

## Tonbridge Training Camp 2 12th to 14th April

Accommodation (with continental breakfast) is available the night before for staff who need to stay in Tonbridge on the night of 13th April

|                |  |
|----------------|--|
| 9.15am         | Breakfast available in Dining Room until 9am   |
|                | Coaches Meeting in OC Café on the ground floor of the dining room at 9.15am prompt                     |
|                | 10.45am to Noon Registration   |
|                | Take bags to houses  |
|                | <b>Fire Alarm Drills in some houses.</b>   |
| Noon/1.00pm    | Lunch  |
| 12.45pm/1.30pm | Presentation in Big School   |
|                | Back to houses to collect holdall with boots/shinpads/water bottle for training                        |
| 1.45pm to 5pm  | Training on Grass Pitches<br>(Athletic testing/ Sports Science sessions/goalkeeping)                   |
|                | Finish training at 5pm and change into casual clothes for dinner                                       |
| 5.00pm         |  |
| 5.15pm/6.15pm  | <b>Dinner</b>  |
| 6.00pm/7.00pm  | <b>Talk in Big School about injury prevention (Mike) - Player handouts</b>                             |
| 8.00pm         | <b>Players staying in hotel leave</b>  |
|                | Fire alarm drills in houses not already done   |
|                | Team activities organised by Teams' Coaches in Houses. Including Nutrition Workbooks and Goal Setting. |
|                | Mobile phones collected by Team Coaches  |
| 8.30pm         |  |
| 9.00pm         | Check Rooms & Lights out   |



## Day 2

7.30am/8.30am

Breakfast

9am

Training on Grass Pitches  
(Sports Science/Individual tests/freestyler/sprinting (GB athletes)/goalkeeping)

Noon/1.00pm

Lunch

1.45pm to 5pm

Training on Grass Pitches  
(Sports Science/Individual tests/freestyler/sprinting (GB athletes)/goalkeeping)

5.00pm

Finish training at 5pm and change into casual clothes for dinner

5.15pm/6.15pm

**Dinner**

6.00pm/7.00pm

**Talk in Big School from GB Athletes**

7.30pm

Team activities organised by Teams' Coaches in Houses. (Nutrition workbooks and goal setting)

8.30pm

Mobile phones collected by Team Coaches

9.00pm

Check Rooms & Lights out

**Day 3**

**7.30am/8.30am**

Breakfast

**9am**

Training on Grass Pitches. Matches on Rowan  
(Sports Science/testings/yoga/matches/yoga)

**Noon/1.00pm**

Lunch

**1.45pm to end**

Training on Grass Pitches. Matches on Rowan  
(Individual tests/matches)