

OVERNIGHT SCHEDULE

American Multisport

*The day of the excursion may be subject to change.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WAKE-UP AND BREAKFAST 7:00 - 8:30		A rich and balanced breakfast to start the day with a boost of energy.				
MORNING 9:00 - 12:30 <i>with snack break</i>		BASKETBALL - 1 Introduction to dribbling and passing. Focus on ball control and coordination.		PICKLEBALL - 2 Introduction to the basics of serving and receiving, developing skills to keep the game in play.	FIELD HOCKEY - 4 Improvement of dribbling on the move and quick passing in tight spaces.	BASKETBALL - 5 Attack strategies are taught: quick passes, off-the-ball movements, and teamwork.
LUNCH 12:30 - 13:30		PICKLEBALL - 1 Focus on basic rules, how to hold the racket, and make the first rallies. The goal is to develop hand-eye coordination.	*EXCURSION TO VENICE A full day dedicated to discovering Venice through enchanting strolls and cultural experiences, focusing on the city's historical and artistic heritage.	FIELD HOCKEY - 3 Learning the fundamentals of defense and proper positioning to intercept the ball.	BASKETBALL - 4 Attack strategies are taught: quick passes, off-the-ball movements, and teamwork.	PICKLEBALL - 5 Through games, more advanced shots like the "dink" are introduced, and focus is placed on court positioning.
AFTERNOON 13:30 - 16:30	CHECK IN 16:00	Free outdoor play/ board games		Free outdoor play/ board games		
	Participants arrival on the H-FARM Campus	FIELD HOCKEY - 1 Introduction to ball control and passing with the stick. Exercises to improve passing skills.		BASKETBALL - 2 Focus on shooting: close-range and long-range shots, free throws, and the third time (rebound).	PICKLEBALL - 3 Focus on doubles play, with exercises on how to position oneself on the court and communicate with a partner.	FIELD HOCKEY - 5 Focus on strategy development and improving shooting accuracy.
SNACK & ACTIVITIES 16:30 - 18:30	Presentation of the Summer Academy experience to participants and their families at the Big Hall. Accommodation of the participants in the assigned rooms.	FIELD HOCKEY - 2 Focus on dribbling with the ball and shooting on goal. First mini-match.		BASKETBALL - 3 The day concludes with a basketball game to put the skills learned into practice.	PICKLEBALL - 4 Mini pickleball tournament, putting the learned techniques into practice.	FIELD HOCKEY - 6 Final field hockey match, where all the skills learned during the week are applied.
FREE TIME 18:30 - 19:30		SPORT Sports sessions to promote teamwork and interpersonal relationships.	RELAX Relaxing and recreational activities to recover after the daily excursion.	PRE TALENT SHOW Preparation and rehearsal for the Summer Academy Talent Show exhibitions.	SPORT Sports sessions to promote teamwork and interpersonal relationships.	CHECK OUT 18:30
DINNER 19:30 - 20:30		Free time to relax, take a shower and get ready for the evening activities				
EVENING ACTIVITIES 20:30 - 22:00		Diversified menu offering international and Italian food options				
LIGHTS OUT 22:00	ICE-BREAKER Ice breaking activities to socialize and share the Campus rules to enjoy an unforgettable week!	ACROBATICS & JUGGLING Magic, art and colors: enjoy a unique and enchanting show on Campus.	IN-CAMPUS ACTIVITIES Themed night dedicated to either sport, cultural or artistic activities to have fun together with your friends.	TALENT SHOW Discover the talents and artistic skills of the participants with a unique talent show!	SUMMER RANDOM PARTY A final party like no other. Random outfits and wild dancing.	
	The H-FARM Summer Academy team will be present on each floor of the boarding house with continuous surveillance and support					