

# ORANGEVILLE PREP ELITE PERFORMANCE PROGRAM

## 2022 SAMPLE SCHEDULE – PURE HOOPS + MIND & BODY PACKAGE



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
THEME		ASSESSMENT	PROGRAM	BUILD	BUILD	EVALUATE
8:00 AM			Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	
9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM		Welcome Meeting	On-Court Skills	On-Court Skills	On-Court Skills	On-Court Skills
11:00 AM		Initial On-Court Assessment	Court IQ	Rest	Court IQ	Human Performance
12:00 PM	Arrival & Welcome Meeting	Lunch	Lunch	Lunch	Lunch	Lunch & Wrap Up
1:00 PM		Initial On-Court Assessment	On-Court Skills	On-Court Skills	On-Court Skills	Departure & Safe Travels
2:00 PM				Human Performance		
3:00 PM		Human Performance	Sport Psych	Sport Nutrition	Sports Chiro (FMS)	
4:00 PM		Recovery Session		Shot Lab - Individual	Sport Psych	
5:00 PM		Pathway Development	Recovery Session	Recovery Session		
6:00 PM		Dinner	Dinner	Dinner	Dinner	
7:00 PM		Rest	Rest	Rest	Recovery Session	
8:00 PM		Shot Lab - Individual	Shot Lab - Individual	Shot Lab - Individual	Shot Lab - Individual	
9:00 PM		Rest	Rest	Rest	Rest	