew		
<b>Saturday</b>			
06.30-07.45	<b>Practice 2</b>	Asto	Flood lights required
07.45-08.00	<i>Players get changed</i>		
08.00-08.45	<b>Breakfast</b>	Dining hall	
08.45-0.900	<i>Walk to film</i>		
09.00-09.45	<b>Film</b>	Ruthven and classrooms	
09.45-10.00	<i>Players get changed, walk to practice</i>		
10.00-11.15	<b>Practice 3</b>	Grass	
11.15 -11.30	<i>Players get changed / head to pool session</i>		
11.30-12.30	Pool recovery session (optional) or downtime	Pool	
12.30-13.15	<b>Lunch</b>	Dining hall	
13.15 -13.30	<i>Players get changed, walk to practice</i>		
13.30-14.45	<b>Practice 4</b>	Grass	
14.45-15.00	<i>Players get changed, walk to film</i>		

15.00-15.45

**Film**

Ruthven and  
classrooms



15.45-16.00	<i>Players get changed, walk to practice</i>		
16.00-17.15	<b>Practice 5</b>	Grass	
17.15-17.30	<i>Players get changed, walk to film</i>		
17.30-18.15	<b>Film</b>	Ruthven and classrooms	
18.15-19.00	Dinner	Dining hall	
19.00-20.30	<b>Guest speakers</b>		
20.30-22.00	Team socialise	Common room	
22.00	Curfew	<b>Remember – clocks change!</b>	
<b>Sunday</b>			
06.30-07.45	<b>Practice 6</b>	Astro	Flood lights required
07.45-08.00	<i>Players get changed – pack up room</i>		
08.00-08.45	<b>Breakfast</b>		
08.45-09.00	<i>walk to film</i>		
09.00-09.45	<b>Film</b>	Ruthven and classrooms	
09.45-10.00	<i>Players get changed, walk to practice</i>		
10.00-11.15	<b>Practice 7</b>	Grass	
11.30-12.30	<b>BAFRA technical session</b>	Exam room	
12.30-13.15	<b>Lunch</b>	Dining hall	
13.15-13.30	<i>Players get changed, walk to practice</i>		
13.30-14.30	<b>Warmup / Joint Indies with Highland Stags</b>	Grass	
14.30-17.00	<b>Joint scrimmage with Highland Stags</b>	Grass	
17.00-18.00	<i>Players get changed, showered, clear rooms and exit facility</i>		