



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:30		Wake up	Wake up	Wake up	Wake up	Wake up
09:00		Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast
09:30		Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast
10:00		Fun	Handling	Mobility	Mobility	Mobility
10:30		Fun	Handling	Mobility	Mobility	House Touch
11:00		Group Rules	Attack	Rugby	Beach	House Touch
11:30		Group Rules	Attack	Rugby	Beach	House Touch
12:00		S&C Agility	Speed/Gym	Rugby	Beach	Self Review
12:30		S&C Agility	Speed/Gym	Individual Development Plan	Beach	Self Review
13:00		Team Lunch	Team Lunch	Team Lunch	Team Lunch	Check out
13:30		Team Lunch	Team Lunch	Team Lunch	Team Lunch	Awards
14:00		Individual Development Plan	Individual Development Plan	Team Meeting	Individual Development Plan	BBQ
14:30		Individual Development Plan	Defense	Leadership	Rugby	BBQ
15:00		Individual Development Plan	Defense	Leadership	Units	
15:25		Snack	Snack	Snack	Snack	
15:30		Units	Analysis	Leadership	Units	
16:00		Units	Analysis	Nutrition	Injury Management	
16:30		Rugby	Analysis	Nutrition	Injury Management	
17:00		Rugby	Pool	S&C Conditioning	Pool	
17:30	Registration	Rugby	Pool	S&C Conditioning	Pool	
18:00	Meeting	Free time	Free time	Free time	Free time	
18:30	Beach Rugby	Team Dinner	Team Dinner	Team Dinner	Team Dinner	
19:00	Beach Rugby	Team Dinner	Team Dinner	Team Dinner	Team Dinner	
19:30	Beach Rugby	5 a side	House Olympics	House Quiz	Movie	
20:00	Team Dinner	5 a side	House Olympics	House Quiz	Movie	
20:30	Team Dinner	5 a side	House Olympics	Pool	Movie	
21:00	Check in	5 a side	House Olympics	Pool	Movie	
21:30	Games	5 a side	House Olympics	Free time	Movie	
22:00	Games	5 a side	House Olympics	Free time	Movie	

Example weekly plan based on 2017 residential. Subject to change for 2018