

	Friday, September. 27	Friday, September. 27	Saturday September. 28	Saturday September. 28	Sunday, September. 29	Sunday, September. 29
Time	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
0700hrs						
0730hrs			Breakfast 7:30-8:30AM		Breakfast 7:30-8:30AM	
0800hrs						
0830hrs			NEWAZA 8:30-10AM	Physical Test Cassandra 8:30-10am	JUDO 8:30-10AM	Activity 8:30-10am
0900hrs						
0930hrs						
1000hrs						
1030hrs			Physical Test Cassandra 10-11:30AM	NEWAZA 10-11:30AM	Activity 10-11:30AM	JUDO 10-11:30AM
1100hrs						
1130hrs			Lunch 11:30-12:30		Lunch 11:30-12:30	
1200hrs						
1230hrs					MENTAL TRAINING W AL 12:30-1:30PM	
1300hrs						
1330hrs			TACHIWAZA 1-2:30PM	PHOTOS HEADSHOTS 1-2:30PM	LEAVE	
1400hrs						
1430hrs						
1500hrs			PHOTOS HEADSHOTS 2:30-4PM	TACHIWAZA 2:30-4PM		
1530hrs						
1600hrs			LARGE GROUP PHOTO			
1630hrs	Arrival 4:30pm		NUTRITION W THOMAS 4:30-5:30PM			
1700hrs		Arrival	5:30PM DEPART FOR PREP FOR BANQUET			
1730hrs	Judo Class 5-6:30pm	DINNER 5:30-6:30pm				
1800hrs			BANQUET			
1830hrs	DINNER 6:30-7:30pm					
1900hrs		Judo Class 7-8:30pm				
1930hrs	Activity 7:30-8:30pm					
2000hrs						
2030hrs	AI Injury Prevention 8:30-9:30pm	AI Injury Prevention				
2100hrs						
2130hrs	Snack 9:30pm - depart dojo					
2200hrs						
2230hrs						