

PROGRAMME

ENGLAND ROLLER HOCKEY - LADIES DEVELOPMENT PLAN

**Santa Maria da Feira -PORTUGAL
23 to 28 October 2011**

Sunday, 23 October

14:30 Arrive Gatwick Airport
17:30 Departure to Porto – Easyjet 5313
19:50 Arrive Porto Airport
20:30 Departure to Santa Maria da Feira
21:15 Arrive to Hotel dos Loios
22:45 Bedroom
23:30 Lights out

Monday, 24 October

07:30 Wake Up
08:00 Breakfast
09:30 – 12:00 **Training 1**
12:30 Lunch
15:00 – 16:30 **Training 2**
17:45 Dinner
18:45 Departure to Carvalhos
20:15 **GAME 1: England – Carvalhos (Under 17)**
21:15 **GAME 1: England – Carvalhos (Seniors)**
(Snack after the games)
22:45 Return to Feira
23:30 Bedroom
23:45 Lights out

Tuesday, 25 October

07:30 Wake Up
08:00 Breakfast
09:30 – 12:00 **Training 3**
12:30 Lunch
15:00 – 16:30 **Training 4**
17:30 Dinner
18:30 Departure to Arazede
20:15 **GAME 2: England – AF Arazede (Under 17)**
21:15 **GAME 2: England – AF Arazede (Seniors)**
(Snack after the games)
22:30 Return to Feira
23:30 Bedroom
23:45 Lights out

Wednesday, 26 October

07:30 Wake Up
08:00 Breakfast
09:30 – 12:00 **Training 5**
12:30 Lunch
15:00 – 16:30 **Training 6**
17:45 Dinner
18:45 Departure to S. Joao da Madeira
20:00 **GAME 3: England – Sanjoanense (Under 17)**
21:00 **GAME 3: England – Sanjoanense (Seniors)**
(Snack after the games)
22:30 Return to Feira
23:30 Bedroom
23:45 Lights out

Thursday, 27 October

07:30 Wake Up
08:00 Breakfast
09:30 – 12:00 **Training 7**
12:30 Lunch
15:00 – 16:30 **Training 8**
17:30 Dinner
18:30 Departure to Mealhada
20:30 **GAME 3: England – Mealhada (Under 17)**
21:20 **GAME 3: England – Mealhada (Seniors)**
(Snack after the games)
22:30 Return to Feira
23:30 Bedroom
23:45 Lights out

Friday, 28 October

06:00 Wake Up
06:30 Breakfast
07:00 Departure to Porto Airport
07:45 Arrive airport
09:50 Departure to England – Easyjet 5312
12:05 Arrive Gatwick Airport