



# WA Ladies UWH Development Weekend 2019 Schedule

<b>Friday night – 14 June</b>	
7-8.30pm	Mixed social game with the Singapore girls and whoever is in town (may also include some men)
9pm	Dinner
<b>Saturday - 15th</b>	
8-9am	Optional brekky date
9.30-10	Pool set up – everyone arrive to help!
Series of skill based workshops led by local gurus.	
10-11.15	<b>Workshop 1</b> <ul style="list-style-type: none"><li>• 10-10.30 whiteboard and gear up</li><li>• 10.30-11.15 individual skills and then collective skills (applying skill into teamwork) in water</li></ul>
11.15-12.30	<b>Workshop 2</b> Same format.
12.30-1.30	<b>Lunch</b>
1.30-2.45	<b>Workshop 3</b> Same format
2.45-3.00	<b>Afternoon tea/social time</b>
3.00-4.30	<b>4x4 Games</b> (practice collective skills)
4.30-5.00	<b>Pack up – everyone helps</b>
6pm	Dinner
<b>Sunday - 16th</b>	
9.30-10.30	Optional brekky
11-11.30	<b>Set up pool – everyone helps</b>
11.30-3.30	<b>Mini comp – 6 player format</b> Singapore girls will play as a team and WA girls will form teams
3.30 - 4	<b>Pack up – everyone helps</b>
6pm	Dinner (for those who are available / have the energy)