

EHC
EURO 2020: Adapted Football & Physical Camp

Utrecht, The Netherlands, 1-5 July 2020
Preliminary Programme-at-a-glance

EURO 2020: Adapted Football & Physical Camp								
	Thursday July 2, 2020		Friday July 3, 2020		Saturday July 4, 2020		Sunday July 5, 2020	
	Group A	Group B	Group A	Group B	Group A	Group B	Group A	Group B
08:45-09:00	Warm up exercise		Warm up exercise		Warm up exercise		Warm up exercise	
09:00-10:00	Breakfast & Introduction		Breakfast		Breakfast		Breakfast	
10:00-12:00	Practice 1	Nutrition Session	Practice 2	Imagine your EHC	How to maintain good physical health with a bleeding disorder - Haematologist		EHC 2020	
12:00-13:00	Lunch		Lunch		Lunch		Lunch / Closing session	
13:00-14:00	Free time		Free time		Free time		DEPARTURE	
14:00-16:00	Nutrition session	Practice 1	Imagine your EHC	Practice 2	Mini-tournament (14:00-18:00)			
16:00-17:00	Benefits of Staying Active - Physiotherapist		Adaptive Rules, Adapted Life					
17:00-18:00	Physio / Free time		Physio / Free time					
18:00-19:00	Evening Programme		Evening Programme		Physio Free time			
20:00	Dinner		Dinner		Gala dinner			