



Time	Activity	Location	Notes
Friday 8 April			
16.00-18.15	Check in	Boarding house	
18.15-19.00	Dinner	Dining Hall	
19.00-19.15	Fire drill	Boarding House	
19.15-19.45	Welcome meeting	Theatre	
19.45-20.00	Players get changed and walk to practice		
20.00-21.30	Practice 1 (thud only)	Astro – water-based	Flood lights required
21.30-23.00	Players shower and change, downtime	Boarding house	
Saturday 9 April			
06.30-08.00	Practice 2	Grass – Little Acre	
08.00-08.30	Players shower and change, downtime		
08.30-09.00	Breakfast	Dining hall	
09.00-10.00	Film	English Classroom	
10.00-10.15	Players get changed and walk to practice		
10.15-11.45	Practice 3 – (BAFRA on field 11-12)	Grass – Little Acre	
11.45-12.30	Players shower and change, downtime		
12.30-13.00	Lunch	Dining hall	
13.00-14.00	BAFRA rules session and Q&A	Theatre	
14.15-14.30	Players get changed, walk to pitch		

14.30-16.00	Practice 4	Grass – Little Acre	
16.00-17.15	Players get changed / showered / downtime Optional pool recovery session 4.15-5pm	Swimming pool	
17.15-18.15	Film	English classroom	
18.15-19.00	Dinner	Dining hall	
19.00-20.30	Team goals and culture session	Boarding House	
20.30-20.45	Players get changed, walk to pitch		
20.45-21.45	Practice 5 (thud only)	Astro – water-based	Flood lights required
21.45-23.00	Players get changed / showered / downtime		
Sunday 10 April			
08.30-09.00	Breakfast Pack up and tidy rooms when done	Dining hall	
09.00-10.00	Film / positional meetings	English classroom	
10.00-10:15	Players get changed, walk to practice		
10.15-11.45	Practice 6	Grass – Little Acre	
12.00-12.30	Players get changed / showered / downtime /		
12.30-13.00	Lunch	Dining hall	
13.00-14.00	Film / positional meetings	Theatre	
14.15-14.30	Players get changed, walk to pitch		
14.30-16.00	Practice 7	Grass - Little Ace	
16.00-16.30	Players get changed / showered / pack / downtime		
16.30-17.30	Washup session	Boarding House	
17.30	Exit facility		