



PLANNING - AS Morges Rugby camp - August 14-18 - Morges



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07h30-08h30	Day care + training set-up	Day care	Day care	Day care	Day care
08h30-09h00	Opening ceremony	Training set-up	Training set-up	Training set-up	Training set-up
09h00-09h30		Daily briefing	Daily briefing	Daily briefing	Daily briefing
09h30-09h45	TRAINING SESSION (including 30-mn break)	TRAINING SESSION (including 30-mn break)	TRAINING SESSION (including 30-mn break)	TRAINING SESSION (including 30-mn break)	TRAINING SESSION (including 30-mn break)
09h45-10h00					
10h00-10h15					
10h15-10h30					
10h30-10h45					
10h45-11h00					
11h00-11h15					
11h15-11h30					
11h30-11h45	Break	Break	Break	Break	Break
11h45-12h00					
12h00-12h30	Lunch	Lunch	Lunch	Lunch	Lunch
12h30-13h00	Activity set-up	Activity set-up	Activity set-up	Activity set-up	Break
13h00-13h30					
13h30-14h00	VARIOUS SPORTS & ACTIVITES	VARIOUS SPORTS & ACTIVITES	OLYMPIC GAMES or SWIMMING POOL	VARIOUS SPORTS & ACTIVITES	Tournament set-up
14h00-14h15					
14h15-14h30	Tournament set-up	Tournament set-up		Tournament set-up	TOURNAMENT semi-finals finals
14h30-14h45					
14h45-15h00	TOURNAMENT	TOURNAMENT		TOURNAMENT	Closing ceremony
15h00-15h15					
15h15-15h30					
15h30-15h45					
15h45-16h00	Snacks + drinks	Snacks + drinks	Snacks + drinks	Snacks + drinks	Closing ceremony
16h00-16h15	End of the day	End of the day	End of the day	End of the day	
16h15-16h30					"Apero"
16h30-17h00					
17h00-18h00	End of Day care	End of Day care	End of Day care	End of Day care	

Les cases laissées en blanc sont les moments de repos et d'activités libres pour les participants (ping-pong, baby-foot, lecture, etc.)

Training sessions Tournament Recreational activities Lunches and snacks