

Time	Reception	Volleyball Court	Club Room	Boat House
09:00				
09:30				
10:00				
10:30				
11:00				
11:30				
12:00	Registration (12:00-12:30)			
12:30				Jumps (12:30 - 13:00)
13:00		Training (13:00 - 14:30)		
13:30				
14:00				
14:30			Parents Meeting (14:30 - 15:30)	Lunch (14:30 - 15:30)
15:00				
15:30			Metrics (15:30-16:00)	
16:00				
16:30		Training (16:30-18:00)		
17:00				
17:30				
18:00				
18:30			Debrief (18:00 - 18:30)	