



2020 HOME PROGRAM SCHEDULE

DRAFT

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

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