

MONDAY UDVALGT / ELITE TRAINING			FITNESS AND CONDITIONING
BILL	DAVID	THOMAS	
Bane 1 15:00 - 16:30 DTF National Champion	Bane 2 16:00 - 17:00 Futures	Bane 3 16:00 - 17:00 Head Coach Selected Players	15:30 - 16:00 Futures and Court 3 Selection Athletic Training with David 16:00 - 16:30 Group A2 Athletic Training / Posted Warm Up
Bane 1 16:30 - 18:30 *Group A1 and A2 A1 and A2 WarmUp Court and then A2 shifts to Court 3 at 17:00	Bane 2 17:00 - 18:30 Tiny Elite	Bane 3 17:00 - 18:30 Group A2	
Bane 1 18:30 - 20:00 Senior Training	Bane 2 20:00 18:30 - Senior Training	Bane 3 20:00 18:30 - Training Brede SELECT	
		*Interested Players Contact Kirsten Habicht at TCO	

TUESDAY UDVALGT / ELITE INDIVIDUAL TRAINING *Courts are Privately booked through TCO or Marientlyst Directly by Players or Bill (see below)		FITNESS AND CONDITIONING
BILL		MIKKEL
Bane 1 7:30 - 10:00 Elite Morning Training (by assignment only)	Bane 2 7:30 - 10:00 Elite Morning Training (by assignment only)	
Bane 1 15:00 - 16:30 Private Court Booking through Marientlyst	Bane 2 16:00-17:30 Private Court Booking through TCO (NG)	
Bane 1 16:30 - 18:00 Private Court Booking through Marientlyst	Bane 2 17:30 - 19:00 Private Court Booking through TCO (AD)	
Bane 1 18:00 - 20:00 Private Court Booking through Marientlyst		19:00 - 20:15 ATHLETIC CONDITIONING (Mikkel) ALL PLAYERS IN GROUP A1, A2 AND FUTURES

WEDNESDAY UDVALGT / ELITE TRAINING			Fitness and Conditioning
BILL	DAVID	MIKKEL	
Bane 1	Bane 2	Bane 3	
Bane 1 16:00 - 18:00 Group A1	Bane 2 16:00- 18:00 Group A2 - ALL PLAYERS	Bane 3 16:00 - 18:00 Group A2	15:30 - 16:00 Group A1 and A2 Posted Warm Up
Bane 1 18:00 - 20:00 MEN'S TEAM TRAINING TEAMS 1 AND 2	Bane 2 18:00 - 20:00 MEN'S TEAM TRAINING TEAMS 1 AND 2	Bane 3 18:00 - 20:00 MEN'S TEAM TRAINING TEAMS 1 AND 2	

THURSDAY UDVALGT / ELITE TRAINING			Fitness and Conditioning
BILL	DAVID	MIKKEL	
Bane 1 7:30 - 10:00 Elite Morning Training (by assignment only)	Bane 2 7:30 - 10:00 Elite Morning Training (by assignment only)		
Bane 1	Bane 2		
Bane 1	Bane 2	Bane 3 15:30 - 17:00 DTF National Champion	
Bane 1 16:00 - 18:00 Group A1	Bane 2 16:00 - 18:00 Group A2	Bane 3 17:00 - 18:30 Tiny Elite	
	Bane 2 18:00 - 20:00 MEN'S TEAM TRAINING TEAMS 1, 2 AND 3	Bane 3 18:30 - 20:00 MEN'S TEAM TRAINING TEAMS 1, 2 AND 3	18:00 - 19:00 Athletic Conditioning with Bill Group A1 and A2

