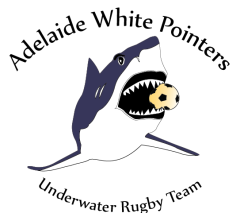


Friday		
Start	Finish	
7pm	8pm	Training Camp INFO
8pm	10pm	UWRA meeting (only for team representatives)
Saturday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - quick illustration of UWR exercises
9.00am	11.00am	Water session A (scoring exercises / ball handling skills)
11.00am	11.30am	Break / Lunch
11.30am	13.30pm	Water session B
13.30pm	14.00pm	Break
14.00pm	16.00pm	Water session C
16.00pm	16.15pm	Break
16.15pm	17.00pm	White board session
Sunday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - exercise explanation
9.00am	11.00am	Water session D
11.00am	11.30am	Break / Lunch
11.30am	13.00pm	Dry land sessions
13.00pm	15.00pm	Water session E
15.00pm	15.30pm	White board session
15.30pm		Training Camp official ends
15.30pm	18.00pm	Break
18.00pm		Party

Friday		
Start	Finish	
7pm	8pm	Training Camp INFO
8pm	10pm	UWRA meeting (only for team representatives)
Saturday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - quick illustration of UWR exercises
9.00am	11.00am	Water session A (scoring exercises / ball handling skills)
11.00am	11.30am	Break / Lunch
11.30am	13.30pm	Water session B
13.30pm	14.00pm	Break
14.00pm	16.00pm	Water session C
16.00pm	16.15pm	Break
16.15pm	17.00pm	White board session
Sunday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - exercise explanation
9.00am	11.00am	Water session D
11.00am	11.30am	Break / Lunch
11.30am	13.00pm	Dry land sessions
13.00pm	15.00pm	Water session E
15.00pm	15.30pm	White board session
15.30pm		Training Camp official ends
15.30pm	18.00pm	Break
18.00pm		Party

Friday		
Start	Finish	
7pm	8pm	Training Camp INFO
8pm	10pm	UWRA meeting (only for team representatives)
Saturday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - quick illustration of UWR exercises
9.00am	11.00am	Water session A (scoring exercises / ball handling skills)
11.00am	11.30am	Break / Lunch
11.30am	13.30pm	Water session B
13.30pm	14.00pm	Break
14.00pm	16.00pm	Water session C
16.00pm	16.15pm	Break
16.15pm	17.00pm	White board session
Sunday		
7.30am	8.15am	Morning exercises / stretches
8.15am	8.30am	Get ready for water session
8.40am	9.00am	White board session - exercise explanation
9.00am	11.00am	Water session D
11.00am	11.30am	Break / Lunch
11.30am	13.00pm	Dry land sessions
13.00pm	15.00pm	Water session E
15.00pm	15.30pm	White board session
15.30pm		Training Camp official ends
15.30pm	18.00pm	Break
18.00pm		Party



Welcome to the Barossa!



Welcome to the Barossa!



Welcome to the Barossa!



Accommodation:

We recommend players to stay at the Gawler Caravan Park located 50m away from the pool. If people wish to stay in cabins, they should transfer \$33/person/night to Adelaide White Pointers bank account **by 22nd of February**. Players can also stay in tents, which costs \$15/person/night.

Name: Underwater Rugby
Account:
BSB:

What to bring:

- UWR equipment (mask, snorkel, fins, swim wear, towel)
- Sports clothes and running shoes
- Sleeping bag / sheets
- Toiletries

Training Camp Fee (includes pool hire, sunscreen, snacks, national coach trainer and equipment hire) Must be paid by **Friday 4th March**.

Juniors (<18y): \$25
Adults (>18y): \$50

If you don't have an insurance through your UWR club/team or AUF, you can purchase it through the University Adelaide Sport Association (\$16 in total), this will cover you for the whole event.

Accommodation:

We recommend players to stay at the Gawler Caravan Park located 50m away from the pool. If people wish to stay in cabins, they should transfer \$33/person/night to Adelaide White Pointers bank account **by 22nd of February**. Players can also stay in tents, which costs \$15/person/night.

Name: Underwater Rugby
Account:
BSB:

What to bring:

- UWR equipment (mask, snorkel, fins, swim wear, towel)
- Sports clothes and running shoes
- Sleeping bag / sheets
- Toiletries

Training Camp Fee (includes pool hire, sunscreen, snacks, national coach trainer and equipment hire) Must be paid by **Friday 4th March**.

Juniors (<18y): \$25
Adults (>18y): \$50

If you don't have an insurance through your UWR club/team or AUF, you can purchase it through the University Adelaide Sport Association (\$16 in total), this will cover you for the whole event.

Accommodation:

We recommend players to stay at the Gawler Caravan Park located 50m away from the pool. If people wish to stay in cabins, they should transfer \$33/person/night to Adelaide White Pointers bank account **by 22nd of February**. Players can also stay in tents, which costs \$15/person/night.

Name: Underwater Rugby
Account:
BSB:

What to bring:

- UWR equipment (mask, snorkel, fins, swim wear, towel)
- Sports clothes and running shoes
- Sleeping bag / sheets
- Toiletries

Training Camp Fee (includes pool hire, sunscreen, snacks, national coach trainer and equipment hire) Must be paid by **Friday 4th March**.

Juniors (<18y): \$25
Adults (>18y): \$50

If you don't have an insurance through your UWR club/team or AUF, you can purchase it through the University Adelaide Sport Association (\$16 in total), this will cover you for the whole event.



Adelaide University
Scuba Diving Club

Contact Details

uwr-enquiries@adelaidescuba.com



Adelaide University
Scuba Diving Club

Contact Details

uwr-enquiries@adelaidescuba.com



Adelaide University
Scuba Diving Club

Contact Details

uwr-enquiries@adelaidescuba.com

