



EXAMPLE TRAINING SCHEDULE

DAY	TIME	YEAR/ GROUP
Monday	09:00 - 11:00	Sophomores/ Junior /Senior
	14:30 - 16:30	Fresher
Tuesday	08:00 - 10:00 - (2 hr session for all individual coaches) Times will be notified on a weekly basis - rotational	Squad Training
Wednesday	19:00 - 21:00	Freshers
Thursday	09:00 - 11:00	Sophomores/ Junior /Senior /Masters
	14:30 - 16:30	Freshers
Friday	09:00 - 12:00 Times will be notified on a weekly basis - rotational	Squad training

EXAMPLE SUPPORT NETWORK SCHEDULE

DAY	TIME	SUPPORT NETWORK
Mon/Tues/Wed/Fri	08:00 - 10:00	Physio
Mon/Tues/Wed /Fri Thursday	08:00 - 10:00/07:30 - 08:30	Sports Therapy Pilates /Gym
Monday - Friday	As agreed with individual players	Prehab/Rehab strength and conditioning.

EXAMPLE GAME SCHEDULE



RICHMOND INTERNATIONAL ACADEMIC & SOCCER ACADEMY
The World's Most Prestigious Collegiate Soccer Academy

GAME DAY	TIMES	TEAMS
Mid-week away games to be confirmed	19.45	Bradford RIASA, RIASA A, RIASA West, RIASA East
Wednesday	14:00	RIASA International
Friday - Home games Away games to be confirmed	20:00	RIASA East, RIASA A (Home Games alternate) Leeds Beckett)
Saturday Home Games, Away games to be confirmed	Sat 12:00	Bradford RIASA, RIASA West Weetwood Leeds University
Saturday	13:00-15:00	Scrimmage Games/Friendly
Tuesday	TBC	Showcase Games- Against Professional Academies