

Program for Junior Camp 3-6th Aug 2018, Odense

Due to the number of participants, all players will be divided into 3 groups for the training sessions. 2 groups will be on court while the third group will be doing off court work. Each group will rotate so that everyone does all of the activities. This will involve being outside so please bring footwear for outdoor training activities.

Times	Friday 3/8	Saturday 4/8	Sunday 5/8	Monday 6/8
07:00-07:30		Breakfast and preparation before training	Breakfast and preparation before training	Breakfast and preparation before training
10:00-12:00		Training rotation 2	Training rotation 3	Competition/matchplay
12:00-14:00		Lunch and break	Lunch and break	Summary and lunch
14:00-16:00	Welcome, introductions and Training rotation 1	Training rotation 2	Training rotation 3	
16:00-16:30	Break	Break	Break	
16:30-18:00	Training rotation 1	Training rotation 2	Training rotation 3	
19:00-20:00	Dinner	Dinner	Dinner	
22:00-23:00	Go to sleep	Go to sleep	Go to sleep	

On Sunday the training finishes at 12:00, but we will have a summary and then lunch available before everyone leaves.

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