



Time	Activity	Location	Notes
<b>Friday 29 March</b>			
16.00-18.00	Check in	Boarding house	
18.00-19.00	Dinner	Dining hall	
19.00-19.30	Team meeting and player agreements	Theatre	
19.30-19.45	Players get changed and walk to practice		
19.45-21.30	Practice 1	Astro	Flood lights required
21.30-23.00	Players shower and change, downtime  (sandwiches and fruit served)	Boarding house	
<b>Saturday 30 March</b>			
06.30-07.45	Practice 2	Astro	Flood lights required
08.00-09.00	Breakfast	Dining hall	
09.00-09.45	Film	Boarding House, Theatre, classrooms	
09.45-10.00	Players get changed and walk to practice		
10.00-11.30	Practice 3 (Special Teams)	Grass – Little Acre	
11.30-11.50	Players get changed		
11.50-12.30	Film		
12.30-13.30	Lunch	Dining hall	
13.30-15.00	Mental Health Learning Session	Theatre	
15.00-15.30	Players get changed and walk to practice		

15.30-17.00	Practice 4	Grass – Little Acre	
17.00-17.50	Players get changed / showered / downtime / optional pool recovery session	Swimming pool	
17.50-19.00	Dinner	Dining hall	
19.00-19.45	Film	Boarding House, Theatre, classrooms	
19.45-20.00	Players get changed, walk to pitch		
20.00-21.00	Practice 5 (Walkthroughs / Scout) <i>Lids only</i>	Astro	Flood lights required
21.00-21.20	Players get showered and changed		
21.20-21.50	TBC		
21.50-23.00	Rookie show (Sandwiches and fruit served)	Sixth form centre	
<b>Sunday 31 March</b>			
07.00-07.45	Practice 6 (Kicking Specialists)	Astro	Flood lights required
08.00-09.00	Breakfast Pack up and tidy rooms when done	Dining hall	
09.00-10.20	Film / Playbook Tests	Boarding House, Theatre, classrooms	
10.20-10:35	Players get changed, walk to practice		
10.35-11.45	Practice 7	Grass – Little Acre	
11.45-12.45	Players get changed / showered / downtime / optional pool recovery session	Swimming pool	
12.45-14.00	Lunch	Dining hall	
14.00-14.45	Film	Boarding House, Theatre, classrooms	
14.45-15.15	Pre-Scrimmage Scout Meeting (O and D separate)		
15.15-15.45	Players get changed, walk to pitch		
15.45-17.30	Practice 8 (Full Scrimmage)	Grass – Little Acre	
17:30-18:30	Players get changed, showered and exit facility		

