



# High Performance Football Development Camp Sample Schedule



BROOKE HOUSE COLLEGE  
Summer School

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:45 - 09:30		<u>Breakfast</u>					
10:30 - 12:30		<u>Training</u>		<u>Guest Speaker</u>	<u>Post-Match Session</u>	<u>Training</u>	<u>Match</u>
13:30 - 14:00		<u>Lunch</u>					
14:30 - 17:00	14:00 - 18:30 Camp Arrivals	<u>Training</u>		<u>Match</u>		<u>Training</u>	<u>Local Excursion</u>
17:30 - 18:30		<u>Optional English as a Foreign Language Lesson</u>					
19:00 - 20:00	<u>Dinner</u>						
20:30 - 22:00	<u>House Activities, Free Time, Local Excursions (Bowling, Laser Tag).</u>						
22:30	Bed Time						