



IBARAKI ROBOTS – JULY TO SEPTEMBER 2019



Phase	Date	Practice/Game/Function	Venue	Time	Booked	Notes
Preparation	Monday 15 th July	Endurance training S & C – Strength Staff Meeting	Horiara Sports Park Yugeikan Studio	9-10 10:30-11:30 13:00-		No Fuku
Preparation	Tuesday 16 th July	S & C – Strength Individual work outs	Yugeikan Aoyagi MAIN	9:00 – 10:00 11:15 – 12:45	10-14	Tape
Preparation	Wednesday 17 th July	S & C – Strength Shooting	Yugeikan Aoyagi SUB	9:00 – 10:00 10:30 – 12:00	10-13	Radio Parurun - #2 Dice here. No Nino
Preparation	Thursday 18 th July	S & C – Strength Individual work outs Hydro therapy	Aquamedix Aoyagi MAIN Pool	9:00 – 10:00 10:30 – 12:00 Aquamedix	10-14 TBC	B. league Orientation All-day - #5, 29 No Nino, Tomori, Tsuru Dice here.
Preparation	Friday 19 th July	S & C – Strength Shooting Staff Meeting	Yugeikan Aoyagi MAIN Studio	9:30 – 10:30 11:00 – 12:00 14:00 or 14:30 -	10-14	B. league Orientation All-day - #5, 29 No Nino, Tomori, Tsuru Dice here.
Preparation	Saturday 20 th July	Day off / Mito Festival Staff – Dinner meeting w/ Hokusukai	Kafu-u 梅香かふう	TBC 19:00-		Event at Mito Festival - #12, 16
Preparation	Sunday 21 st July	Day off				
Preparation	Monday 22 nd July	Day off				
Preparation	Tuesday 23 rd July	Day off				
Preparation	Wednesday 24 th July	Individual work outs S & C – Strength	Aoyagi MAIN Yugeikan	12:30 – 14:00 14:45 – 16:00	11:30-15:30	(11-16) Radio Parurun - #16
Preparation	Thursday 25 th July	S & C – Strength Individual work outs Hydro therapy	Aquamedix A. Mito Pool	9:00 – 10:00 10:30 – 12:00 TBC	10-13	
Preparation	Friday 26 th July	Fitness test – 2 Shooting	A. Mito	9:00 – After the Test	9-14	B. League Trainer's Meeting in Tokyo (No Kakeru&Kambe)
Preparation	Saturday 27 th July	Day off				•in Tsukuba, 14:00-18:00 (2players) & 17:00-21:00 (2players) •Event – 2 players
Preparation	Sunday 28 th July	Day off				• Event - #16, 25, and (29).
Preparation	Monday 29 th July	Endurance Staff Meeting	TBC Office	AM 11:00 – 12:00		B. League Manager's Meeting in Tokyo (No Kiko)
Preparation	Tuesday 30 th July	S & C – Strength Shooting	Yugeikan Aoyagi MAIN	8:30 – 9:30 10:00 – 11:00	10-14	• Clinic - #2 & 8 (18:00-)



