



CRUSADERS
MĀ PANGO MĀ WHERO

**GLOBAL
ACADEMY**

PLAYER RESIDENCY

SCHEDULE

MONDAY

9.00am	Players Arrive	CIA Lounge
9.15am	Player Check In	CIA Lounge
9.30am	Gym Program	Gym
11.30am	Food - Recovery - Rest	CIA Lounge
1.00pm	Field Session - Skills, Decision Making & Position Specific	Rugby Park
2.30pm	Individual Skill Development	Rugby Park
3.00pm	Food - Recovery - Rest	CIA Lounge

TUESDAY

9.00am	Players Arrive	CIA Lounge
9.15am	Player Check In	CIA Lounge
9.30am	Gym Program	Gym
11.30am	Food - Recovery - Rest	CIA Lounge
1.00pm	Field Session - Skills, Decision Making, Contact & Tackle Technique	Rugby Park
2.30pm	Food - Recovery - Rest	CIA Lounge
6.00pm	Club Training	Club Grounds

WEDNESDAY

8.30am	Players Arrive	CIA Lounge
8.45am	Player Check In	CIA Lounge
9.00am	Stretch and Recovery	Gym
10.00am	Education Session	CIA Lounge
11.00am	Food - Recovery - Rest	CIA Lounge
1.00pm	Field Session - Skills, Decision Making & Defence Structures	Rugby Park
2.30pm	Individual Skill Development	Rugby Park
3.00pm	Food - Recovery - Rest	Rugby Park

THURSDAY

9.00am	Players Arrive	CIA Lounge
9.15am	Player Check In	CIA Lounge
9.30am	Gym Program	Gym
11.30am	Food - Recovery - Rest	CIA Lounge
1.00pm	Field Session - Skills, Decision Making & Attack Structures	Rugby Park
2.30pm	Food - Recovery - Rest	CIA Lounge
6.00pm	Club Training	Club Grounds

FRIDAY

9.00am	Players Arrive	CIA Lounge
9.15am	Player Check In	CIA Lounge
9.30am	Gym: Stretch or Recovery or Circuit	Gym
10.30am	Skills - Friday Fun Day	Rugby Park
11.30am	Food - Recovery	Rugby Park
11.45am	Facility Clean-Up	CIA Lounge