CAMP SCHEDULE (SUBJECT TO CHANGE)

Parents are invited to join.

Text in Gold color: Schedule for day-camp players.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		
9:00		WELCOME	SHOWER	SHOWER	SHOWER	SHOWER	BREAKFAST	
9:30		PRESENTATION / PICTURES	VIDEO ANALYSIS	VIDEO ANALYSIS	VIDEO ANALYSIS	MENTAL PREPARATION	SHOWER	SUNDAY BRUNCH
10:00			GYM SESSION	GYM SESSION	GYM SESSION		GYM SESSION	
10:30 11:00 11:30		TRAINING #1 INDIVIVIDUAL TESTS	TRAINING #3	TRAINING #5	TRAINING #7	GAMES & CONTEST	TRAINING #9	TRAINING #10 DECOMMISSIONING
12:00		SHOWER	SHOWER	SHOWER	SHOWER	SHOWER	SHOWER	SHOWER
12:30 13:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:30								
14:00		PHYSICAL THERAPY / RECOVERY	PHYSICAL THERAPY / RECOVERY	PHYSICAL THERAPY / RECOVERY	PHYSICAL THERAPY / RECOVERY	FINALS	WATERPARK	HIKING / BIKING IN THE ALPS
14:30 15:00		MENTAL CONDITIONING CONFERENCE feat PSYCHOLOGIST	INVISIBLE TRAINING CONFERENCE (Nutrition, Hydration, Injury prevention)	TRAINING #6 MENTAL AND GAME PREPARATION	TRAINING #8			
15:30		GYM SESSION	GYM SESSION					
16:00 16:30	AIRPORT PICK UP	TRAINING #2	TRAINING #4	VIDEO RECORDED GAMES		AWARD CEREMONY		
17:00		SNACK	SNACK	SNACK		SNACK		
18:00	ROOM ASSIGNMENT	FOOTBALL CAREER CONFERENCE feat Pro Players, clubs scouts and experts.	ACTIVE RECOVERY / STRETCHING	HYDROTHERAPY / SAUNA	LAKE GENEVA / WATER GAMES / PADDLING	HYDROTHERAPY / SAUNA		
18:30			VIDEO HIGHLIGHT EDITION	VIDEO HIGHLIGHT EDITION			SHOWER	SHOWER
19:00 19:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	BBQ	DINNER
20:00 20:30 21:00 21:30	TEAM BUILDING GAMES AND INTRODUCTION ACTIVITIES	MOVIE NIGHT	NIGHT OUT THONON-LES- BAINS	FUN OUTDOOR GAMES	MEETING WITH THE TECHNICAL DIRECTOR	NIGHT OUT EVIAN- LES-BAINS	FUN OUTDOOR GAMES	TEAM BUILDING GAMES AND INTRODUCTION ACTIVITIES
22:00	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW