

MONDAY

ARRIVAL IN TAMPA

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



TUESDAY

TRAINING & TAMPA TOURISM DAY

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



WEDNESDAY

WARM-UP MATCH & WATCH A PRO SPORTS GAME

- Practice match against another tournament team.
- Evening: Attend a pro sports game e.g. Tampa Bay Lightning (NHL), Orlando Magic (NBA) – subject to schedules.



THURSDAY

TALENT ID/ATHLETE COMBINE & FINAL PRACTICE

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



FRIDAY

TOURNAMENT DAY 1 – POOL PLAY

- **Tournament Pool play** – 3 matches scheduled through the day.
- Tournament takes place at the newly built 15-field Tampa Sportsplex.
- Evening: Team dinner in chosen accommodation.



SATURDAY

TOURNAMENT DAY 2 – PLAY-OFFS & FINALS

- Tournament Play-offs and Finals – 3 matches scheduled through the day.
- Trophy presentation and awards ceremony.
- Evening: Celebrate your team’s performance at a local restaurant overlooking the waterfront across Tampa Bay.



SUNDAY

GULF COAST BEACH DAY OR ORLANDO THEME PARK

- 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)
- Visit one of Orlando world-famous theme parks including Universal Studios, Walt Disney World Resort, SeaWorld (approx. 60-75 mins drive)



MONDAY

DEPARTURE FROM TAMPA

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