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		The seminar by GREE for players	U-DOM Studio	13:30 – 15:00		
Preparation	Wednesday 31 st July	S & C – Strength Individual work outs	Yugeikan Aoyagi SUB	10:00 – 11:00 12:00 – 13:00	11-15	<ul style="list-style-type: none"> • Radio Parurun - #27 • BBQ event - #5, 8, 11, 12, 25
Preparation	Thursday 1st AUGUST	Individual work outs S & C – Strength Hydro therapy	Naka Aquamediex Pool	9:30 – 11:00 14:45 – 16:00 TBC		<ul style="list-style-type: none"> • Kamata arrives.
Preparation	Friday 2 nd August	ROBOTS Meeting Scrimmage vs. Edogawa Univ.	Goken City Center (in Mito) TBC	10:00 – 12:00 TBC		
Preparation	Sat. 3 rd August	Mito Komon Festival	TBC	TBC		Event - Half of the players
Preparation	Sunday 4 th August	Mito Komon Festival	TBC TBC	TBC		Event - The other half
Preparation	Monday 5 th August	Day off				<ul style="list-style-type: none"> • Clinic - #11 & 12 • Nik & Will arrive.
Preparation	Tuesday 6 th August	Import Fitness test Team practice S & C – Strength	A.Mito Yugeikan	TBC 9:30 – 11:30 15:00 – 16:00	9-13 (8:30 開場)	Naka, Aoyagi, Migawa NG
Preparation	Wednesday 7 th August	S & C – on court Individual work outs S & C – Strength	A.Mito Yugeikan	9:00 – 9:30 9:30 – 11:00 15:00 – 16:00	9-12	Naka, Aoyagi, Migawa NG <ul style="list-style-type: none"> • Clinic - #22 & 30 • BBQ event - #5, 8, 11, 12, 25
Preparation	Thursday 8 th August	Team practice S & C – Strength Hydro therapy	A.Mito Aquamediex Pool	9:30 – 11:30 15:00 – 16:00 TBA	9-13	Naka, Aoyagi NG B.league HC meeting (No HC and AC.Keita)
Preparation	Friday 9 th August	S & C - Strength Team practice	Yugeikan A.Mito	9:00 – 10:00 11:00 – 13:30		Naka, Aoyagi NG
Preparation	Saturday 10 th August	CLUB ROBOTS TIP-OFF Party	A. Mito sub	13:00 - 15:00		Players & HC
Preparation	Sunday 11 th August	Day off				
Preparation	Monday 12 th August	Team practice S & C – Strength	M-spo Yugeikan	9:30 – 11:30 15:00 – 16:00		Potential extra day off
Preparation	Tuesday 13 th August	Team practice S & C – Strength	Aoyagi SUB Yugeikan	9:30 – 11:30 15:00 – 16:00		
Preparation	Wednesday 14 th	S & C – On court	A.Mito	9:30 – 10:00		



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	August	Individual work outs Video shooting w/ game uniform	A.Mito	10:00 – 11:30		
Preparation	Thursday 15 th August	Team practice S & C – Strength	Naka Aquamedix	9:30 – 11:30 15:00 – 16:00		
Preparation	Friday 16 th August	Team practice Season Ticket Holder Party	Naka ME-EAT	9:15 – 11:30 19:00 - 20:00?		NG : AD ひと Everyone (TBC)
Preparation	Saturday 17 th August	ROBOTS vs Koshigaya Players/staff barbecue	Naka	13:00 TBC		
Preparation	Sunday 18 th August	Day off				
Preparation	Monday 19 th August	Day Off				
Preparation	Tuesday 20 th August	Team meeting & video review Team practice S & C - Strength	Aoyagi Aoyagi SUB Yugeikan	9:00 – 9:30 9:30 – 11:30 15:00 – 16:00		Event – 2 players
Preparation	Wednesday 21 st August	S & C – On court Individual work outs S & C - Strength	Naka Naka Yugeikan	9:30 – 10:00 10:00 – 11:00 15:00 – 16:00		9-13 青柳 抽選済み BBQ event - #2, 27, 22, 30, __ .
Preparation	Thursday 22 nd August	Team practice S & C - Strength	Naka or Aoyagi Aquamedix	9:30 – 11:30 15:00 – 16:00		Schedule can be changed. 9-13 青柳 抽選済み NG : AD ひと
Preparation	Friday 23 rd August	Team practice Team sponsors event (Sponsor Party) → Stay in the hotel	A.Mito Tokyo	9:30 – 11:30 19:00	AD 9-13	青柳 NG , AD 9-13
Preparation	Saturday 24 th August	SCRIMMAGE v B1 team? A event in the gym afterwards.		13:00-		
Preparation	Sunday 25 th August	ASICS Event event (exhibition match) ROBOTS vs Team Ibaraki (for the National Athletic Meet) Hydro therapy (Sun. or Mon.)	A. Mito Pool	12:00-14:30?		12:00 warmup starts 13:00 TIP OFF
Preparation	Monday 26 th August	Day off/Active recovery Hydro therapy (Sun. or Mon.)	Pool			



