

5 Day Camp	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30		Wake up	Wake up	Wake up	Wake up	Wake up
9:00		Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast
9:30		Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast	Team Breakfast
10:00		Get to know games	Rugby (Catch/Pass)	Mobility (Beach or pitches)	Mobility (movement games)	Mobility
10:30		Rugby Games	Rugby (Catch/Pass)	Mobility	Mobility (movement games)	House Touch Tournament
11:00		Group Rules	Rugby (Attack)	Rugby (Beach or pitch)	Rugby (Defence)	House Touch Tournament
11:30		Group Rules	Rugby (Attack)	Rugby (Beach or pitch)	Rugby (Defence)	House Touch Tournament
12:00		Strength & Conditioning	S&C (House Workout)	S&C (stone run)	IDP Practice	Self-Review & 1:1 with coach
12:30		Strength & Conditioning	S&C (House Workout)	S&C (stone run)	IDP Practice	Self-Review & 1:1 with coach
13:00		Team Lunch	Team Lunch	Team Lunch	Team Lunch	Check bags out of dorms
13:30		Teach Lunch	Team Lunch	Team Lunch	Team Lunch	Check/Sign out
14:00		Individual Development Plan Planning	IDP Practice	Team Meeting	Rugby (Forwards/Backs)	Awards
14:30		IDP	Rugby (Breakdown)	Nutrition workshop	Rugby (Forwards/Backs)	BBQ
15:00		IDP	Rugby (Hand Eye Coordination)	Nutrition workshop	Analysis Workshop	BBQ
15:30		Rugby (Forwards & Backs split)	Pool Recovery & Fun games	Nutrition workshop (meet Bath Rugby head chef)	Analysis Workshop	
16:00		Rugby (Forwards & Backs Split)	Pool Recovery & Fun games	Leadership workshop	Pool Recovery/Career Talk	
16:30		Rugby (Executing Space)	Pool Recovery & Fun games	Leadership workshop	Pool Recovery/Career Talk	
17:00		Rugby (Executing Space)	Pool Recovery & Fun games	Guest Appearance	Pool Recovery/Career Talk	
17:30	Registration	Free Time/Shower	Free time/ Shower	Free time/ Shower	Free time/ Shower	
18:00	Registration	Team Dinner	Team Dinner	Team Dinner	Team Dinner	
18:30	Welcome Meeting	Team Dinner	Team Dinner	Team Dinner	Team Dinner	
19:00	Check into dorms	Free time	Free Time	Free Time	Free Time	
19:30	Team Dinner	House Games (Dodgeball, football, capture the flag)	House Games (Beach or woodland)	Movie/House Games	House Games	
20:00	Team Dinner	House Games	House Games	Movie/House Games	House Games	
20:30	Evening activity (beach, sports hall, pitches)	House Games	House Games	Move/House Games	House Games	
21:00	Evening Activity	House Games	House Games	Movie/House Games	House Games	
21:30	Evening activity	Free time	Free time	Free time	Free time	
22:00	Dorms	Dorms	Dorms	Dorms	Dorm	