



Summer 2009 Program Itinerary

Destination: Sweden

Tournament: Gothia Cup International Soccer Tournament

2009 – 365 Sports Sweden Program

Tentative Itinerary Subject to Change

July 9, 2009

Athletes should arrive by 1:00 PM in Raleigh, North Carolina to check into their accommodations at the Marriott Springhill Suites. The hotel is convenient to the Airport and in close proximity to Wake Med Soccer Stadium Complex, the site where the training camp is held. Following the necessary check-in, the athletes will be transferred to the Complex for the beginning of the High Intensity Training Boot Camp.

The first session will include:

- Placement of Teams / Introduction of Coaches
- High Intensity Black Out Training, Core Skill Development, Speed, Agility and Vertical Training
- Team Practice Session 1

Following dinner, the athletes will return to Wake Med Soccer Complex for the second training session:

- Video Laboratory Analysis
- Speed Training, Life Skills Session
- Team Practice Session 2

Dinner Provided for Athletes

July 10, 2009

After Breakfast, the group will be transferred to Wake Med Soccer Complex for a complete day of International Tour Preparation. Today, the athletes will take part in three sessions with ample break time between the sessions, allowing for adequate recovery.

- High Intensity Training on Core Skill Development, Speed, Agility and Vertical Training
- Team Practice Sessions 3,4,5
- Classroom Topic 1 "Nutrition and Hydration" by UNC Sports Medical Wellness Center
- Classroom Topic 2 "Preventing Injuries" by Hoops City Professional Strength Trainers

Breakfast, Lunch and Dinner Provided

July 11, 2009

After Breakfast, the group will have a final training session and pre-departure meeting at Hoops City U. The athletes will have an opportunity to make final preparations prior to our group transfer to the airport.

Breakfast Provided for Athletes

Depart USA for Stockholm, Sweden

July 12, 2009



Upon arrival into Stockholm, the group will transfer by motorcoach to Gothenburg, Sweden. We will check into our four star centrally located hotel for check-in, rest and relaxation. The afternoon will include a walk through session with your Coach in preparation of the Gothia Cup Tournament. The Gothia Cup is the world's largest youth soccer tournament, now nearly thirty years old, that annually involves forty thousand athletes from across the globe. The evening will provide the opportunity for dinner with your Coach followed by a team meeting to review tournament rules, game schedule and announcements.

Breakfast on Plane Provided

July 13, 2009

Following breakfast, your team will compete in the first round of the Gothia Cup Games! The tournament provides a minimum of four matches in the International preliminary rounds. Your team could play more games, based on the success of the initial round robin format. Your final game schedule will determine the exact time of your competition. During free time, your team can enjoy the downtown Gothenburg Mall that connects directly to the Europa Hotel, allowing convenience and a quick way to have a snack or purchase a souvenir. As a participant in the 2009 event, you will receive a Gothia Super Card allowing entrance into the local attractions, bus transportation and sightseeing. In the evening, you will transfer to Ullevi Stadium for the Gothia Cup Opening Ceremony where more than 45,000 participants from nearly 70 International Countries will open the Games.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 14, 2009

After breakfast, your team will continue in the preliminary rounds of the Gothia Cup. The afternoon will consist of a visit to "The Avenue," Gothenburg's premier shopping district for that unique souvenir to bring home. The group will continue onto the Gothia Cup Player's Village at the Heden Center to meet other athletes, play games and have fun. The evening will provide for dinner with your Coach.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 15, 2009

After breakfast, the games continue as the preliminary rounds conclude. The afternoon will allow the teams to enjoy a canal cruise through the Old City Center and harbor district of Gothenburg. The evening will include dinner with your team.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 16, 2009

The Gothia Cup continues today with the elimination process of the Tournament. Teams finishing first, second or third in the preliminary rounds will continue onto the next round of the Tournament. Those teams not advancing will have the opportunity to compete in friendly games with other international teams. The afternoon will include the opportunity to visit the local attractions of Gothenburg.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 17, 2009



The Quarter and Semi-Finals will occur today in The Gothia Cup. The afternoon will consist of a fun day at Liseberg, Sweden's largest Amusement Park featuring roller coasters, flume rides and great food. Your entrance admission is included with the Gothia Card, however, each individual will be required to pay for their own rides. The evening will be free for you to enjoy Gothenburg with your team and Coach.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 18, 2009

The Gothia Cup Finals will be played today at Ullevi Stadium. You will have the opportunity to see the best teams in the Tournament compete for the Cup! In the afternoon, the group will enjoy a cruise along the Swedish Coast to Elfborg Fjortress. You will return to Ullevi Stadium in the evening for the Tournament Closing Ceremonies followed by dinner with your team and Coach.

*Breakfast and Lunch Provided for Athletes
Breakfast Only Provided for Adults*

July 19, 2009

The group will return home to the USA

Adults are Invited Too!

It is a great feeling for a parent to observe their child in an International Sports Tournament. To see their son or daughter wearing the American colors, representing the United States in International Competition is a dream come true.

Parents, Grandparents, Siblings and Relatives are all welcome on a 365 Sports Program. In 2008, over 37% of our traveling members were non-athletes. Family members can enjoy the games, participate on the same sightseeing programs with their child and interact with other parents while cheering on their favorite team. Adults are generally accommodated with other adults in a double occupancy room, however, the opportunity exists to upgrade to a single occupancy by contacting our office.

Special activities and receptions are available to our honored guests. Past programs have included visits to government events, parade participation, extended cultural sightseeing, shopping and adult oriented activities. Although there are many youth exchange programs that either restrict or prohibit adult participation, we at 365 Sports believe in providing parents and family members the opportunity to share this once in a lifetime experience.