

Example Day

PSP

8:30 - 9 AM	Breakfast
9 - 9:30 AM	Non-Residential Arrival
9:30 - 10 AM	Video Briefing
10 AM - 12 PM	Training Session According to the chosen athlete
12:15 - 1:45 PM	Lunch
2 - 3:30 PM	Talk
4 - 6 PM	Training session According to the chosen athlete
6 PM	Non-Residential Departure
7 PM	Dinner

Please note: This is an example based on previous camps. Times may vary.