Camp Wallaby - Pathway to Gold High Performance Camp (11-14yrs)

Time	Age Group	Activity:	Venue:::::::::::::::::::::::::::::::::::
8:30am	All	Registration & Kit Collection	
9:00am	All	Welcome & Introduction	Gartlan Centre
9:15am	All	Warm Up	
9:30am	All	Cross Field Sevens Games	2nd field
	11s, 12s, 13s & 14s	4 teams playing at once	
1:00am	All:	Break:	
11:20am	All	Skill Set Rotation 1 (30 min each)	
	11s & 12s	Attack (general principles and team)	7
	13s & 14s	Defence (general principles and team)	Ash Sindal
11:50am	All	Skill Set Rotation 2 (30 min each)	4th field
	13s & 14s	Attack (general principles and team)	
	11s & 12s	Defence (general principles and team)	
2:20pm	All	Lanch:	
12:50pm	All	Athletic Development Rotation 1 (30 min each)	
	11s	Conditioning Drill/Game	
	12s	Speed	
	13s	Body Weight Power Circuit	Gartlan sports hall, gym & 2nd field
	14s	Flexibility 101	
	All	Athletic Development Rotation 2 (30 min each)	
	13s	Conditioning Drill/Game	
	14s	Speed	
	11s	Body Weight Power Circuit	
	12s	Flexibility 101	
:50pm	All:	Break:	
2:00pm	All	Athletic Development Rotation 3 (30 min each)	
	12s	Conditioning Drill/Game	
	11s	Speed	
	14s	Body Weight Power Circuit	
	13s	Flexibility 101	
	All	Athletic Development Rotation 4 (30 min each)	Gartlan sports hall, gym & 2nd field
	14s	Conditioning Drill/Game	
	13s	Speed	
	12s	Body Weight Power Circuit	
	11s	Flexibility 101	
:00pm	Ajl	Break	
3:10pm	All	Skill Set (30 min)	2nd field and 4th field
	11s, 12s, 13s & 14s	Contact (tackle/tackle contest)	
3:40pm	All	Recovery Rotation (10 min each)	Gartlan pool and sports hall
	11s, 12s, 13s & 14s	Pool, Hot/Cold showers/Dry recovery	
1:00pm	All	Close	Gartlan Centre

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Day 2 - Friday 2	Oth April 2012		
Time	Age Group	:::::: Activity::::::::::::::::::::::::::::::::::	Venue : : : : : : : : : : : : : : : : : : :
8:45am	All	Introduction Day 2	Gartlan Centre
9:00am	All	Testing Rotation 1 (30 min each)	Gartlan sports hall, gym & 2nd field
	11 s	Speed - 20m & 40m sprint (30m if wet weather indoors)	
	12s	1600m on field 2	
	13s	Vertical Jump & Height/Weight	
	14s	Nutrition 101 (30 min)	
	All	Testing Rotation 2 (30 min each)	
	13s	Speed - 20m & 40m sprint (30m if wet weather indoors)	
	14s	1600m on field 2	
	11s	Vertical Jump & Height/Weight	
	12s	Nutrition 101 (30 min)	
10:00am	All	Break	
10:10am	All	Testing Rotation 3 (30 min each)	Gartlan sports hall, gym & 2nd field
	12s	Speed - 20m & 40m sprint (30m if wet weather indoors)	
	11s	1600m on field 2	
	14s	Vertical Jump & Height/Weight	
	13s	Nutrition 101 (30 min)	
	All	Testing Rotation 4 (30 min each)	
	14s	Speed - 20m & 40m sprint (30m if wet weather indoors)	
	13s	1600m on field 2	
	12s	Vertical Jump & Height/Weight	
	11s	Nutrition 101 (30 min)	
11:10am	Ali:	Break	
11:30am	All	Positional Group Specific Skills	2nd field and 4th field
	11s, 12s, 13s & 14s	Front Row (scrum & pillar/post defence)	
	11s, 12s, 13s & 14s	Locks (Restart receipts and tackle contest)	
	11s, 12s, 13s & 14s	Backrow (Running lines and tackle contest)	
	11s, 12s, 13s & 14s	Halfbacks (Clearing Pass and tactical kicking)	
	11s, 12s, 13s & 14s	Flyhalfs/Centres (Attack awareness and tactical kicking)	
	11s, 12s, 13s & 14s	Back 3 (Unstructured attack and kicking)	
12:20pm	All	Lunch	
1:00pm	All	Cross Field Sevens Games	2nd field
	11s, 12s, 13s & 14s	4 teams playing at once	
2:30pm	All	Recovery Rotation (10 min each)	Coubles were level an entry by II
	11s, 12s, 13s & 14s	Pool, Hot/Cold showers/Dry recovery	Gartlan pool and sports hall
3:00pm	All	Brèak:	
3:10pm	All	Testing Results & Awards	Gartlan Centre
3:30pm	All	Close & Depart	