



Time	Activity	Location	Notes
Friday			
16.00-17.00	Check in	Ruthven	
17.00-18.15	Practice 1	Grass	
18.15-18.30	<i>Players get changed</i>		
18.30-19.00	Dinner	Dining Hall	
19.00-19.30	Back to boarding house – fire drill!	Ruthven	
19.30-20.30	Introductory meeting	Exam Room	
20.30-22.00	Team socialise	Common room	
22.00	Curfew		
Saturday			
06.30-07.45	Practice 2	Asto	Flood lights required
07.45-08.00	<i>Players get changed</i>		
08.00-08.45	Breakfast	Dining hall	
08.45-0.900	<i>Walk to film</i>		
09.00-09.45	Film	Ruthven and classrooms	
09.45-10.00	<i>Players get changed, walk to practice</i>		
10.00-11.15	Practice 3	Grass	
11.15 -11.30	<i>Players get changed / head to pool session</i>		
11.30-12.30	Pool recovery session (optional) or downtime	Pool	
12.30-13.15	Lunch	Dining hall	
13.15 -13.30	<i>Players get changed, walk to practice</i>		
13.30-14.45	Practice 4	Grass	
14.45-15.00	<i>Players get changed, walk to film</i>		
15.00-15.45	Film	Ruthven and classrooms	

15.45-16.00	<i>Players get changed, walk to practice</i>		
16.00-17.15	Practice 5	Grass	
17.15-17.30	<i>Players get changed, walk to film</i>		
17.30-18.15	Film	Ruthven and classrooms	
18.15-19.00	Dinner	Dining hall	
19.00-20.30	Guest speakers		
20.30-22.00	Team socialise	Common room	
22.00	Curfew	Remember – clocks change!	
Sunday			
06.30-07.45	Practice 6	Astro	Flood lights required
07.45-08.00	<i>Players get changed – pack up room</i>		
08.00-08.45	Breakfast		
08.45-09.00	<i>walk to film</i>		
09.00-09.45	Film	Ruthven and classrooms	
09.45-10.00	<i>Players get changed, walk to practice</i>		
10.00-11.15	Practice 7	Grass	
11.30-12.30	BAFRA technical session	Exam room	
12.30-13.15	Lunch	Dining hall	
13.15-13.30	<i>Players get changed, walk to practice</i>		
13.30-14.30	Warmup / Joint Indies with Highland Stags	Grass	
14.30-17.00	Joint scrimmage with Highland Stags	Grass	
17.00-18.00	<i>Players get changed, showered, clear rooms and exit facility</i>		