



## Mass Maritime Academy – GPS Residential Camp 2019 Schedule

### *Sunday:*

- 4.45pm–5:45pm Arrival/Check in + Move into Room
- 6.00pm-6.30pm Camp Meeting
- 6.30pm-7.15pm Pizza Night
- 8.00pm-9.00pm Session 1: Test Level – Group Formation
- 9.00pm-10.00pm Down Time
- 10.00pm Lights Out

### *Monday and Tuesday:*

- 7:30 am Breakfast
- 9:00am–11:00am Session 1: Technical Practice
- 11:30am–12pm Down time
- 12pm – 1pm Lunch
- 2:00pm–3:30pm Session 2: Numerical superiority and possession games
- 3:30pm–4:30pm Small Sided games /Conditioning
- 4.30pm-5.15pm Relax time
- 5.30pm-6.30pm Dinner
- 6:30pm–8:30 pm Evening Activity and GPS World Cup Draft (on Tuesday)
- 8.30pm-9.30pm Down Time
- 9.30pm Lights Out



***Wednesday: World Cup Championships:***

- 7:30 am Breakfast
- 8:00am Clean Rooms /Pack
- 9:00am–11am World Cup Games
- 11:00am–11.30am Wrap-up
- 11:30am–12.30pm Check out