

# Basketball Programme Timetable

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:00	Arrival day  16:00 - 17:00 check-in  17:00 - 17:30 Time to go to the courts and training suit distribution  17:30-18:00 Camp presentation  18:00 - 20:00 basketball matches and games to form training teams	Wake-up and breakfast	Wake-up and breakfast	Wake-up and breakfast	Wake-up and breakfast	Wake-up and breakfast	Wake-up and breakfast	Departure day for 1 week Camp	
9:00 - 9:30		Time to go to the courts	Time to go to the courts	Time to go to the courts	Time to go to the courts	Time to go to the courts	Time to go to the courts	Wake-up	
9:30-9:45		Conditioning & Stretching	Conditioning & Stretching	Conditioning & Stretching	Conditioning & Stretching	Conditioning & Stretching	Conditioning & Stretching	Transfer to Bilbao airport or excursion for 2 week Camp to Bilbao or San Sebastian depending on the weather	
9:45-12:30		Training sessions	Training sessions	Training sessions	Training sessions	Training sessions	Training sessions		
12:30-13:45		Spare time and swimming pool	Spare time and swimming pool	Spare time and swimming pool	Spare time and swimming pool	Spare time and swimming pool	Spare time and swimming pool		
14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
14:30-15:15		Spare time	Spare time	Spare time	Spare time	Spare time	Spare time		
15:15-16:30		Spanish lessons, Basketball lectures (Spanish and English), Computer lessons							
17:00-20:00		Camp league	Camp league	Camp league	Camp league	Camp league	Camp league		
20:00 - 20:30		Time to go to the apartments	Time to go to the apartments	Time to go to the apartments	Time to go to the apartments	Time to go to the apartments	Time to go to the apartments	Time to go to the apartments	
20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:00 - 23:30	Free time and movie	Shopping and bowling	Basketball games	Basketball games	Basketball games	Visit to Vitoria	Camp Party	Free time and movie	
23:30	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out		Lights out	
01.00							Lights out		

Please note that this is a sample and times could vary a little bit