

# USATT Hopes Week & Challenge

4/15-4/21



Schedule	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Jogging</b>		7:30am	7:30am	7:30am	7:30am	7:00am	7:00am
<b>Breakfast</b>		7:45am	7:45am	7:45am	7:45am	7:15am	7:15am
<b>Leave to Venue</b>		8:30am	8:30am	8:30am	8:30am	7:45am	7:45am
<b>Training</b>		9:00-12:00pm Training	9:00-12:00pm Training	9:00-12:00pm Training	9:00-12:00pm Training	9:00am Tournament 9:00-12:00pm Training	9:00am Tournament 9:00-12:00pm Training
<b>Lunch</b>		12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	
<b>Leave to Hotel</b>		12:45pm	12:45pm	12:45pm	12:45pm	12:45pm	
<b>Leave to Venue</b>		2:30pm	2:30pm	2:30pm	2:30pm	2:30pm	
<b>Training</b>	3:30-6:30pm Training	3:00-5:30pm Training	3:00-6:00pm Training	3:00-5:30pm Training	3:00-6:00pm Training	3:00-6:00pm Training	Departure
<b>Dinner</b>	7:00pm	5:30pm	6:00pm	5:30pm	6:00pm	6:00pm	
<b>Training</b>	individual	7.00 - 8.30pm Training	individual	7.00 - 8.30pm Training	individual	individual	
<b>Sleeping</b>	10:00pm	10:00pm	10:00pm	10:00pm	10:00pm	10:00pm	