

AFS | NOV 2024

PRO PATHWAY PROGRAM | 3 WEEKS



PRO PATHWAY PROGRAM

3 WEEKS

SUNDAY

10 November

14:00 - 16:00 - HOTEL CHECK-IN

18:00 - 19:00 - RELAX

19:00 - 21:00 - DINNER

MONDAY

11 November

07:30 - 08:30 - BREAKFAST

08:30 - DEPART FROM LOBBY

09:00 - 10:00 - PLYOMETRICS / BALL

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

14:00 - 15:00 - SWIMMING (INDIVIDUAL)

17:00 - 18:30 - DINNER

TUESDAY

12 November

07:30 - 08:30 - BREAKFAST

08:30 - DEPART FROM LOBBY

09:00 - 10:00 - TRAINING (PITCH)

12:00 - 12:30 - LUNCH

15:30 - 16:00 - YOGA (POOL)

17:00 - 18:00 - DINNER

WEDNESDAY

13 November

07:30 - 08:30 - BREAKFAST

08:30 - DEPART FROM LOBBY

09:00 - 10:00 - TRAINING (PITCH)

12:00 - 12:30 - LUNCH

14:30 - 15:30 - FITNESS

17:00 - 18:00 - DINNER



EVERYDAY MEALS WILL BE HELD AT THE FOUNTAIN RESTAURANT



THURSDAY

14 November

07:30 - 08:30 - BREAKFAST
09:00 - 10:00 - FITNESS (CONDITIONING)
10:30 - DEPART FROM LOBBY
11:00 - 12:00 - TRAINING (FINISHING)
13:00 - 14:30 - LUNCH
17:00 - 18:00 - DINNER

SATURDAY

16 November

07:30 - 08:30 - BREAKFAST
10:00 - 11:00 - FITNESS (INDIVIDUAL)
12:00 - 12:30 - LUNCH
13:00 - 14:00 - YOGA (POOL)
17:00 - 18:00 - DINNER

MONDAY

18 November

07:30 - 08:30 - BREAKFAST
09:00 - DEPART (@ THE FOUNTAIN)
10:00 - 11:00 - TRAINING
13:00 - LUNCH
15:00 - 16:00 - INDUCTION (*PM AFS*)
17:30 - 20:00 - DINNER

FRIDAY

15 November

07:30 - 08:30 - BREAKFAST
09:00 - 10:00 - SWIMMING (LE MERIDIEN)
12:00 - 13:00 - LUNCH
14:30 - 15:30 - TRAINING (PITCH)
17:00 - 18:30 - DINNER

SUNDAY

17 November (FREE DAY)

09:00 - 10:00 - BREAKFAST
12:00 - 15:00 - LUNCH
17:30 - 18:30 - DINNER

TUESDAY

19 November

07:00 - 08:00 - BREAKFAST
08:00 - DEPART
10:00 - 12:00 - TRIAL MATCH
14:00 - 15:30 - LUNCH @ FOUNTAIN
16:30 - 17:00 - RECOVERY @ POOL
18:30 - 20:00 - DINNER @ FOUNTAIN

WEDNESDAY

20 November (Free-Day)

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

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

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

FRIDAY

22 November

08:00 - 09:00 - BREAKFAST

10:00 - 11:00 - FREE TIME

12:00 - 13:30 - LUNCH

15:00 - 17:00 - SHOWCASE PROGRAM

18:30 - 19:30 - DINNER

SUNDAY

24 November

10:00 - 11:00 - FREE TIME

12:00 - 14:00 - LUNCH

14:00 - 17:30 - FREE

17:30 - 18:30 - DINNER

THURSDAY

21 November

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)

SATURDAY

23 November

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

08:00 - DEPART (@ THE FOUNTAIN)

09:00 - 12:00 - SHOWCASE PROGRAM

13:00 - CHECK OUT

13:15 - 13:45 - LUNCH

14:00 - DEPART - GO TO TEAM

(DRIVER WAITING)



MONDAY

25 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

26 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

27 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

28 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

29 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

30 November

11:00 - FREE TIME

11:30 - 12:30 - LUNCH

12:30 - 13:30 - SIGN CONTRACT OR
CHECKOUT



AFS PREP TRAINING

NOVEMBE

R 10-15

MONDAY

10 November

09:00 - 10:00 - PLYOMETRICS / BALL

TUESDAY

11 November

09:00 - 10:00 - TRAINING (PITCH)

WEDNESDAY

12 November

09:00 - 10:00 - TRAINING (PITCH)

THURSDAY

13 November

11:00 - 12:00 - TRAINING (FINISHING)

FRIDAY

14 November

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

SATURDAY

15 November

13:00 - 14:00 - YOGA (POOL)

TRAINING

Location:

THE POI GROUP | AFS | SFI
WINDMILL PITCH



ALWAYS ARRIVE 30' MINS EARLY