

# 3x3 High Performance Camp Schedule

Tuesday 24 Sept

Time	Boys - Group 1	Boys - Group 2	Girls - Group 1	Girls - Group 2	Coaches	Referees
08:30	Opening Ceremony + Welcome to Country at Somerset College					
09:15 - 10:45	Athletic Testing - Speed, Agility, Power	Nutrition + Recovery	Wellbeing	Safeguarding		
10:45 - 11:15	Morning Tea at Somerset College					
11:15 - 12:45	Nutrition + Recovery	Wellbeing	Athletic Testing - Speed, Agility, Power	Theory + Practical		
12:45 - 14:00	Lunch at Somerset College					
14:00 - 15:30	3x3 Skill Development	Wellbeing	Nutrition + Recovery	Theory	Observe	
15:30 - 16:30	Practice Games at Somerset College					
19:30 - 20:30	Guest Panel at Accommodation					

Wednesday 25 Sept

Time	Boys - Group 1	Boys - Group 2	Girls - Group 1	Girls - Group 2	Coaches	Referees
09:00 - 10:30	Wellbeing	Nutrition + Recovery	3x3 Skill Development	Observe + Practical		
10:30 - 11:00	Morning Tea at Somerset College					
11:00 - 12:30	3x3 Skill Development	Safeguarding	Athlete Empowerment	Observe On-Court	Observe + Theory	
12:30 - 14:00	Lunch at Somerset College					
14:00 - 15:30	Athlete Empowerment	Safeguarding	3x3 Skill Development	Wellbeing		
15:30 - 16:30	Practice Games at Somerset College					
19:30 - 20:30	Recovery at Accommodation					

Thursday 26 Sept

Time	Boys - Group 1	Boys - Group 2	Girls - Group 1	Girls - Group 2	Coaches	Referees
09:00 - 10:30	Safeguarding	Athlete Empowerment	Community Project + Media Day Rotation	Community Project	Planning Session	
10:30 - 11:00	Morning Tea at Somerset College					
11:00 - 12:30	Community Project + Media Day Rotation	Athlete Empowerment	Safeguarding	Planning Session	Community Project	
12:30 - 14:00	Lunch at Somerset College					
TBC	3x3 Games at Kurrawa Parklands					

# 3x3 High Performance Camp Schedule

Friday Sept 27

Time	Boys - Group 1	Boys - Group 2	Girls - Group 1	Girls - Group 2	Coaches	Referees
08:00	Tram to Kurrawa Parklands					
09:00 - 12:00	3x3 Games					
12:00 - 13:00	Lunch at Kurrawa Parklands					
13:00 - 16:00	3x3 Games					
16:15	Tram to Accommodation					
19:30 - 20:30	Recovery				Video Session + Discussion	

Saturday Sept 28

Time	Boys - Group 1	Boys - Group 2	Girls - Group 1	Girls - Group 2	Coaches	Referees
08:00	Tram to Kurrawa Parklands					
09:00 - 12:00	3x3 Games					
12:00 - 13:00	Lunch at Kurrawa Parklands					
13:00 - 16:00	3x3 Games					
16:00 - 16:30	Closing Ceremony					
16:45	Tram to Accommodation					
19:30 - 20:30	Recovery				Video Session + Discussion	