Sample 2 week course - One Specialist Option

This sample programme is for a student who has chosen Soccer as their Specialist Option

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30		Wake Up													
8:00		Breakfast													
9:00							Morning	Meeting							
9:15-10:50		3	İ	3	3	İ			İ	İ	(3	İ		
				Break **			Arsenal				Break **			- Jana All	
11:20-12:55	(4)	3	3	3	3	3	Sala	1-6	3	3	3	F	3	Departure	
13:00		Lunch							Lunch						
14:00		Afternoon Meeting						A V	Afternoon Meeting						
14:15-15:50	Arrival	3	3	3	(3			3	3	3	F	3	5	
	1.40	Break **						Break **							
16:20-17:55		3	(3)	3	3	İ	Ham buff		İ	3	3	F			
18:00		Dinner													
19:30-21:30						The state of the s	## # W								
21:00-22:30		Bedtime (depending on age)													
21:30-23:00						Lights	Out (dep	ending on	age)						

^{**} The timing of the break(s) is at the discretion of the Head Coach and can be implemented to fit in with the coaching session.

ENGLISH THROUGH SPORT, MUSIC & DANCE

exsportise

RESIDENTIAL COURSES FOR 9-17 YEAR OLDS