

Schedule - Day Two, One Game

DATE _____

TIME	ACTIVITY + examples/tips of the details to include
	WAKE UP
	BREAKFAST
	TEAM WALK/STRETCH SESSION
	MORNING ACTIVITY DETAIL
	LUNCH
	ACTIVITY DETAIL
	PRE-MATCH MEAL
	PRE-GAME PREPARATION DETAIL
	SUBMIT TEAM LIST
	MATCH DEPARTURE DETAILS
	MATCH ARRIVAL DETAILS
	GAME PREPARATION DETAIL
	GAME DETAILS
	QUARTER TIME
	HALF TIME
	RETURN TO COURT
	QUARTER TIME
	FINAL WHISTLE
	RECOVERY
	POST-MATCH DETAILS
	MATCH DEPARTURE DETAILS
	ICE BATH RECOVERY
	POST-MATCH MEAL
	EVENING ACTIVITY DETAIL
	BEDTIME