

AFS JULY | 2023

PLAYER SCHEDULE | 1 WEEK PROGRAM



PRO SHOWCASE TRIAL

1 WEEK

SUNDAY

16 JULY

14:00 - 17:00 - CHECK-IN SUMMIT
WINDMILL

18:00 - 19:00 - DINNER

MONDAY

17 JULY

07:30 - 08:30 - BREAKFAST (@ PALM
BREEZE)

09:00 - DEPART (@ THE FOUNTAIN)

10:00 - 11:30 - TRAINING & MATCH PREP

13:00 - LUNCH @ PALM BREEZE

15:00 - 16:00 - INDUCTION

17:30 - 20:00 - DINNER

TUESDAY

18 JULY

08:30 - 09:30 - BREAKFAST (@ PALM BREEZE)

10:00 - 11:00 - REST

11:30 - 12:30 - LUNCH (@ PALM BREEZE)

13:00 - DEPART (@ THE FOUNTAIN)

15:00 - 17:00 - TRIAL MATCH

18:30 - 19:30 - DINNER (@ PALM BREEZE)

WEDNESDAY

19 JULY

08:00 - 09:00 - BREAKFAST (FOUNTAIN)
(@ PB & UPDATE L/D MEALS)

09:00 - 09:30 - YOGA

12:00 - 13:30 - LUNCH (FOUNTAIN)

13:30 - 17:30 - FREE TIME

17:30 - 18:30 - DINNER (FOUNTAIN)



THURSDAY

20 JULY

07:30 - 08:30 - BREAKFAST (FOUNTAIN)

09:00 - DEPART (@ THE FOUNTAIN)

10:30 - 12:30 - TRAINING & MATCH PREP

13:30 - 14:30 - LUNCH @ (FOUNTAIN)

14:30 - 17:30 - REST & RECOVER

17:30 - 18:30 - DINNER (FOUNTAIN)

FRIDAY

21 JULY

08:00 - 09:30 - BREAKFAST (FOUNTAIN)

10:00 - 11:00 - STRETCHING (GYM)

12:00 - 13:00 - LUNCH (FOUNTAIN)

13:10 - DEPART (@ THE FOUNTAIN)

15:00 - 17:00 - SHOWCASE PROGRAM

18:15 - 20:00 - DINNER (FOUNTAIN)

SATURDAY

22 JULY

07:00 - 08:00 - BREAKFAST (FOUNTAIN)

08:00 - DEPART (@ THE FOUNTAIN)

09:00 - 12:00 - SHOWCASE PROGRAM

13:00 - CHECK OUT

13:15 - 14:30 - LUNCH & VERDICT (FOUNTAIN)

15:00 - GO TO TEAM