



Time	Activity	Location	Notes
<b>Friday 8 April</b>			
16.00-18.00	Check in	Boarding house	
18.00-18.20	Welcome meeting	Theatre	
18.20-19.00	Dinner	Dining Hall	
19.00-19.15	Fire drill	Boarding houses	
19.15-19.30	Players get changed and walk to practice		
19.30-21.00	Practice 1	Astro	Flood lights required
21.00-23.00	Players shower and change, downtime	Boarding house	
<b>Saturday 9 April</b>			
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	
09.00-09.45	Film / positional meetings	Boarding House, classrooms	
09.45-10.45	BAFRA rules and Q&A session	Theatre	
10.45-11.00	Players get changed and walk to practice		
11.00-12.00	Practice 3 – BAFRA on field	Grass – Little Acre	
12.00-12.30	Players shower and change, downtime		
12.30-13.00	Lunch	Dining hall	
13.00-14.00	Film / positional meetings	Classrooms	
14.00-15.15	Team session on impact of penalties Player agreements signed	Theatre	

15.15-15.30	Players get changed, walk to pitch		
15.30-17.00	Practice 4	Grass – Little Acre	
17.00-18.15	Players get changed / showered / downtime  <b>Optional pool recovery session – 5.15-6pm (max 20 players)</b>	Swimming pool	
18.15-19.00	Dinner	Dining hall	
19.00-20.00	Film	Boarding House, classrooms	
20.00-20.15	Players get changed, walk to pitch		
20.15-21.15	Practice 5	Astro	Flood lights required
21.15-21.45	Players get changed / showered / downtime		
21.45-23.00	Rookie night	English Exam room	
<b>Sunday 10 April</b>			
08.30-09.00	Breakfast	Dining hall	
09.00-10.00	Film / positional meetings	Boarding House, classrooms	
10.00-10:30	Players get changed, walk to practice		
10.30-12.00	Practice 6	Grass – Little Acre	
12.00-12.30	Players get changed / showered / downtime		
12.30-13.00	Lunch	Dining hall	
13.00-13.30	Oddballs session	Theatre	
13.30-14.30	Packup time / downtime  <b>Optional pool recovery session – 1.30-2.15pm (max 20 players)</b>	Swimming pool	
14.30-15.15	Pre-Scrimmage Scout Meeting (O and D separate)	Boarding House, Theatre, classrooms	
15.15-15.45	Players get changed, walk to pitch		
15.45-17.30	Practice 8 (Full Scrimmage)	Grass – Little Acre	Lowes required
17:30-18:30	Players get changed, showered and exit facility		