



U15 GIRLS DAY PLAN TUES 3 AUG 2013

TIME	ACTIVITY
7.00AM	BREAKFAST
7.30AM	LEADERSHIP MEETING
8.00AM	TEAM MEETING
9.15AM	LEAVE FOR GROUND
10.30AM	GAME
11:45AM	WARM DOWN HYDRATE/FOOD
12:30PM	LEAVE FOR ACCOMMODATION
1:00PM	RECOVERY SESSION ICE BATHS
1:30PM	LUNCH
2:00PM	FREE TIME/PHYSIO
5:00PM	TEAM MEETING
6:30PM	TEAM DINNER