



BASKETBALL WALES TRIP ITINERARY

SQUAD: _____

DESTINATION: _____

Date	Day 1	Day 2	Day 3	Day 4	Day 5
AM					
Lunch					
PM					
Dinner					
Evening					
Hotel/City					

BASKETBALL WALES TRIP ITINERARY (Example)

SQUAD: U14 Girls

DESTINATION

France

Date	Day 1	Day 2	Day 3	Day 4	Day 5
AM	Arrive at Gatwick 6am. Flight: AZ123 France Arrive CDG 7.30am Transfer to Hotel Check in 9am Hotel Louvre	8am Breakfast 9.25am Meet in foyer 9.30am Depart to match venue 12.00 return to hotel	8am Breakfast 9.25am Meet in foyer 9.30am Depart to match venue 12.00 return to hotel	8am Breakfast 9.25am Meet in foyer to depart 9.30 depart for CDG airport.	
Lunch	12.30 lunch at hotel	12.30 lunch at hotel	12.30 lunch at hotel	At Airport	
PM	2pm meet in reception. Travel to Paris Stadium for training session 4pm Return to Hotel Relax in room 1hr Team meeting in hotel lounge 5pm	2pm meet in hotel meeting room for debrief on match 4pm rest in room 1hr 5pm-6pm meet with parents.	2pm afternoon excursion to Eiffel tower. 5pm return and rest in room 1 hour	Flight AZ124 Gatwick 12.30 Arrive Gatwick 2pm Handover to parents 3pm	
Dinner	6pm dinner at hotel	6pm dinner at hotel	6pm dinner at hotel		
Evening	7.30pm team building session in meeting room 8.30pm team information for next day. 9pm players to rooms	7.30pm evening excursion 9.00pm return players to room	7.30pm match debrief 8.00pm pack for return journey home 9.00pm players to rooms		
Hotel/City	Hotel Louvre Paris	Hotel Louvre Paris	Hotel Louvre Paris		

