



Friday		
<i>Start</i>	<i>Finish</i>	
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

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Welcome to the Barossa!



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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: 078 575 740
BSB: 105-134

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.

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Adelaide University
Scuba Diving Club

Contact Details

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