

Thursday	Activity
1-5pm	Check In
5pm	Camp Meeting
5.30pm	Dinner
6-7pm	Free Time
7-8.30pm	Basic Handing, Footwork, Set Position

Friday	Activity
6.45-7.45am	Low/Med Extension Dives
8am	Breakfast
8.30-10.30am	Free Time
10.30-11.30am	High Extension Dives
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	Parry and Recovery

Sunday	Activity
7am	Breakfast
7.30-9am	Free Time
9-10.30am	Crosses/High Balls
10.30-12noon	World Cup Final
12noon	Lunch
Follows Showcase Schedule	
1.30-3pm	Camp Meeting
3.30-4.45pm	Reactions and Multiple Shot Stopping (Pos.)
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 1

Monday	Activity
7am	Breakfast
7.30-9am	Free Time
9-10am	Positioning and Movement
10-11am	Training With Team
11.30am	Lunch
12-1.30pm	Free Time
2.30-4.30pm	Match 2
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 3

Tuesday	Activity
7am	Breakfast
7.30-9am	Free Time
9-10am	Shot Stopping OR Training with team
10-11am	Training with Team
11.30am	Lunch
12-1.30pm	Free Time
2.30-4.30pm	Match 4
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 5

Wednesday	Activity
7am	Breakfast
7.30-9am	Free Time
9-10am	Training With Team
10-11am	Training With Team
11.30am	Lunch
12-1.30pm	Free Time
2.30-4.30pm	Match 6
5pm	Dinner
5.30-6.30pm	Free Time
7-8.30pm	Match 7

Thursday	Activity
7am	Breakfast
7.30-9am	Free Time
9-11am	Match 8
11.30am	Check out