

Athletes			Coaches			Umpire Panel		
SATURDAY			SATURDAY			SATURDAY		
Time	Activity	Personal	Time	Activity	Personal	Time	Activity	Personal
10.30am	Registration and Welcome	Gaylene Eyre						
10.45am	Testing YoYo/Wall pass	Trainer		Assist with recording	CoachForce		Programme suitable for Umpire Coaches, Umpire Dev Personnel, Umpire Panels	
11.15am	Intensity session	Trainer		Raising the Bar (Building Intensity)	CoachForce		Observe	
12.15pm	Lunch						Observe/discussion	
12.45pm	Group 1 Physio - Core (Umpires)	Physiotherapist		Observe			Participate	
	Group 2 Planning and PFP's (Shooters)	Helene Wilson						
	Group 3 Ball Skills (Middle)	Natalie Avellino						
	Group 4 Mental Skills (Defence)	CoachForce						
1.30pm	Group 4 Physio - Core	Physiotherapist						
	Group 1 Planning and PFP's (Umpires)	Jan Skilton					Workshop PFP's/Planning how to do these with other umpires	
	Group 2 Ball Skills	Natalie Avellino						
	Group 3 Mental Skills	CoachForce						
2.15pm	Group 3 Physio - Core	Physiotherapist	2.00pm	Hot off the Press	CoachForce			
	Group 4 Planning and PFP's	Helene Wilson	3.00pm					
	Group 1 Skill Development (Umpires)	Jan Skilton					Observe/participate	
	Group 2 Mental Skills	CoachForce						
3.00pm	Group 2 Physio - Core	Physiotherapist						
	Group 3 Planning and PFP's	Helene Wilson						
	Group 4 Ball Skills	Natalie Avellino						
	Group 1 Mental Skills (Umpires)	CoachForce					Own Workshop on Mental Skills	
3.45pm	Break		3.45pm	Break				
4.00pm	Nutrition	Nutritionist	4.00pm	Network Session	Gaylene/Leigh (Bx) CoachForce /Helene/Natalie		Presentation to RM, LUDO/DC Panels, Umpire Coaches	
5.00pm	Dinner Break			Topics: RAP's and HPP's working together			on new Initiatives, Dev Programmes, Discussion on umpiring issues	
				Topics: The End Product				
5.00pm	Individual Interviews	NIW Personal	5.00pm	Finish for the day				
			5.30pm	Combined Social Session	CoachForce/Dianne M			

SUNDAY			SUNDAY			SUNDAY		
Time	Activity	Personal	Time	Activity	Personal	Time	Activity	Personal
9.00am	Group 1 Dynamic Neuromuscular	Physiotherapist		Silver Fern Elements				
	Group 2 Agility (Umpires)	Jan Skilton					Observe/participate	
	Group 3 Specialist Skill Development	NZSS Coaches						
9.45pm	Group 3 Dynamic Neuromuscular	Physiotherapist						
	Group 1 Agility	NZSS Coaches						
	Group 2 Skill Development (Umpires)	Jan Skilton					Observe/participate	
10.30am	Break							
10.45am	Group 2 Dynamic Neuromuscular	Physiotherapist					Observe/participate	
	Group 3 Specialist Skill Development	NZSS Coaches						
	Group 1 Agility	NZSS Coaches						
11.30pm	Lunch							
12.00pm	Game Play	NZSS Coaches Jan Skilton		Selection				
2.30pm	Wind up	NZSS Coaches Jan Skilton					On the Job training with NZUP/National Squad Umpires	
3.00pm	Depart							

Earlier departure for people traveling

- 3 teams
- 3 x 10 mins then have a 10 min break
- 3 x 10 mins then have a 10 min break
- 2 x 10mins Selectors picks