AFS | JULY 2027

PRO PATHWAY PROGRAM |3 WEEKS



POI SPORTS GROUP

PRO PATHWAY PROGRAM
3 WEEKS

SUNDAY
4 July

14:00 - 16:00 - HOTEL CHECK-IN
18:00 - 19:00 - RELAX
19:00 - 21:00 - DINNER

MONDAY
5 July

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
6 July

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
7 July

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
8 July

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

FRIDAY
9 July

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

SATURDAY
10 July

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

SUNDAY
11 July(FREE DAY)

09:00 - 10:00 - BREAKFAST

12:00 - 15:00 - LUNCH

17:30 - 18:30 - DINNER

MONDAY
12 July

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

TUESDAY
13 July

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
14 July(Free-Day)

08:00 - 09:00 - BREAKFAST

12:00 - 13:30 - LUNCH

17:30 - 18:30 - DINNER

THURSDAY
15 July

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

FRIDAY
16 July

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

SATURDAY
17 July

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)

SUNDAY
18 July

10:00 - 11:00 - FREE TIME
12:00 - 14:00 - LUNCH
14:00 - 17:30 - FREE
17:30 - 18:30 - DINNER

MONDAY
19 July
10:00 – 11:00 – FREE TIME
12:00 – 13:30 – LUNCH
16:00 – 18:00 – OFFICIAL TEAM TRIAL
18:30 – 19:30 – DINNER

TUESDAY
20 July
10:00 – 11:00 – FREE TIME
12:00 – 13:30 – LUNCH
16:00 – 18:00 – OFFICIAL TEAM TRIAL
18:30 – 19:30 – DINNER

WEDNESDAY
21 July
10:00 – 11:00 – FREE TIME
12:00 – 13:30 – LUNCH
16:00 – 18:00 – OFFICIAL TEAM TRIAL
18:30 – 19:30 – DINNER

THURSDAY
22 July
10:00 – 11:00 – FREE TIME
12:00 – 13:30 – LUNCH
16:00 – 18:00 – OFFICIAL TEAM TRIAL
18:30 – 19:30 – DINNER

FRIDAY
23 July
10:00 – 11:00 – FREE TIME
12:00 – 13:30 – LUNCH
16:00 – 18:00 – OFFICIAL TEAM TRIAL
18:30 – 19:30 – DINNER

SATURDAY
24 July
11:00 – FREE TIME
11:30 – 12:30 – LUNCH
12:30 – 13:30 – SIGN CONTRACT OR CHECKOUT