

AFS | NOV 2024

PLAYER SCHEDULE | 1 WEEK PROGRAM



POI GROUP



PRO SHOWCASE TRIAL

1 WEEK

SUNDAY

17 November

14:00 - 17:00 - CHECK-IN

18:00 - 19:00 - DINNER

TUESDAY

19 November

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

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

MONDAY

18 November

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

09:00 - DEPART (@ THE FOUNTAIN)

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

13:00 - LUNCH @ FOUNTAIN

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

17:30 - 20:00 - DINNER

WEDNESDAY

20 November (Free-Day)

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

13:30 - 17:30 - FREE TIME

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

13:30 - 17:30 - FREE TIME

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



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)

FRIDAY

22 November

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

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

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

13:30 - DEPART (@ THE FOUNTAIN)

15:00 - 17:00 - SHOWCASE PROGRAM

18:30 - 19:30 - DINNER (FOUNTAIN)

SATURDAY

23 November

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

08:00 - DEPART (@ THE FOUNTAIN)

09:00 - 12:00 - SHOWCASE PROGRAM

13:00 - 13:15 - CHECK OUT

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

