



*COACHING - ANALYSIS - MENTAL - PHYSICAL - SIMULATOR*

**Day 1 Tue 3<sup>rd</sup>**

**Awareness & Assessment**

9:00AM

**Introduction on CAMPS (EurOz HQ) Gathering Point & Group selection**

9:30AM

**Simulator Seat Fit & Orientation**

10:30AM

Groups 1 & 2 - Walk to S6HP

10:45AM

**Groups 1 & 2 - S6HP Map session 1 (Awareness)**

11:30AM

**Groups 1 & 2 - Physical Assessment**

1:00PM

Groups 1 & 2 - Walk to EurOz HQ

1:15PM

**Groups 1 & 2 - Nutritional Talk 1 Quality Food Types (Refuel – Shakes)  
45-MINUTE LUNCH BREAK**

2:00PM

**Simulator Assessment & S6HP Map session 2 (2 Group Activity)**

Group 1 - Simulator Assessment

Group 2 - Walk to S6HP

2:15PM

**Group 2 - Map to success – Session 2 (Current Status)**

3:00PM

Group 1 - Walk to S6HP

Group 2 - Walk to EurOz HQ

3:15PM

**Group 1 - Map to success – Session 2 (Current Status)**

4:00PM

Group 1 - Walk to EurOz HQ

4:15PM

**Finish - Both groups gather back at EurOz HQ Gathering Point**



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**Day 2 Wed 4<sup>th</sup>  
Competing & Building Plan**

9:00am

**Gather EurOz**

**Nutritional Talk 2 - Quality Food (Shake Station)**

9:30AM

**Group 2 - Data Analysis & Fundamentals of Driving**

Group 1 - Walk to S6HP

9:45AM

**Group 1 – 2 Hour General Fitness**

1. Driver Fitness Blitz Challenge
2. Anthropometry
3. Extremities

11:45AM

Group 1 - Walk to EurOz HQ

12:00PM

**30-MINUTE LUNCH BREAK**

12:30PM

**Group 1 - Data Analysis & Fundamentals of Driving**

Group 2 - Walk to S6HP

12:45PM

**Group 1 – 2 Hour General Fitness**

1. Driver Fitness Blitz Challenge
2. Anthropometry
3. Extremities

2:45PM

Group 1 – Walk to EurOz HQ

3:00PM

**Driving under Fatigue & Pressure Test & Brain Gym Introduction**

5:00PM

**Finish - Both groups gather back at EurOz HQ Gathering Point**