



# ROBERT D'ACCARDI SUMMER LACROSSE CAMP

## Programme

### Daily programme:

8.00 a.m.	breakfast (clubhouse or hotel)
9.00 a.m.	players' meeting – clubhouse
10.00–11.45 a.m.	morning practise
12.30 p.m.	lunch (Sokolovna restaurant)
1.30 p.m.	video
3.00–4.30 p.m.	afternoon practise
6.30–7.00 p.m.	dinner (Sokolovna restaurant)
8.00	evening programme (video, lacrosse history, trip to Prague center, barbecue)

End of the camp: Sunday aproximatelly at 1.00 p.m. (after lunch).