

## Schedule - Day Two, Two Game

DATE \_\_\_\_\_

TIME	ACTIVITY + examples/tips of the details to include
	WAKE UP
	BREAKFAST
	TEAM WALK/STRETCH SESSION
	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
	POST-MATCH MEAL/LUNCH
	RECOVERY/REST
	PRE-GAME PREPARATION DETAIL
	SUBMIT TEAM LIST
	MATCH DEPARTURE DETAILS
	MATCH ARRIVAL DETAILS

	<b>GAME PREPARATION DETAIL</b>	
	<b>GAME DETAILS</b>	
	<b>QUARTER TIME</b>	
	<b>HALF TIME</b>	
	<b>RETURN TO COURT</b>	
	<b>QUARTER TIME</b>	
	<b>FINAL WHISTLE</b>	
	<b>RECOVERY</b>	
	<b>POST-MATCH DETAILS</b>	
	<b>MATCH DEPARTURE DETAILS</b>	
	<b>ICE BATH RECOVERY</b>	
	<b>POST-MATCH MEAL/DINNER</b>	
	<b>EVENING ACTIVITY DETAIL</b>	
	<b>BEDTIME</b>	