

PROGRAMME
ENGLAND ROLLER HOCKEY - DEVELOPMENT PLAN
Santa Maria da Feira -PORTUGAL
20 – 25 February 2011

Sunday, 20 February

06:15	Arrive Stansted Airport
08:50	Departure to Porto – Ryanair FR8343
11:10	Arrive Porto Airport
11:45	Departure to Santa Maria da Feira
12:30	Arrive to Residencial dos Loios
12:45	Lunch
13:30 – 15:15	Rest in the room
16:00 – 18:00	Training 1
19:00	Dinner
22:00	Bedroom
22:30	Lights out

Monday, 21 February

07:30	Wake Up – U11
08:00	Breakfast – U11
08:15	Wake Up – Ladies
08:45	Breakfast - Ladies
09:30 – 11:00	Training 2 – Under 11
11:00 – 12:30	Training 2 – Ladies
12:00	Lunch for Under 11
13:00	Lunch for Ladies
14:30 – 16:00	Training 3 – Under 11
16:00 – 17:30	Training 3 - Ladies
18:00 – 19:30	GAME 1: England U11 – Academico da Feira (Under 11)
19:30 – 20:45	GAME 1: England Ladies – Academico da Feira (Minors/Intermediates)
20:30	Dinner for Under 11
21:15	Dinner for Ladies
22:45	Bedroom
23:15	Lights out

Tuesday, 22 February

07:30	Wake Up – U11
08:00	Breakfast – U11
08:15	Wake Up – Ladies
08:45	Breakfast - Ladies
09:30 – 11:00	Training 4 – Under 11
11:00 – 12:30	Training 4 – Ladies
12:00	Lunch for Under 11
13:00	Lunch for Ladies
13:30 – 14:45	Training 5 – Under 11
14:45 – 16:00	Training 5 - Ladies
16:15	Departure to Gulpilhares
17:30	GAME 2: England U11 – Gulpilhares (U11)
18:45	GAME 2: England Ladies – Gulpilhares (Ladies)
20:00	Return to Feira
20:45	Dinner
22:45	Bedroom
23:15	Lights out

Wednesday, 23 February

07:30 Wake Up – U11
08:00 Breakfast – U11
08:15 Wake Up – Ladies
08:45 Breakfast - Ladies
09:30 – 11:00 **Training 6 – Under 11**
11:00 – 12:30 **Training 6 – Ladies**
12:00 Lunch for Under 11
13:00 Lunch for Ladies
13:30 – 15:00 **Training 7 – Under 11**
15:00 – 16:30 **Training 7 – Ladies**
16:45 Dinner
17:15 Departure to Carvalhos
18:30 **GAME 3: England U11 – Carvalhos (U11)**
19:30 **GAME 3: England Ladies – Carvalhos (Ladies)**
20:45 Return to Feira
22:45 Bedroom
23:15 Lights out

Thursday, 24 February

07:30 Wake Up – U11
08:00 Breakfast – U11
08:15 Wake Up – Ladies
08:45 Breakfast - Ladies
09:30 – 11:00 **Training 8 – Under 11**
11:00 – 12:30 **Training 8 – Ladies**
12:00 Lunch for Under 11
13:00 Lunch for Ladies
13:30 – 14:45 **Training 9 – Under 11**
14:45 – 16:00 **Training 9 - Ladies**
17:00 Dinner
17:45 Departure to S. J. Madeira
18:30 **GAME 4: England U11 – Sanjoanense (U11)**
19:45 **GAME 4: England Ladies – Sanjoanense (Ladies)**
21:30 Return to Feira
22:30 Bedroom
23:00 Lights out

Friday, 25 February

03:15 **Wake Up**
03:45 **Breakfast**
04:00 **Departure to Porto Airport**
04:45 **Arrive airport**
06:35 **Departure to Stansted - Ryanair FR8344**
08:55 **Arrive Stansted Airport**