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Preparation	Tuesday 27 th August	S & C – Strength Team meeting & video review Team practice	Yugeikan M-Spo M-Spo	14:00 – 15:00 15:30 – 16:00 16:00 – 17:30		Please see change to schedule 青柳 15-19 抽選済み
Preparation	Wednesday 28 th August	Fitness testing – 3 S & C – Strength Team practice	TBC Yugeikan Aoyagi sub	9:00 - 12:00 15:00 – 17:00		Tyson to advise Scrimmage?? 青柳 14-18 抽選済み
Preparation	Thursday 29 th August	Team practice S & C – Strength	NAKA Aquamedix	9:30 – 11:30 15:00 – 16:00		青柳 9-13 抽選済み Event - ???players
Preparation	Friday 30 th August	Practice Travel to Yamagata Team building – No.3 (Team meal ??)	Aoyagi MAIN TBA TBC	9:30 – 11:00		青柳 main 9-12/AD みと 9-12 抽選済み Team meal
Preparation	Saturday 31 st August	ROBOTS vs Yamagata	Yamagata	14:00		
Preparation	Sunday 1st SEPTEMBER	Day off/Active recovery				
Preparation	Monday 2 nd September	S & C – Strength Hydro therapy Team meeting and video review Team practice	Yugeikan Pool M-Spo M-SPO	9:00 – 10:00 10:00 – 10:30 15:30 – 16:00 16:00 – 18:00		
Preparation	Tuesday 3 rd September	Team practice S & C – Strength	Yugeikan	9:30 – 11:30 15:00 – 16:00		
Preparation	Wednesday 4 th September	S & C – On court Individual work outs		9:00 – 9:30 10:00 – 11:00		
Preparation	Thursday 5 th September	Team practice S & C - Strength	Aquamedix	9:30 – 11:30 15:00 – 16:00		
Preparation	Friday 6 th September	Team practice		10:00 – 12:00		
Preparation	Saturday 7 th September	Shooting & Video ROBOTS vs Yokohama Hydro therapy (Sun. or Mon.)	Kamisu Pool	10:00 – 11:00 14:00		
Preparation	Sunday 8 th September	Day off Hydro therapy (Sun. or Mon.)	Pool			
Preparation	Monday 9 th September	S & C – Strength Team meeting & video review	Yugeikan	9:30 – 10:30 15:30 – 16:00		



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		Team practice		16:00 – 18:00		
Preparation	Tuesday 10 th September	Team practice S & C – Strength	Yugeikan	9:30 – 11:30 15:00 – 16:00		
Preparation	Wednesday 11 th September	S & C – On court Individual work outs		9:30 – 10:00 10:00 – 11:00		
Preparation	Thursday 12 th September	Team practice S & C – Strength Sponsor Party	Aquamedix Mito	9:30 – 11:30 15:00 – 16:00 19:00?		
Preparation	Friday 13 th September	Team practice Travel day		10:00 – 12:00		
Preparation	Saturday 14 th September	B League Tournament	Kariya	16:30		
Preparation	Sunday 15 th September	B League Tournament	Kariya	16:30		
Preparation	Monday 16 th September	B League Tournament	Kariya	16:30 or 19:00		
Competition	Tuesday 17 th September	Day off Hydro therapy	Pool			
Competition	Wednesday 18 th September	S & C – Strength Team meeting & video review Team practice	Yugeikan	9:30 – 10:30 15:30 – 16:00 16:00 – 18:00		Event – 2 players
Competition	Thursday 19 th September	Team practice S & C - Strength	Aquamedix	9:30 – 11:30 15:00 – 16:00		
Competition	Friday 20 th September	Video & Scouting Team practice		10:00 – 10:30 10:30 – 12:00		Event – 2 players
Competition	Saturday 21 st September	Shooting & video ROBOTS vs Fukuoka	A. Mito	9:30 – 10:30 17:00		
Competition	Sunday 22 nd September	ROBOTS vs Fukuoka	A. Mito	17:00		
Competition	Monday 23 rd September	Day off/Active recovery Hydro therapy	Pool			
Competition	Tuesday 24 th September	S & C – Strength Team meeting and video review Team practice	Yugeikan	9:30 – 10:30 16:00 – 16:30 16:30 – 18:30		
Competition	Wednesday 25 th September	S & C – On court Individual work outs		10:00 – 10:30 10:30 – 12:30		



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Competition	Thursday 26 th September	Team practice S & C - Strength	Aquamedix	9:30 – 11:30 15:00 – 16:00		
Competition	Friday 27 th September	Video & Scouting Team practice Travel to Sendai		10:00 – 10:30 10:30 – 12:00 TBC		
Competition	Saturday 28 th September	Shooting & video ROBOTS vs SENDAI	TBC Xebio Arena Sendai	16:00		
Competition	Sunday 29 th September	ROBOTS vs SENDAI	Xebio Arena Sendai	13:00		
Competition	Monday 30 th September	Day off/Active recovery Hydro therapy	Pool			
Competition	Tuesday 1st October	S & C – Strength Team meeting and video review Team practice		9:30 – 10:30 16:00 – 16:30 16:30 – 18:00		