

<b>3 Day Camp</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>8:30</b>		Wake Up	Wake Up
<b>9:00</b>		<b>Team Breakfast</b>	<b>Team Breakfast</b>
<b>9:30</b>		<b>Team Breakfast</b>	<b>Team Breakfast</b>
<b>10:00</b>		Mobility	Mobility
<b>10:30</b>		Strength & Conditioning (S&C)	Rugby (Forwards/Backs)
<b>11:00</b>	Registration/Sign In	Team S&C	Rugby (Forwards/Backs)
<b>11:30</b>	Welcome Meeting	Rugby (Defence)	Rugby (Hand eye coordination)
<b>12:00</b>	Rugby/ get to know games	Rugby (Breakdown)	House Touch Tournament
<b>12:30</b>	Rugby/ get to know games	Rugby (Defence)	House Touch Tournament
<b>13:00</b>	<b>Team Lunch</b>	<b>Team Lunch</b>	<b>Team Lunch</b>
<b>13:30</b>	<b>Team Lunch</b>	<b>Team Lunch</b>	<b>Team Lunch</b>
<b>14:00</b>	Check into rooms	IDP	Room pack up
<b>14:30</b>	Individual Development Plan planning	Guest Appearance	Room pack up
<b>15:00</b>	IDP	Nutrition Workshop	Career Talk
<b>15:30</b>	IDP	Nutrition Workshop	Careers Talk
<b>16:00</b>	Rugby (catch/pass)	Meet Bath Rugby Head Chef	Self-Review/ 1:1 meeting with coach
<b>16:30</b>	Rugby (Attack)	Wellbeing talk with head of psychology	Self-Review/1:1 meeting with coach
<b>17:00</b>	Rugby (Attack)	Wellbeing talk with head of psychology	BBQ & Awards
<b>17:30</b>	Team Meeting (Group Rules)	Pool Recovery	BBQ
<b>18:00</b>	Free time/Shower/Dorms	Pool Recovery	Sign out
<b>18:30</b>	<b>Team Dinner</b>	<b>Team Dinner</b>	
<b>19:00</b>	<b>Team Dinner</b>	<b>Team Dinner</b>	
<b>19:30</b>	House Games (dodgeball, football, bench ball)	House Games/ Movie	
<b>20:00</b>	House Games	House Games/Movie	
<b>20:30</b>	House Games	House Games/Movie	
<b>21:00</b>	House Games	House Games/Movie	
<b>21:30</b>	Free time	Free time	
<b>22:00</b>	In dorms	In dorms	