

# AFS | NOVEMBER 2026



PRO PATHWAY PROGRAM | 3 WEEKS



**POI** SPORTS  
GROUP



# PRO PATHWAY PROGRAM

**3 WEEKS**

## SUNDAY

1 NOVEMBER

14:00 – 16:00 – HOTEL CHECK-IN

18:00 – 19:00 – RELAX

19:00 – 21:00 – DINNER

## MONDAY

2 NOVEMBER

07:30 – 08:30 – BREAKFAST

08:00 – DEPART FROM LOBBY

08:30 – 10:00 – PLYOMETRICS / BALL

12:00 – 13:00 – LUNCH

14:00 – 15:00 – SWIMMING (INDIVIDUAL)

17:00 – 18:30 – DINNER

## TUESDAY

3 NOVEMBER

07:30 – 08:30 – BREAKFAST

08:00 – DEPART FROM LOBBY

08:30 – 10:00 – PLYOMETRICS / BALL

12:00 – 12:30 – LUNCH

15:00 – 16:00 – YOGA

17:00 – 18:00 – DINNER

## WEDNESDAY

4 NOVEMBER

07:30 – 08:30 – BREAKFAST

08:00 – DEPART FROM LOBBY

08:30 – 10:00 – PLYOMETRICS / BALL

12:00 – 12:30 – LUNCH

14:30 – 15:30 – FITNESS

17:00 – 18:00 – DINNER



**EVERYDAY MEALS WILL BE HELD AT THE MAIN RESTAURANT**



## **THURSDAY**

5 NOVEMBER

06:30 - 07:30 - FITNESS (CONDITIONING)

10:00 - DEPART FROM LOBBY

10:30 - 12:00 - PITCH (TRAINING)

13:00 - 14:30 - LUNCH

17:00 - 18:00 - DINNER

## **SATURDAY**

7 NOVEMBER

07:30 - 08:30 - BREAKFAST

10:00 - 11:00 - FITNESS (INDIVIDUAL)

12:00 - 12:30 - LUNCH

15:00 - 16:00 - YOGA

17:00 - 18:00 - DINNER

## **MONDAY**

9 NOVEMBER

07:30 - 08:30 - BREAKFAST

09:00 - DEPART

10:00 - 12:00 - TRAINING

13:00 - LUNCH

15:00 - 16:00 - INDUCTION (*PM AFS*)

17:30 - 20:00 - DINNER

## **FRIDAY**

6 NOVEMBER

07:30 - 08:30 - BREAKFAST

09:00 - 10:00 - SWIMMING

11:30 - 12:30 - LUNCH

13:30 - DEPART FROM LOBBY

14:00 - 15:30 - TRAINING (PITCH)

17:00 - 18:30 - DINNER

## **SUNDAY**

8 NOVEMBER (FREE DAY)

09:00 - 10:00 - BREAKFAST

12:00 - 15:00 - LUNCH

17:30 - 18:30 - DINNER

## **TUESDAY**

10 NOVEMBER

07:00 - 08:00 - BREAKFAST

08:00 - DEPART

10:00 - 12:00 - TRIAL MATCH

14:00 - 15:30 - LUNCH

16:30 - 17:00 - RECOVERY @ POOL

18:30 - 20:00 - DINNER

## **WEDNESDAY**

11 NOVEMBER (Free-Day)

08:00 – 09:00 – BREAKFAST

12:00 – 13:30 – LUNCH

17:30 – 18:30 – DINNER

## **FRIDAY**

13 NOVEMBER

08:00 – 09:00 – BREAKFAST

10:00 – 11:00 – FREE TIME

11:30 – 12:30 – LUNCH

13:00 – DEPART

14:30 – 17:00 – SHOWCASE PROGRAM

18:30 – 19:30 – DINNER

## **SUNDAY**

15 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 14:00 – LUNCH

14:00 – 17:30 – FREE

17:30 – 18:30 – DINNER

## **THURSDAY**

12 NOVEMBER

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:30 – 12:30 – TRAINING & MATCH PREP

13:30 – 14:30 – LUNCH

14:30 – 17:30 – REST & RECOVER

17:30 – 18:30 – DINNER

## **SATURDAY**

14 NOVEMBER

06:30 – 07:30 – BREAKFAST

07:30 – DEPART

09:00 – 12:00 – SHOWCASE PROGRAM

13:00 – CHECK OUT

13:15 – 13:45 – LUNCH

14:00 – DEPART – GO TO TEAM

(DRIVER WAITING)



## **MONDAY**

16 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

16:00 – 18:00 – OFFICIAL TEAM TRIAL

18:30 – 19:30 – DINNER

## **TUESDAY**

17 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

16:00 – 18:00 – OFFICIAL TEAM TRIAL

18:30 – 19:30 – DINNER

## **WEDNESDAY**

18 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

16:00 – 18:00 – OFFICIAL TEAM TRIAL

18:30 – 19:30 – DINNER

## **THURSDAY**

19 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

16:00 – 18:00 – OFFICIAL TEAM TRIAL

18:30 – 19:30 – DINNER

## **FRIDAY**

20 NOVEMBER

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

16:00 – 18:00 – OFFICIAL TEAM TRIAL

18:30 – 19:30 – DINNER

## **SATURDAY**

21 NOVEMBER

11:00 – FREE TIME

11:30 – 12:30 – LUNCH

12:30 – 13:30 – SIGN CONTRACT OR

CHECKOUT

