

AFS | JULY 2025

PLAYER SCHEDULE | 1 WEEK PROGRAM



POI GROUP



PRO SHOWCASE TRIAL

1 WEEK

SUNDAY

13 July

14:00 – 17:00 – CHECK-IN

18:00 – 19:00 – DINNER

MONDAY

14 July

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:00 – 11:30 – TRAINING & MATCH PREP

13:00 – LUNCH

15:00 – 16:00 – INDUCTION (PM AFS)

17:30 – 20:00 – DINNER

TUESDAY

15 July

07:00 – 08:00 – BREAKFAST

08:00 – DEPART

10:00 – 12:00 – TRIAL MATCH

14:00 – 15:30 – LUNCH

16:30 – 17:00 – RECOVERY @ POOL

18:30 – 20:00 – DINNER

WEDNESDAY

16 July (Free-Day)

08:00 – 09:00 – BREAKFAST

13:30 – 17:30 – FREE TIME

12:00 – 13:30 – LUNCH

13:30 – 17:30 – FREE TIME

17:30 – 18:30 – DINNER



THURSDAY

17 July

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:30 – 12:30 – TRAINING & MATCH PREP

13:30 – 14:30 – LUNCH @

14:30 – 17:30 – REST & RECOVER

17:30 – 18:30 – DINNER

FRIDAY

18 July

08:00 – 09:30 – BREAKFAST

10:00 – 11:00 – STRETCHING (GYM)

12:00 – 13:00 – LUNCH

13:30 – DEPART

15:00 – 17:00 – SHOWCASE PROGRAM

18:30 – 19:30 – DINNER

SATURDAY

19 July

07:00 – 08:00 – BREAKFAST

08:00 – DEPART

09:00 – 12:00 – SHOWCASE PROGRAM

13:00 – 13:15 – CHECK OUT

13:15 – 14:30 – LUNCH & VERDICT

