Pre-Season Itinerary

Saturday	Arrival Day								
19 th or Sunday									
20 th									
October Monday	Breakfast	New	Lunch	S&C Testing	Dinner	Free Time			
21 st October		Students:		&/OR Training					
October	07:15	FA Induction				19:00			
		&Testing	12:15 - 13:00	13:30 - 16:30	18:00				
	School	UK Students:	10.00			Lights out			
	Induction	Gym							
	08:15 - 10:00	10:15-12:00				Room check			
	00.13 - 10.00	10.13-12.00				22:00			
Tuesday 22 nd	Breakfast	S&C Testing	Lunch	Gym &	Dinner	Free Time			
October	07-00	&/OR Training		Training		40.00			
	07:30	10:30 - 12:00	12:15 -	14:00 - 17:00	18:00	19:00			
		12100	13:00	11100 11100	10100				
	Workshop					Lights out			
	(HTFC)					Room check			
	09:00 - 10:00					22:00			
	09:00 - 10:00					22:00			
Wednesday 23 rd	Breakfast			Dinner	Free Time				
October	07:30		U16 & U14 m & Train		19:00				
	07.50	•	2:00 & 14:	18:00	19.00				
	Workshop	U19/U17 ECFA	CAT 1 & C		Lights out				
	(NH)	CAT 1 vs W	NC Mansfi		Room check				
	09:00 - 10:00	CAT 2 v	s Landau		22:00				
Thursday	Breakfast	U16 & U14	Lunch	Position	Dinner	Free Time			
24 th October		Training		Specific					
Colobei	07:30	1140/1147	40.45	Training	40-00	19:00			
		U19/U17 Recovery &	12:15 - 13:00		18:00				
	Rest	Analysis		14:30 - 16:30		Lights out			
	(NH)	10:15 – 12:15				Room check			
	09:00 - 10:00					22:00			
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Pre-Season Itinerary

Friday 25 th October	Breakfast	Training	Lunch	U19 – U16 FIRST POINT	Dinner	Free Time
October	07:30		12:15 - 13:00	USA SHOWCASE	18:00	19:00
	Workshop	10:15 - 11:45	13.00	U14 Training		Lights out
	(NH)			12:00 17:00		Room check
	09:00 - 09:45			13:00 – 17:00		22:00
Saturday 26 th	Gym		Brunch	HTFC Fixture Observation	Dinner	Rest & Free Time
October	10:15 – 11:15		10:30			a rice rille
				TBC	18:00	Lights out
						Room check
						22:00
Sunday 27 th	Rest & Free Time		Brunch	Rest & Free Time	Dinner	Rest & Free Time
October			10:30	& Free Time		& Free Time
					18:00	Lights out
						Room check
						22:00