



Multi Sports Camp breakdown of timings & activities

9am-9:15am - arrival/registration

9:15am-10:15am - session 1

10:15am-10:30am- break (snack time)

10:30am-11:30am- session 2

11:30am-12:30pm- session 3

12:30pm-13:30pm- lunch time

13:30-14:45pm- session 4

14:45-14:55pm - certificates presentation (player of the day & most improved player of the day)

15:00pm - home time

Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	Session 1	Session 1	Session 1	Session 1
Yellow Group- Hockey	Yellow Group- Gymnastics	Yellow Group- Rounder	Yellow Group- Tennis	Yellow Group- Mini Sports Day (range of races)
Red Group- Basketball	Red Group- Cricket	Red Group- Football	Red Group- Boccia/New Age Kurling	Red Group- Football
Blue Group- Football	Blue Group- Netball	Blue Group- Archery/Golf	Blue Group- Tag Rugby	Blue Group- Dodgeball
Green Group – Dodgeball	Green Group – Athletics	Green Group – Badminton	Green Group – Hockey	Green Group – Basketball/Table Tennis
Session 2	Session 2	Session 2	Session 2	Session 2
Yellow Group- Dodgeball	Yellow Group- Cricket	Yellow Group- Dodgeball	Yellow Group- Hockey	Yellow Group- Basketball
Red Group- Hockey	Red Group- Gymnastics	Red Group- Rounders	Red Group- Tennis	Red Group- Mini Sports Day (range of races)
Blue Group- Basketball	Blue Group- Athletics	Blue Group-Football	Blue Group- Boccia/New Age Kurling	Blue Group- Football
Green Group – Football	Green Group –Netball	Green Group – Archery/Golf	Green Group – Tag Rugby	Green Group – Dodgeball
Session 3	Session 3	Session 3	Session 3	Session 3
Yellow Group- Football	Yellow Group- Athletics	Yellow Group- Archery/Golf	Yellow Group- Tag Rugby	Yellow Group- Dodgeball
Red Group- Dodgeball	Red Group- Netball	Red Group- Dodgeball	Red Group- Hockey	Red Group- Basketball
Blue Group- Hockey	Blue Group-Gymnastics	Blue Group-Rounders	Blue Group- Tennis	Blue Group- Mini Sports Day (range of races)
Green Group – Basketball	Green Group –Cricket	Green Group – Football	Green Group – Boccia/ New Age Kurling	Group – Football
Session 4	Session 4	Session 4	Session 4	Session 4
Yellow Group- Basketball	Yellow Group- Netball	Yellow Group- Football	Yellow Group- Boccia New Age Kurling	Yellow Group- Football
Red Group- Football	Red Group- Athletics	Red Group- Archery/Golf	Red Group- Tag Rugby	Red Group- Dodgeball
Blue Group- Dodgeball	Blue Group-Cricket	Blue Group-Badminton	Blue Group- Hockey	Blue Group- Basketball
Green Group – Hockey	Green Group – Gymnastics	Green Group – Rounders	Green Group – Tennis	Green Group – Mini Sports Day (Range of races)