

Monday

Time	Event	Where	Plan
9:00am	Introduction to the week	Iles Theatre	Introduction Video Outline the plan for the week Introduce the coaching staff General house keeping Split groups into half for testing
9:30am	Group 1 - Physical Testing Group 2 - Skills Testing	Gym/Centenary Court Fairfax Nets	Physical Tests by S/C Staff <i>Skills Testing</i> - Batting Videos - Front Foot Bowling Test's/Video
11:30am	2km Time Trial	Main Oval	All players participate in 2km
12:00pm	Lunch	Dining Hall	
12:45pm	Group 1 - Skills Testing Group 2 - Physical Testing	Gym/Centenary Court Fairfax Nets	Physical Tests by S/C Staff <i>Skills Testing</i> - Batting Videos - Front Foot Bowling Test's/Video
3:00pm	Throwing Technique Pick up and Throw	Fairfax Oval	Basics of safe/effective throwing technique
4:30pm	Recovery Session	Pool	Swim/Stretch
6:00pm	Dinner	Dining Hall	
7:00pm	Video Session	S101 S102	Batting Videos

Tuesday

Time	Event	Where	Plan
7:00am	Conditioning Session	Main Oval	Running Session
8:30am	Breakfast	Boarding House	
9:30am	Fielding Session	Main Oval	3 Groups: Overarm attack (straight/crossover/hip) Outfielding Close catching (slips/short leg)
10:30am	Batting Technique Session Range Hitting	Fairfax Nets Main Oval	
11:45am	Batting Technique Session Range Hitting	Fairfax Nets Main Oval	Groups swap from previous session
1:00pm	Lunch	Dining Hall	
2:30pm	SCG Tour	SCG	
4:30pm	Recovery Session	Pool	Swim/Stretch
5:00pm	Bowling Videos		S101
6:00pm	Dinner	Dining Hall	
7:00pm	Nutrition Presentation	S101	

Wednesday

Time	Event	Where	Plan
7:00am	Conditioning Session	Altitude Room	Bike Session / Core Stability Session
8:30am	Breakfast	Boarding House	
9:30am	Fielding Session	Main Oval	3 Groups: Underarm Attack Short Catching High Catching
10:45am	Skills Session 1	Fairfax Oval/Nets	Choice of Skill: Batting to Spin Bowling
12:00pm	Lunch	Dining Hall	
12:45pm	Skills Session 2 <i>(choose alternate from session 1)</i>	Fairfax Oval/Nets	Choice of Skill: Batting Back Foot Bowling
2:00pm	Net Session	Fairfax Nets	Net Session Katchets for incoming Batters
4:30pm	Recovery Session	Pool	Swim/Stretch
6:00pm	Dinner	Dining Hall	
7:00pm	Tactical Session	S101	Presentation

Thursday

Time	Event	Where	Plan
7:00am	Conditioning Session	Altitude Room	Bike Session / Core Stability Session
8:30am	Breakfast	Boarding House	
9:30am	Fielding Session	Main Oval	Throwing Program Target Practice: Overarm Sidearm Underarm Hip Throw
10:45am	Skills Session 1	Fairfax Oval/Nets	Choice of Skill: Rotating Strike - Pace (extra bats use machines) Bowling - Change Ups
12:00pm	Lunch	Dining Hall	
12:45pm	Skills Session 2 <i>(choose alternate from session 1)</i>	Fairfax Oval/Nets	Choice of Skill: T20 Options - Behind Square (extra bats use machines) Bowling - Change Ups
2:00pm	Net Session	Fairfax Nets	Net Session Katchets for incoming Batters
4:30pm	Recovery Session	Pool	Swim/Stretch
6:00pm	Dinner	Dining Hall	
7:00pm	Media Skills	S101	Presentation

Friday

Time	Event	Where	Plan
7:00am	Conditioning Session	Altitude Room	Bike Session / Core Stability Session
8:00am	Breakfast	Boarding House	Clean and empty rooms after breakfast
9:15am	Match - Session 1	Dining Hall	Divided into two teams Designated Overs per pair Those not batting, in nets on machines
11:45am	Graduation Lunch		Lunch Graduation Ceremony
12:45pm	Match - Session 2		As per session1
3:00pm	Camp concludes		