



SCHEDULE: ATHLETICA INTERNATIONAL SESSION

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER	8:00 a.m. PETIT-DEJEUNER
	9:00 a.m. WARM-UP ROOM	9:00 a.m. WARM-UP ROOM	9:00 a.m. WARM-UP ROOM	9:00 a.m. WARM-UP ROOM	9:00 a.m. WARM-UP ROOM	8:30 am - 8:45 am DEPARTURE OF THE BUS TO THE PARC DES PRINCES STADIUM	9:00 a.m. WARM-UP ROOM	8:15 am - 8:30 am DEPARTURE OF THE BUS TO ASTERIX	9:00 a.m. WARM-UP ROOM
	9:15-9:30 a.m. Session analysis	9:15-9:30 a.m. Session analysis	9:15-9:30 a.m. Session analysis	9:15 am -10:15 am Video Session + Session Analysis	9:15 am -10:15 am Pedagogical session + Analysis Session	9:30 am - 11:00 am VISIT TO THE PARC DES PRINCES STADIUM	9:15-9:30 a.m. Session analysis		9:00 am - 9:15 am Session analysis
	9:30-10:00 a.m. Muscle awakening + activation	9:30-10:00 a.m. Muscle awakening + activation					9:30-10:00 a.m. Muscle awakening + activation		9:15-9:45 a.m. Media training
	10:00-10:30 Communication Workshop - French			10:15-10:30 Muscle awakening + activation	10:15-10:30 Muscle awakening + activation				9:45 am - 10:30 am Arrival of the parents + Press conference
	10:30-12:00 TECHNICAL & PHYSICAL TESTS IN THE FIELD 1: SESSION INTER	10:00-12:00 TEST MATCH FIELD 1: SESSION INTER		10:30-12:00 FIELD TRAINING 1: INTER SESSION	10:30-12:00 FIELD TRAINING 1: INTER SESSION	11:00-12:00 PSG MEGASTORE (REDUCTION 20%)	10:00-12:00 FIELD TRAINING 1: INTER SESSION		10:30-12:00 FIELD TRAINING 1: INTER SESSION
	12:00-13:00 LUNCH	12:00-13:00 LUNCH	12:00-13:00 LUNCH	12:00-13:00 LUNCH	12:00-13:00 LUNCH	12h00-12h30 DEPART URBAN SOCCER	12:00-13:00 LUNCH	10h00 - 18h30 JOURNEE AT ASTERIX PARC	12:15-13:00 CLOSING CEREMONY
	13:00 -14:00 DEPARTURE OF THE BUS TO PARIS	13h00-14h00 TERRAIN 1 SPECIFIQUE ATT/GB	13h00-14h00 TERRAIN 1 SPECIFIQUE ATT/GB	13h00-14h00 TERRAIN 1 SPECIFIQUE ATT/GB	13h00-14h00 TERRAIN 1 SPECIFIQUE ATT/GB	12:45-14:00 LUNCH	13h00-14h00 TERRAIN 1 SPECIFIQUE ATT/GB		
	14:00-17:00 VISIT OF PARIS	14:00-16:00 FIELD TRAINING 1: SESSION INTER	14h00-16h00 OPPOSITIONS TERRAIN 1: SESSION INTER	14h00-16h00 OPPOSITIONS TERRAIN 1: SESSION INTER	14h00-16h00 OPPOSITIONS TERRAIN 1: SESSION INTER	14:00-16:00 FVS URBAN SOCCER TOURNAMENT: SESSION INTER	14h00-16h00 OPPOSITIONS TERRAIN 1: SESSION INTER		
2:30 PM - 3:30 PM RECEPTION OF TRAINEES + PHOTO									
INDIVIDUAL 15:30 -16:00 OPENING CEREMONY									
4:30 pm SNACK		16:00-16:30 SNACK	16:00-16:30 SNACK	16:00-16:30 SNACK	16:00-16:30 SNACK	16:00-16:30 SNACK	16:00-16:30 SNACK		
5:00 p.m. to 7:00 p.m. FREE TIME		16:30-17:30 PEDAGOGICAL SESSION Injury Prevention - Sports Hygiene - Nutrition & Performance Factors	4:30 p.m.-5:30 p.m. SEA NCE DE RECUPERATION	4:30 p.m.-5:30 p.m. CHALLENGES TECHNIQUES DE LA SEMAINE	17:00-17:30 RETURN ATHLETICA	16:30-17:30 RECOVERY SESSION			
	17:45 RETURN ATHLETICA								
	18:00-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	17:30-19:00 SHOWER & FREE TIME	Return scheduled for 7:30 pm at ATHLETICA	
7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	7:00 p.m. DINNER	8:00 p.m. DINNER	
8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	8:00 pm - 10:00 pm ACTIVITIES	
10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	10:00 p.m. BEDTIME	
	CANTEEN	CHANGING ROOMS	ROOM WARM-UP	LAND	ROOMS/SPACES COMMONS	CEREMONY ROOM	OUTPUT	ENTERTAINMENT FRAMED	