

**SUNDAY
10th April
(DAY 1)**

ARRIVAL IN TAMPA

- Met at Tampa International Airport by a Tropical 7s representative on arrival.
- Airport transfer to chosen accommodation or hire a minivan (self-drive) – approx. 20 mins.



**MONDAY
11th April
(DAY 2)**

ACCLIMATISATION DAY

- Enjoy the pool and leisure facilities at your chosen accommodation
- Light training session at the match fields
- Evening meal at local restaurant in Tampa



**TUESDAY
12th April
(DAY 3)**

TRAINING & TAMPA TOURISM DAY

- Training/practice session at the match fields in the morning
- Halfday visit to one of Tampa famous theme parks e.g. Busch Gardens, The Florida Aquarium, Adventure Island Water Park



WEDNESDAY
13th April
(DAY 4)

WARM-UP MATCH & WATCH A PRO SPORTS GAME

- Practice scrimmage against another tournament – potential for cross-cultural experience.
- Evening: Attend a pro sports game e.g. Tampa Bay Lightning (NHL), Orlando Magic (NBA) – subject to schedules.



THURSDAY
14th April
(DAY 5)

ATHLETE COMBINE & TALENT ID DAY

- Tropical 7s Athlete Combine – players undergo standardized tests for speed, acceleration, agility and endurance.
- Talent ID session - typically attended by North American selectors and US college rugby scouts.
- Final training /practice session before the start of the tournament



FRIDAY
15th April
(DAY 6)

TOURNAMENT DAY 1 – POOL PLAY

- **Tournament Pool play** – 3 matches scheduled through the day.
- Evening: Team dinner in chosen accommodation.



SATURDAY
16th April
(DAY 7)

TOURNAMENT DAY 2 – PLAY-OFFS & FINALS

- Tournament Play-offs and Finals – 3 matches scheduled through the day.
- Evening: Celebrate your team's victory at a local restaurant overlooking the waterfront across Tampa Bay.



SUNDAY
17th April
(DAY 8)

REST DAY/BEACH DAY

- Relax by the pool or spend the day at one of Tampa's stunning gulf coast beaches in Clearwater (approx. 45 mins drive from Tampa)
- Catch the sunset over the gulf coast and dine in the evening in St. Petes.



MONDAY
18th April
(DAY 9)

ORLANDO TOURISM DAY

- Visit one of Orlando world-famous theme parks including Universal Studios, Walt Disney World Resort, SeaWorld.
- Orlando theme parks are approximately 60-75 mins drive from Tampa



TUESDAY
19th April
(DAY 10)

DEPARTURE FROM TAMPA

- Check-out of accommodation
- Airport transfer or self-drive to Tampa International Airport
- Flight departure from Orlando International Airport