

## Pre-Season Itinerary

<b>Saturday 19<sup>th</sup> or Sunday 20<sup>th</sup> October</b>	<b>Arrival Day</b>					
<b>Monday 21<sup>st</sup> October</b>	<b>Breakfast</b>  07:15  School Induction  08:15 - 10:00	<b>New Students: FA Induction &amp;Testing</b>  UK Students: Gym  10:15-12:00	<b>Lunch</b>  12:15 - 13:00	<b>S&amp;C Testing &amp;/OR Training</b>  13:30 - 16:30	<b>Dinner</b>  18:00	<b>Free Time</b>  19:00  Lights out Room check  22:00
<b>Tuesday 22<sup>nd</sup> October</b>	<b>Breakfast</b>  07:30  Workshop  (HTFC)  09:00 - 10:00	<b>S&amp;C Testing &amp;/OR Training</b>  10:30 - 12:00	<b>Lunch</b>  12:15 - 13:00	<b>Gym &amp; Training</b>  14:00 - 17:00	<b>Dinner</b>  18:00	<b>Free Time</b>  19:00  Lights out Room check  22:00
<b>Wednesday 23<sup>rd</sup> October</b>	<b>Breakfast</b>  07:30  Workshop  (NH)  09:00 - 10:00	<b>U16 &amp; U14 Gym &amp; Training 10:30 – 12:00 &amp; 14:00 – 17:00</b>  <b>U19/U17 ECFA CAT 1 &amp; CAT 2 FIXTURES</b>  <b>CAT 1 vs WNC Mansfield Town (A)</b>  <b>CAT 2 vs Landau Forte (A)</b>			<b>Dinner</b>  18:00	<b>Free Time</b>  19:00  Lights out Room check  22:00
<b>Thursday 24<sup>th</sup> October</b>	<b>Breakfast</b>  07:30  Rest  (NH)  09:00 - 10:00	<b>U16 &amp; U14 Training</b>  U19/U17 Recovery & Analysis  10:15 – 12:15	<b>Lunch</b>  12:15 - 13:00	<b>Position Specific Training</b>  14:30 - 16:30	<b>Dinner</b>  18:00	<b>Free Time</b>  19:00  Lights out Room check  22:00

## Pre-Season Itinerary

<b>Friday</b> <b>25<sup>th</sup></b> <b>October</b>	<b>Breakfast</b>  <b>07:30</b>  <b>Workshop</b> <b>(NH)</b>  <b>09:00 - 09:45</b>	<b>Training</b>   <b>10:15 - 11:45</b>	<b>Lunch</b>  <b>12:15 - 13:00</b>	<b>U19 – U16</b> <b>FIRST POINT</b> <b>USA</b> <b>SHOWCASE</b>  <b>U14</b> <b>Training</b>  <b>13:00 – 17:00</b>	<b>Dinner</b>  <b>18:00</b>	<b>Free Time</b>  <b>19:00</b>  <b>Lights out</b> <b>Room check</b>  <b>22:00</b>
<b>Saturday</b> <b>26<sup>th</sup></b> <b>October</b>	<b>Gym</b>  <b>10:15 – 11:15</b>		<b>Brunch</b>  <b>10:30</b>	<b>HTFC Fixture</b> <b>Observation</b>  <b>TBC</b>	<b>Dinner</b>  <b>18:00</b>	<b>Rest</b> <b>&amp; Free Time</b>  <b>Lights out</b> <b>Room check</b>  <b>22:00</b>
<b>Sunday</b> <b>27<sup>th</sup></b> <b>October</b>	<b>Rest</b> <b>&amp; Free Time</b>		<b>Brunch</b>  <b>10:30</b>	<b>Rest</b> <b>&amp; Free Time</b>	<b>Dinner</b>  <b>18:00</b>	<b>Rest</b> <b>&amp; Free Time</b>  <b>Lights out</b> <b>Room check</b>  <b>22:00</b>