

2013 High Performance Camp
Sheffield, England
14 July 2013
First Day Schedule



Time		Time
15 :00		15 :00
15 :30		15 :30
16 :00	Dinner	16 :00
16 :30		16 :30
17 :00	All participants are to find time in this period of time to eat dinner at the iceSheffield Restaurant	17 :00
17 :30		17 :30
18 :00	Camp Picture	18 :00
18 :30	Opening Ceremony All participants in Badminton Hall	18 :30
19 :00	Introduction to Fitness Testing	19 :00
19 :30		19 :30
20 :00	Path of a Champion panel	20 :00
20 :30		20 :30
21 :00		21 :00
21 :30		21 :30
22 :00		22 :00
22 :30		22 :30