



2018 TROPICAL 7s – 7-DAY SAMPLE ITINERARY

SUNDAY 25th MARCH 2018	ARRIVE IN ORLANDO <ul style="list-style-type: none"> Met at Orlando International Airport by a Tropical 7s representative. Airport transfer by minivan to the Omni Orlando Resort for accommodation check-in. Evening: Team Dinner at hotel/apartment.
MONDAY 26th MARCH 2018	FAMILIARISATION & ACCLIMATISATION DAY <ul style="list-style-type: none"> Pitches and Tropical 7s coaches available all day. Morning: Training session - training balls and equipment available on-site. Afternoon: Enjoy pool and leisure facilities at the resort. Evening: Visit Fun-Spot Kissimmee (local evening theme park).
TUESDAY 27th MARCH 2018	TOURISM DAY <ul style="list-style-type: none"> Pitches and Tropical 7s coaches available all day. Morning: Skills coaching and physical conditioning sessions with Tropical 7s resident international coaches Afternoon: Visit one of Orlando's tourist attractions or theme parks* Evening: Team dinner at local restaurant.
WEDNESDAY 28th MARCH 2018	TRAINING CAMP <ul style="list-style-type: none"> Pitches and Tropical 7s coaches available all day. Morning: Training and/or additional coaching sessions with resident coaches. Afternoon: Potential scrimmage/hit-out/practice match Evening: Attend group trip to NBA match: Orlando Magic v Brooklyn Nets.
THURSDAY 29th MARCH 2018	TRAINING CAMP <ul style="list-style-type: none"> Pitches and Tropical 7s coaches available all day. Morning: Participate in the Tropical 7s Player Combine – a skills and physical conditioning circuit tailored for rugby 7s. Afternoon: Play 'Footgolf' or play Par 3 golf course. Evening: Team dinner at hotel/apartment. Final team preparation ahead of tournament (Tropical 7s staff available for questions)
FRIDAY 30th MARCH 2018	TOURNAMENT DAY 1 – POOL PLAY <ul style="list-style-type: none"> Tournament Pool play – all day. Evening: Team dinner at hotel/apartment.
SATURDAY 31st MARCH 2018	TOURNAMENT DAY 2 – PLAY OFFS & FINALS <ul style="list-style-type: none"> Tournament Play-offs and Finals – all day. End of Play: Trophy Presentation and Awards Ceremony (followed immediately by End-of-Tournament Celebration)
SUNDAY 1st APRIL 2018	DEPART ORLANDO <ul style="list-style-type: none"> Check-out of accommodation and direct transfer by minivan to airport.

**Contact a member of our team about local tourist activities and discounted tickets.*