



**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