

## **TEAM CAMP**

**THURSDAY 20TH JUNE 2019**

**2:00PM-3:00PM → ALL PLAYERS & TEAMS CHECK IN.**

**3:30PM-4:00PM → CAMP MEETING**

**4:30-6:00PM → SESSION 1 (TOP FIELD/ IPF)**

**6:30PM-7:30PM → DINNER**

**8:00PM-9:00PM → SESSION 2 (TOP FIELD/ IPF)**

**9:15PM → COMMUTERS CHECK OUT WITH TU STAFF**

**10:30PM → LIGHTS OUT**

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**FRIDAY 21ST JUNE 2019**

**7:30AM → WAKE UP CALL FOR RESIDENTIAL PLAYERS**

**8:00AM-8:45AM → BREAKFAST PROVIDED IN THE CAFETERIA**

**9:00AM- 9:15AM → COMMUTERS CHECK IN WITH STAFF**

**9:30AM-11:00AM → SESSION 3 (TOP FIELD/ IPF)**

**11:30AM-12:30PM → LUNCH PROVIDED IN THE CAFETERIA**

**12:30PM-2:00PM → CAMPUS ACTIVITIES**

**2:30PM-4:00PM → SESSION 4 (TOP FIELD/ IPF)**

**5:00PM-6:00PM → DINNER PROVIDED IN THE CAFETERIA**

**6:30PM-8:00PM → SESSION 5 (TOP FIELD/ IPF)**

**8:15PM → COMMUTERS CHECK OUT WITH STAFF**

**9:00PM → CAMPUS ACTIVITIES**

**10:30PM → LIGHTS OUT RESIDENTIAL**

**SATURDAY 22ND JUNE 2019**

**7:30AM → WAKE UP CALL FOR RESIDENTIAL PLAYERS**

**8:00AM-8:45AM → BREAKFAST PROVIDED IN THE CAFETERIA**

**8:45AM- 9:00AM → COMMUTERS CHECK IN WITH STAFF**

**9:15-10:30AM → SESSION 9 (TOP FIELD/ IPF)**

**10:30AM → STADIUM, Q&A SESSION, PICTURES - PARENTS WELCOME**

**11:15AM-12:00PM → COMMUTERS & RESIDENTIAL CHECK OUT**

**INFORMATION FOR PARENTS AND PLAYERS**

**WE WILL PROVIDE COOLERS OF WATER AT ALL TIMES WHICH WILL BE PLACED AROUND THE FACILITY USED FOR TRAINING THAT DAY (TOP FIELD/ IPF). WE WILL ALSO HAVE AN ATHLETIC TRAINER AVAILABLE FOR ANY PLAYERS WHO REQUIRE MEDICAL ASSISTANCE FOR INJURIES OR EMERGENCIES. DRINK BREAKS WILL BE GIVEN BY THE STAFF TO ENSURE THEY ARE HYDRATED ALONG WITH THE PROVISION OF SNACKS AT GIVEN INTERVALS THROUGHOUT THE DAY.**