



RESIDENTIAL CAMP EXAMPLE SCHEDULE

CAMP SCHEDULE - MONDAY

9-9:15am – Arrival

9:15-10:15am – Introduction & group organisation

This will involve room allocations, health & safety briefing, and any additional important information.

10:15-10:45am – Warm up for each group

11:00-12:00pm

Group 1 – Performance Analysis with A.B. (classroom based)

Group 2 – Fitness

Group 3 – Basic skill development

12:00-1:00pm

Group 1 – Basic skill development

Group 2 – Performance Analysis with A.B. (classroom based)

Group 3 – Fitness

1:00-2:00pm – Lunch

2:00-3:15pm

Group 1 – Fitness

Group 2 – Basic skill development

Group 3 – Performance Analysis with A.B. (classroom based)

3:15-3:30pm – Break

3:30-4:45pm – Match play

4:45-5:00pm – Cool down

5pm – DAY CAMPERS DEPART

5:00-6:00pm – Free time

6:00pm – Evening meal

7:00-8:30pm – Evening activities

Group 1,2 & 3 – 'Muggles activity centre' – Quiz night & ice breaker team challenges

8:30-9:30pm – Showers & wind down

10:00pm – Lights out

CAMP SCHEDULE - TUESDAY

7:30am – Wake-up call

8:00am – Breakfast

9:00am – **Arrival of day campers**

9:15–10:30am

Group 1 – A.B performance analysis workshop (classroom based)

Group 2 – Swimming

Group 3 – Technical session

10:30–10:45am – Break/Change over of sessions

10:45–12:00pm

Group 1 – Technical session

Group 2 – A.B performance analysis workshop (classroom based)

Group 3 – Swimming

12:00–1:15pm

Group 1 – Swimming

Group 2 – Technical session

Group 3 – A.B performance analysis workshop (classroom based)

1:15–2:15pm – Lunch

2:15–3:30pm

Group 1 – Basics, group drills & ball handling

Group 2 – Basics, group drills & ball handling

Group 3 – Basics, group drills & ball handling

3:30–3:45pm – Break

3:45–4:45pm – Match play

4:45–5:00pm – Cool down & **day campers depart**

5:00–6:00pm – Free time

6:00pm – Evening meal

7:00–8:30pm – Evening activities

8:30–9:30pm – Showers & wind down

10:00pm – Lights out

CAMP SCHEDULE - WEDNESDAY

7:30am – Wake-up call

8:00am – Breakfast

9:00am – Arrival of day campers

9:15–10:30am

Group 1 – Fitness

Group 2 – Technical session

Group 3 – Active recovery

10:30–10:45am – Break

10:45–12:00pm

Group 1 – Active recovery

Group 2 – Fitness

Group 3 – Technical session

12:00–1:15pm

Group 1 – Technical session

Group 2 – Active recovery

Group 3 – Fitness

1:15–2:15pm – Lunch

2:00–3:15pm

Group 1 – Technical session

Group 2 – Technical session

Group 3 – Technical session

3:15–3:30pm – Break

3:30–4:45pm – Match play

4:45–5:00pm – Cool down & **day campers depart**

5:00–6:00pm – Free time

6:00pm – Evening meal

7:00–8:30pm – Evening activities

8:30–9:30pm – Showers & wind down

10:00pm – Lights out

CAMP SCHEDULE - THURSDAY

7:30am – Wake-up call

8:00am – Breakfast & packing up of belongings

9:30-10:30am

Group 1 – Nutrition workshop

Group 2 – Technical session with Nat Panagarry

Group 3 – Speed & Agility

10:30-11:00am – Break

11:00-12:00pm

Group 1 – Speed & Agility

Group 2 – Nutrition workshop

Group 3 – Technical session with Nat Panagarry

12:00-1:00pm

Group 1 – Technical session with Nat Panagarry

Group 2 – Speed & Agility

Group 3 – Nutrition workshop

1:00-2:00pm – Lunch

2:00-2:30pm

Everyone – Q&A with Nat Panagarry

2:30-3:00pm – Tournament organisation & warm up

3:00pm – Parents can arrive to watch

3:00-4:00pm – Tournament match play

4:00-4:30pm – Cool down & debrief & collection of belongings from rooms

4:30pm – Everyone departs – HOME TIME!



THANK YOU

**We hope you can join
us in 2024!**

@elitenetballacademy