

2019 TROPICAL 7S – 7 DAY ITINERARY



<p>SUNDAY 14th APRIL</p>	<p style="text-align: center;">ARRIVAL</p> <ul style="list-style-type: none"> • Met at Orlando International Airport by a Tropical 7s representative • Private airport transfer (30 mins) to the Omni Orlando Resort • Evening: Team dinner at hotel.
<p>MONDAY 15th APRIL</p>	<p style="text-align: center;">ACCLIMATISATION DAY</p> <ul style="list-style-type: none"> • Pitches available all day for training sessions. • Morning: Light training session - training balls & equipment available. • Afternoon: Enjoy the pool and leisure facilities at the Omni Resort. • Evening: Team dinner at a local restaurant
<p>TUESDAY 16th APRIL</p>	<p style="text-align: center;">TOURISM DAY</p> <ul style="list-style-type: none"> • Pitches available all day for training sessions. • Day visit to one of Orlando's tourist attractions or theme parks • Transfers provided by Tropical 7s. (tbc) • Evening: Pizza delivery in hotel
<p>WEDNESDAY 17th APRIL</p>	<p style="text-align: center;">TRAINING DAY</p> <ul style="list-style-type: none"> • Pitches & international coaches available all day for training sessions. • Morning: Coaching session with Tropical 7s resident international coaches • Afternoon: Scrimmage/practice match against another international team • Evening: Attend group trip to NBA basketball match or MLS soccer game*
<p>THURSDAY 18th APRIL</p>	<p style="text-align: center;">PRE-TOURNAMENT PREPARATION DAY</p> <ul style="list-style-type: none"> • Pitches & international coaches available all day for training sessions • Morning: Players participate in the Tropical 7s Athlete Combine • Afternoon/Evening: Play 'Footgolf' or play floodlit 'Par 3' golf course • Evening: Coaches & Team Managers Meeting Reception • Final team preparation ahead of tournament
<p>FRIDAY 19th APRIL</p>	<p style="text-align: center;">TOURNAMENT DAY 1 - POOL PLAY</p> <ul style="list-style-type: none"> • Tournament Pool play – all day. • Evening: Team dinner in hotel.
<p>SATURDAY 20th APRIL</p>	<p style="text-align: center;">TOURNAMENT DAY 2 – PLAYOFFS & FINALS</p> <ul style="list-style-type: none"> • Tournament Play-offs and Finals – all day • End of Play: Trophy Presentation and Awards Ceremony • Evening: End-of-Tournament Pool party at the Omni Orlando Resort
<p>SUNDAY 21st APRIL</p>	<p style="text-align: center;">DEPARTURE</p> <ul style="list-style-type: none"> • Check-out of accommodation and private transfer by minivan to airport

*Day and time subject to NBA/MLS schedule