



GREATER GENEVA

# PARIS SAINT-GERMAIN ACADEMY Pro

# SUMMER CAMPS 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:00AM	WELCOME PRESENTATION	GYM	RECORDED MATCHES	GYM	INTERNAL TOURNAMENT	TRAINING AND GAMES	FREE TIME	
10:00AM	ASSESSMENTS	VIDEO ANALYSIS		VIDEO ANALYSIS				
11:00AM		TRAINING		TRAINING				
12:00AM								
1:00PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
2:00PM	Arrivals / Airport Pick-up Room assignment Team Building Games  (For residential players only)	PHYSICAL THERAPY	PHYSICAL THERAPY	LAKE OUTING	PHYSICAL THERAPY	INTERNAL TOURNAMENT	POOL	TREETOP TREKKING
2:30PM		CONFERENCE: PSG PROJECT	CONFERENCE: INVISIBLE TRAINING		CONFERENCE: NUTRITION			
3:30PM		TRAINING	TRAINING		TRAINING			
4:30PM					CLOSING CEREMONY			
5:30PM		RECOVERY	INFORMATION MEETING ABOUT THE YEAR-ROUND PROGRAM	RECOVERY				
7:30PM		DINNER	DINNER	DINNER	DINNER	DINNER		
8:00PM	TEAM BUILDING AND ACTIVITIES	VISIT OF THONON	TEAM BUILDING AND ACTIVITIES	TEAM BUILDING AND ACTIVITIES	VISIT OF EVIAN-LES-BAINS	TEAM BUILDING AND ACTIVITIES	TEAM BUILDING AND ACTIVITIES	
10:00PM	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	

Parents are invited to join.