



**WOMEN'S NATIONAL TEAM DEVELOPMENT CAMP
CARY, NORTH CAROLINA | OCTOBER 15-19**

October 15

Canada - Workout and 1 game

8:30am - 11:30am - Workout inclusive of on-field BP (field 3)

11:30am - 12:15pm - Lunch at the Complex

12:15pm - 1:30pm - Warm-up (swings in cages)

1:40pm - 1:50pm - I/O on Stadium

2:00pm - Canada vs. Canada (Stadium)

4:30/5:00pm - Depart for hotel - Dinner at hotel

***Dinner on own**

October 16

Canada - Workout and 2 games

9:30am - 11:30am - Workout - no on-field BP (field 3)

11:30am - 12:15pm - Lunch at the Complex

12:15pm - 1:30pm - Pre-game BP (field 3)

1:40pm - 1:50pm - I/O on Stadium

2:00pm - Canada vs. USA Stars (Stadium)

5:00pm - Canada vs. USA Stripes (Stadium)

7:30pm - Dinner at Complex

October 17

Canada - Workout & PDP Testing

9:00am - 12:00pm - Workout inclusive of on-field BP (field 3)

12:00pm - 12:45pm - Lunch at Complex

1:00pm - 2:30pm - PDP Testing (indoor space)

2:30pm - Depart for hotel -

***Dinner on own**

October 18

Canada - 2 games

11:30am - 12:15pm - Lunch at the Complex
12:15pm - 1:30pm - Pre-game BP (field 3)
1:40pm - 1:50pm - I/O on Stadium
2:00pm - Canada vs. USA Stripes (Stadium)
5:00pm - Canada vs. USA Stars (Stadium)
7:30pm - Dinner at Complex

October 19

Canada - 1 game

9:15am - 10:30am - Pre-game BP (field 4)
10:40am - 10:50am - I/O on Stadium
11:00am - Canada vs. Canada
1:30pm/2pm - Depart for hotel - to go lunch

***Dinner on own**