



East Kilbride Pirates Training Camp 2026

Time	Activity	Location
Saturday		
08.30-09.00	Arrival	
09.00-09.45	Introductory meeting	Meeting room 1
09.45-10.00	<i>Players get changed and walk to practice</i>	
10.00-11.30	Practice 1	Indoor pitch
11.30-11.45	<i>Players get changed and walk to film</i>	
11:45-12.30	Film from Practice 1	Meeting rooms
12.30-13.15	Lunch	Dining room
13.15-13.30	<i>Players get changed and walk to practice</i>	
13.30-15.00	Practice 2	Indoor pitch
15.00-15.15	<i>Players get changed and walk to film</i>	
15:15-16.00	BAFRA – 2026 rules changes and Q&A	Meeting Room 1
16.00-16.30	<i>Downtime, Players get changed and walk to practice</i>	
16.30-18.00	Practice 3	Indoor pitch
18.00-18.30	<i>Players get changed / downtime</i>	
18.30-19.30	Dinner	Dining room
19.30-20.15	Film from Practice 2 & 3	Meeting rooms
20.15-21.00	Team Meeting	Meeting rooms
21.00-22.00	<i>Downtime</i>	

Time	Activity	Location
Sunday		
07.00-08.00	Practice 4	Indoor pitch
08.00-08.15	<i>Players get changed and walk to breakfast</i>	
08.15-08.45	Breakfast	Dining room
08.45-09.30	Film from Practice 4	Meeting rooms
09.30-10.15	<i>Downtime / pack up rooms and move bags to changing rooms 1 & 2</i>	
10.15-10.30	<i>Players get changed and walk to practice</i>	
10.30-12.00	Practice 5	Indoor pitch
12.00-12.30	<i>Players get changed and go to lunch</i>	Changing rooms 1 & 2
12.30-13.00	Lunch	Dining hall
13.00-13.45	Film from practice 5	Meeting rooms
13.45-14.00	<i>Players get changed</i>	Changing rooms 1 & 2
14.00-16.00	Practice 6 – scrimmage with Inverclyde Goliaths	Indoor pitch
16.00-17.00	<i>Players get changed, showered, clear changing rooms and exit facility no later than 5pm</i>	Changing rooms 1 & 2