

AFS DECEMBER | 2022

PLAYER SCHEDULE | 1 WEEK PROGRAM



PRO SHOWCASE TRIAL

1 WEEK

SUNDAY

4 December

14:00 - 17:00 - CHECK-IN THE SAUJANA
HOTEL

18:00 - 19:00 - DINNER

MONDAY

5 December

08:00 - 09:00 - BREAKFAST (@ BAYU)

12:00 - 13:00 - INDUCTION @
(CONFERENCE ROOM B)

13:00 - LUNCH @ BAYU

15:00 - DEPART (@ MEETING POINT)

16:00 - 18:00 - TRAINING & MATCH PREP

19:00 - 20:00 - DINNER @ BAYU

TUESDAY

6 December

09:00 - 10:00 - BREAKFAST (@ CHARCOAL)

11:00 - 12:00 - REST

13:00 - 14:00 - LUNCH (@ BAYU)

16:30 - DEPART (@ MEETING POINT)

18:00 - 20:00 - TRIAL MATCH @ STADIUM

21:00 - 21:30 - DINNER (@ BAYU)

WEDNESDAY

7 December

08:00 - 09:00 - BREAKFAST (@ CHARCOAL)

09:00 - 11:00 - MASSAGE @ POOL

12:00 - 13:30 - LUNCH (@ BAYU)

13:30 - 15:00 - RECOVERY FITNESS

18:30 - 19:30 - DINNER (@ BAYU)



THURSDAY

8 December

08:00 - 09:00 - BREAKFAST @ CHARCOAL

12:00 - 13:00 - LUNCH (@ BAYU)

13:30 - DEPART (@ MEETING POINT)

14:30 - 16:00 - LIGHT TRAINING @ SFC

17:00 - 18:30 - DINNER @ BAYU

FRIDAY

9 December

08:00 - 09:30 - BREAKFAST

10:00 - 11:30 - STRETCHING (GYM)

12:00 - 13:30 - LUNCH (@ BAYU)

14:00 - DEPART (@ MEETING POINT)

16:00 - 18:30 - SHOWCASE PROGRAM

19:30 - 20:00 - DINNER @ BAYU

SATURDAY

10 December

07:00 - 08:00 - BREAKFAST

08:00 - DEPART (@ MEETING POINT)

09:00 - 12:00 - SHOWCASE PROGRAM

13:00 - CHECK OUT

14:00 - 15:00 - LUNCH / SOCIAL & VERDICT @
CHARCOAL RESTAURANT

16:00 - DEPART OR GO TO TEAM

