

**5-8 Tuesday 11, October 2011 Alberton**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
9:00						9:00
9:30	Welcome (Port Room)	Welcome (A & D)	Welcome (A & D)	Welcome (B & C)	Welcome (B & C)	9:30
9:45						9:45
10:00	Synthetic indoor Fac.	Modified Game	Healthy Eating	*Port Facility Tour	Auskick Session	10:00
10:15			Kicking Comp.			10:15
10:30			10:30			
10:45						10:45
11:00	Auskick Session	Healthy Eating	Modified Game	Synthetic Indoor Fac.	*Port Facility Tour	11:00
11:15		Kicking Comp.				11:15
11:30						11:30
11:45	Healthy Eating	*Port Facility Tour	Synthetic Indoor Fac.	Auskick Session	Modified Game	11:45
12:00	Kicking Comp					12:00
12:15						12:15
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:30
12:45						12:45
13:00						13:00
13:15	*Port Facility Tour	Synthetic Indoor Fac.	Auskick Session	Modified Game	Healthy Eating	13:15
13:30					Kicking Comp.	13:30
13:45					13:45	
14:00						14:00
14:15	Modified Game	Auskick Session	*Port Facility Tour	Healthy Eating	Synthetic Indoor Fac.	14:15
14:30				Kicking Comp		14:30
14:45				14:45		

*(\* Not a Parent Friendly Activity)*

9:00	5-8 Wednesday 12, October 2011- AAMI STADIUM					9:00
9:30	1	2	3	4	5	9:30
9:45	Auskick Session (MBR)	AAMI Stadium Tour/ Treasure Hunt	*AFC Facility Tour	Game AAMI Stadium	*Power Match Day Simulation.	9:45
10:00						10:00
10:15						10:15
10:30						10:30
10:45	AAMI Stadium Tour/ Treasure Hunt	*Power Match Day Simulation.	Auskick Session (MBR)	*AFC Facility Tour	Game AAMI Stadium	10:45
11:00						11:00
11:15						11:15
11:30	Lunch	*AFC Facility Tour	Game AAMI Stadium	Auskick Session (MBR)	Lunch	11:30
11:45						11:45
12:00						12:00
12:15	*Power Match Day Simulation.	Lunch	Lunch	Lunch	AAMI Stadium Tour/ Treasure Hunt	12:15
12:30						12:30
12:45						12:45
13:00	*AFC Facility Tour	Game AAMI Stadium	*Power Match Day Simulation.	AAMI Stadium Tour/ Treasure Hunt	Auskick Session (MBR)	13:00
13:15						13:15
13:30						13:30
13:45						13:45
14:00	Game AAMI Stadium	Auskick Session (MBR)	AAMI Stadium Tour/ Treasure Hunt	*Power Match Day Simulation.	*AFC Facility Tour	14:00
14:15						14:15
14:30						14:30

(\* ) Not a Parent Friendly Activity

**9-15 Thursday 13th, October 2011- AAMI STADIUM**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
9:00						9:00
9:30	Welcome	Welcome	Welcome	Welcome	Welcome	9:30
9:45	(Stadium Room)					9:45
10:00	GAME AAMI Stadium	Goal Setting	Training (MBR)	*Power Match Day Simulation.	Fitness Testing	10:00
10:15		*AFC Facility Tour				10:15
10:30						10:30
10:45						10:45
11:00	Goal Setting	GAME AAMI Stadium	Fitness Testing	Training (MBR)	*Power Match Day Simulation.	11:00
11:15	*AFC Facility Tour					11:15
11:30						11:30
11:45	Lunch	Training (MBR)	Lunch	Goal Setting	Game AAMI Stadium	11:45
12:00				*AFC Facility Tour		12:00
12:15						12:15
12:30	Fitness Testing	Lunch	*Power Match Day Simulation.	Lunch	Lunch	12:30
12:45						12:45
13:00						13:00
13:15	Training (MBR)	*Power Match Day Simulation.	Game AAMI Stadium	Fitness Testing	Goal Setting	13:15
13:30					*AFC Facility Tour	13:30
13:45						13:45
14:00						14:00
14:15	*Power Match Day Simulation.	Fitness Testing	Goal Setting	Game AAMI Stadium	Training (MBR)	14:15
14:30			*AFC Facility Tour			14:30
14:45						14:45

*(\*) Not a Parent Friendly Activity*

9:00	<b>9-15 Friday 14th, October 2011- Alberton</b>					9:00
9:30	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	9:30
9:45	<b>Synthetic indoor Facility.</b>	<b>Modified Game</b>	<b>Skills Testing</b>	<b>*Port Facility Tour</b>	<b>Talent/ Nutrition/Recovery</b>	9:45
10:00						10:00
10:15						10:15
10:30						10:30
10:45	<b>Skills Testing</b>	<b>Synthetic Indoor Facility.</b>	<b>*Port Facility Tour</b>	<b>Talent/ Nutrition/ Recovery</b>	<b>Modified Games</b>	10:45
11:00						11:00
11:15						11:15
11:30	<b>Talent/ Nutrition/ Recovery</b>	<b>*Port Facility Tour</b>	<b>Synthetic Indoor Facility.</b>	<b>Modified Games</b>	<b>Skills Testing</b>	11:30
11:45						11:45
12:00						12:00
12:15	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	12:15
12:30						12:30
12:45						12:45
13:00	<b>Modified Games</b>	<b>Skills Testing</b>	<b>Talent/ Nutrition/ Recovery</b>	<b>Synthetic indoor Facility.</b>	<b>*Port Facility Tour</b>	13:00
13:15						13:15
13:30						13:30
13:45						13:45
14:00	<b>*Port Facility Tour</b>	<b>Talent/ Nutrition/ Recovery</b>	<b>Modified Games</b>	<b>Skills Testing</b>	<b>Synthetic Indoor Facility .</b>	14:00
14:15						14:15
14:30						14:30
14:45	<b>Review Goals</b>	<b>Review Goals</b>	<b>Review Goals</b>	<b>Review Goals</b>	<b>Review Goals</b>	14:45
15:00						15:00

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