







## **2020 HOME PROGRAM SCHEDULE DRAFT**

Mainland Eagles, Canterbury Basketball Rep Academy, and Rams in the Backyard

Ivialiliatiu Eagles, Canterbury Basketball Rep Academy, and Rams in the Backyard												
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		RAMS IN THE BACKYARD	AM	REP ACADEMY				RAMS IN THE BACKYARD	АМ	RAMS IN THE BACKYARD	9.00am - 10.00am	EAGLES ELITE
	By 9.00am	Weekly Session #1		Weekly Session #1			By 9.00am	Weekly Session #2		Online Coaching Facbook Consults		Prehab/Rehab Weekend Warrior Challenge
		Staff: Media Manager		Staff: Rep Manager				Staff: Media Manager		Staff: Rams Coaches & Players		Staff: HH, All Groups
	АМ	EAGLES (PERFORMANCE/ADVANCE)	АМ	RAMS IN THE BACKYARD	АМ	EAGLES (PERFORMANCE/ADVANCE)	АМ	REP ACADEMY	AM	EAGLES (PERFORMANCE/ADVANCE)		RAMS IN THE BACKYARD
		Weekly Workout #1				Weekly Workout #2		Weekly Session #2		Weekly Workout #3		
AM		Strength & Conditoning		Online Coaching		Strength & Conditoning		WEEKIY 36331011 #2		Strength & Conditoning	AM	Weekly Session #3
		Basketball Skills Session		Facbook Consults		Basketball Skills Session				Basketball Skills Session	AWI	Weekend Challenges
		Challenges uploaded to FB				Challenges uploaded to FB				Challenges uploaded to FB		
		Individual Home Workouts		Staff: Rams Coaches & Players		Individual Home Workouts		Staff: Rep Manager		Individual Home Workouts		Staff: Rams Coaches & Players
		EAGLES ELITE ZOOM MEETING		EAGLES ELITE TELEHEALTH CLINIC	11.00am - 12noon	ZOOM MEETING - CRBF	11.00am - 1.00pm	EAGLES ELITE TELEHEALTH CLINIC				EAGLES (PERFORMANCE/ADVANCE)
	11.00am - 12noon	Weekly Update	11.00am - 1.00pm	Athletes pre-book with physio		Weekly Reports		Athletes pre-book with physio			AM	Online Athlete Edcuation
		Staff: Coaches (Groups A&B)		Staff: Lidia		CRBF STAFF		Staff: Lidia				Staff: Eagles Coaches
		EAGLES ELITE	Online Coaching PM IPP's		EAGLES ELITE		RAMS IN THE BACKYARD		EAGLES ELITE			
	1.00pm - 2.30pm	Weekly Workout #1			1.00pm - 2.30pm	Weekly Workout #2		Online Coaching	1.00pm - 2.30pm	Weekly Workout #3		
		Strength & Conditioning				Strength & Conditioning	РМ	Facbook Consults		Strength & Conditioning		
		Basketball Skills Session				Basketball Skills Session				Basketball Skills Session		
		Indiviudal Workouts				Indiviudal Workouts		Staff: Rams Coaches & Players		Indiviudal Workouts		
		RAMS IN THE BACKYARD		Facebook Consults				EAGLES (PERFORMANCE/ADVANCE)		EAGLES (PERFORMANCE/ADVANCE)		
	PM	Online Coaching					PM	Online Coaching	3.30pm -	3.30pm Male Athletes		
PM		Facbook Consults						Facebook Consults	4.30pm	4.30pm Female Athletes		
1		Staff: Rams Coaches & Players		Staff: Eagles Coaches	1			Staff: Eagles Coaches		Staff: Eagles Coaches		
	2 20 I	REP ACADEMY ZOOM	2.20	REP ACADEMY ZOOM								
	3.30pm - 4.30pm	3.30pm U15 Girls 4.00pm U17 Girls	3.30pm - 4.30pm	3.30pm U15 Boys								
	4.50pm	Staff: Mel & Rep Coaches	4.30pm	4.00pm U17 Boys Staff: Mel & Rep Coaches								
	PM	EAGLES ELITE		COACH CONNECT ZOOM			11			EAGLES ELITE		
		Player Health & Welfare, IPP's	PM	Scholarship Coach Program			H		PM	Player Health & Welfare, IPP's		
		Staff: Coaches & Small Groups		Staff: CRBF & PCS Coaches						Staff: Coaches & Small Groups		
		Starr couches & Sman Groups		Juli. Choi di Co coaches		LECENI				Starr Couches & Sman Groups		
						LEGEN	ע					
EAGLES ELITE			EAGLES PROGRAMS		WAITAHA PROGRAM		COACH CONNECT		RAMS IN YOUR BACKYARD		ADMIN / OTHER	
	22-28 athletes			35-40 athletes		100+ athletes (11 teams)		15-20 Coaches		100+ Members		
6-8 Staff/Coaches			8-10 Staff/Coaches		15-20 coaches		4-5 Mentors		8-12 Rams/Staff			