

Group: Sample Group Pre-Season 7 night Tignes Programme
Site: Tignes, France
Dates: August + September 2017



SAMPLE PROGRAMME

Pitch Rental Times		08:00 - 10:30	10:30 - 12:30	13:00 - 15:00	15:00 - 17:00	17:00 - 19:00	17:00 - 19:00			
Day	Group	07:00 - 08:00	09:00 - 10:30	11:00 - 12:30	14:00 - 15:00	15:30 - 16:30	17:00-19:00	20:00-21:00		
	All		Travel to Tignes, France.		Transfer: Transfer from Airport/Station On Arrival: Registration and Room allocations Activities: Welcome talk and meet the team			Activity: Site Treasure Hunt		
	All	Relax	Activity: Backs (Speed) Location: Tignespace Activity: Forwards Units Location: Extension	BREAK	Activity: Backs Units Location: 3G Activity: Forwards (Power) Location: Tignespace	Activity: Crazy Golf	BREAK	Activity: Life Skills Academy Location: Hotel Meeting Room	Activity: Team Session Location: Grass Pitch	Activity: Intro to GPS and Injury Prevention in Sport Location: Hotel Meeting Room
	All	Yoga	Activity: Backs (Speed) Backs Tignespace Activity: Forwards Units Location: Extension	BREAK	Activity: Backs Units Location: 3G Activity: Forwards (Power) Location: Tignespace	Backs: Air Rifles Forwards: Archery	BREAK	Activity: Team Building Location: Extension	Activity: Team Session Location: Grass Pitch	Activity: Intro To Nutrition in Sport Location: Hotel Meeting Room
	All	Relax	R&R	BREAK	Activity: Catamaran & Stand Up Paddle Boarding Location: Tignes Le Lac	Activity: BBQ Lunch & Beach Volleyball	BREAK	Activity: Acroland (hot jump, blob jump and water jump) Location: Tignes Le Lac	Activity: Crazy Bag Location: Tignes Le Lac	Activity: Intro Sports Psychology Location: Hotel Meeting Room
	All	Yoga	Activity: Backs (Speed) Location: Tignespace Activity: Forwards Units Location: Extension	BREAK	Activity: Backs Units Location: 3G Activity: Forwards (Power) Location: Tignespace	Activity: Mountain lookout & Shadowman Challenge	BREAK	R&R	Activity: Team Session Location: Grass Pitch	Activity: Quiz Night Activity: Hotel Meeting Room
	All	Relax	Activity: Backs (Speed) Location: Tignespace Activity: Forwards Units Location: Extension	BREAK	Activity: Backs Units Location: 3G Activity: Forwards (Power) Location: Tignespace	Activity: Kayak & Paddle Board Location: Tignes Le Lac	BREAK	R&R	Activity: Team Session Location: Grass Pitch	Activity: End of Tour Dinner + Formal Prize Giving Location: Restaurant
	All	Yoga	Activity: Team Session Location: Grass Pitch	BREAK	Activity: Active Recovery Location: Swimming Pool	Offsite Activity and BBQ			Activity: Tour Wrap Up Evening	
	All	Pack	Preparation for Departure	BREAK	Transfer to Airport	SNACK	Flight Departure			

Please note PSA Academies reserves the right to make alterations to the programme should weather or situations outside of our control dictate. This may mean putting on suitable alternatives when necessary but PSA Academies will always try to fit in all the programmed activities by the end of the stay.