



**\* Calendario semanal tipo**

	<b>Mo</b>	<b>Tu</b>	<b>We</b>	<b>Th</b>	<b>Fr</b>
07h00	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
08h00	Welcoming /Ice breaker / Logistics / Medical report	English, Coaching or Business course	English, Coaching or business course	English, Coaching or Business course	Meeting / 1-on-1's
09h30	Skills Tests / Field session	Field session	Field session (guest coach)	Field session / Tag training	Individual skills
11h00	Conditioning tests / Gym	Fitness	Conditioning Games / Strong Man competition	Recovery session – pool	Gym
12h30	Attend Game Analyses	Rest	Attend Jersey ceremony /	Rest	Attend SRA Meeting
13h00	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
15h00	Individual skills / Town outing	Rugby Practise at School (juniors) / Individual skills	Community project: Township Tag / Dogs	Rugby Practise at School (juniors) / Individual skills	Hike or Beach Touchies
17h00			<b>SRA match</b>		
18h00	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
19:00	Film / Referee Evening	Games / Social Evening	Sausage / Potjiekos Evening ( <i>Barbeque</i> )	Fellowship Evening with CRC / Street Light Community project	Town Evening