

	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday	thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
7am								
8-30am		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9-30am		STRETCH	STRETCH	STRETCH	STRETCH	STRETCH	MATCH SCENARIO	MATCH
10am		BATTING (all)	BATTING (all)	BATTING (all)	BATTING (all)	BATTING (all)		
11am		SPECIALIST	SPECIALIST	NETS	SPECIALIST	SPECIALIST		
12pm		TEAM CHALLENGE	FIELDING		FIELDING	FIELDING		
1pm		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
2pm	PLAYERS ARRIVE	FIELDING	MATCH SCENARIO	MATCH SCENARIO	FITNESS ASSESSMENT	MATCH SCENARIO	TEAM CHALLENGE	MATCH
3pm		MATCH SCENARIO			REST AND RECOVERY		REST AND MATCH PREP	
4pm		MATCH SCENARIO						
5pm								
6pm								
7pm					BASIC SPORTS		PRE MATCH MEETING	MATCH DEBRIEF
8pm			DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
9pm								

