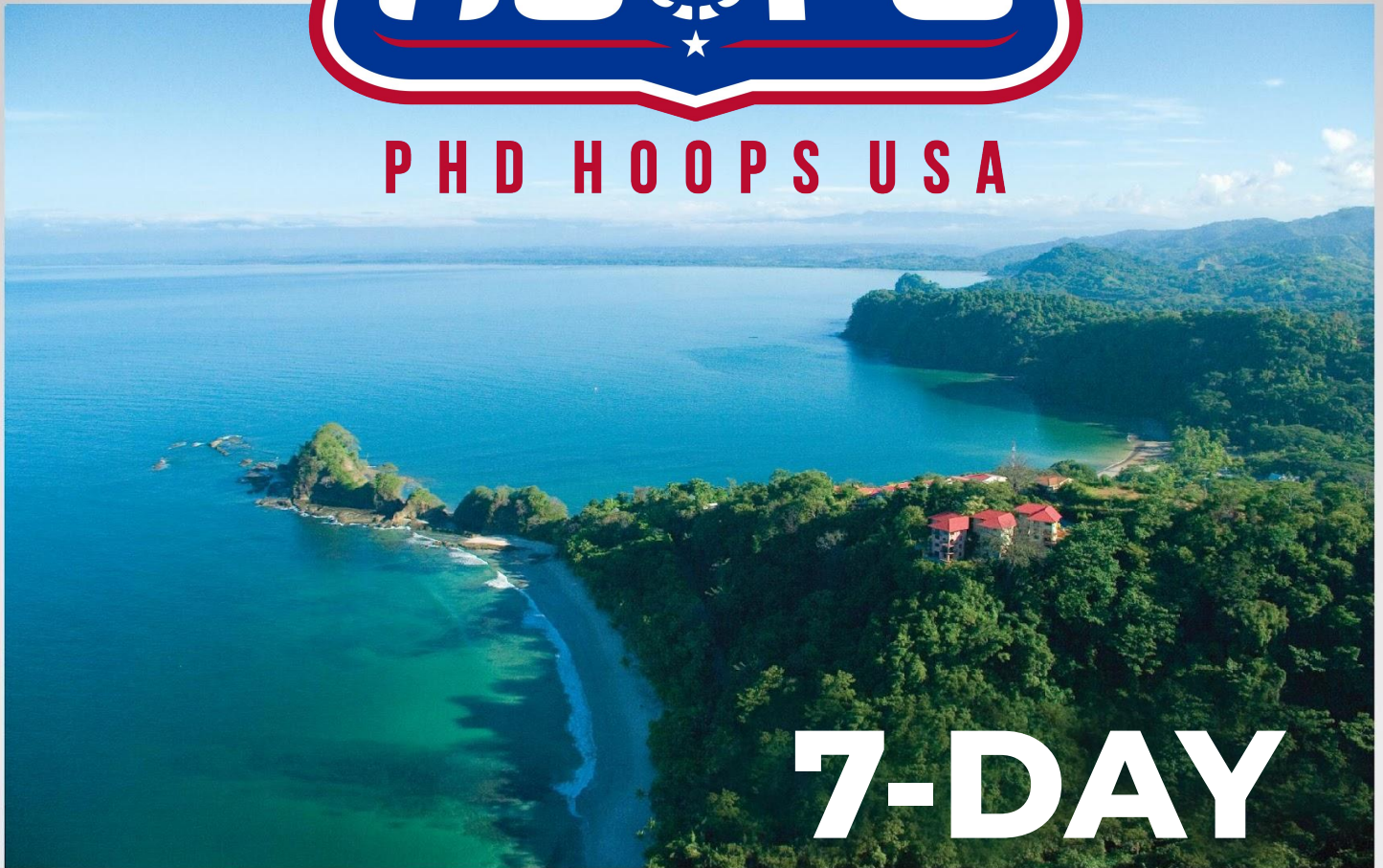
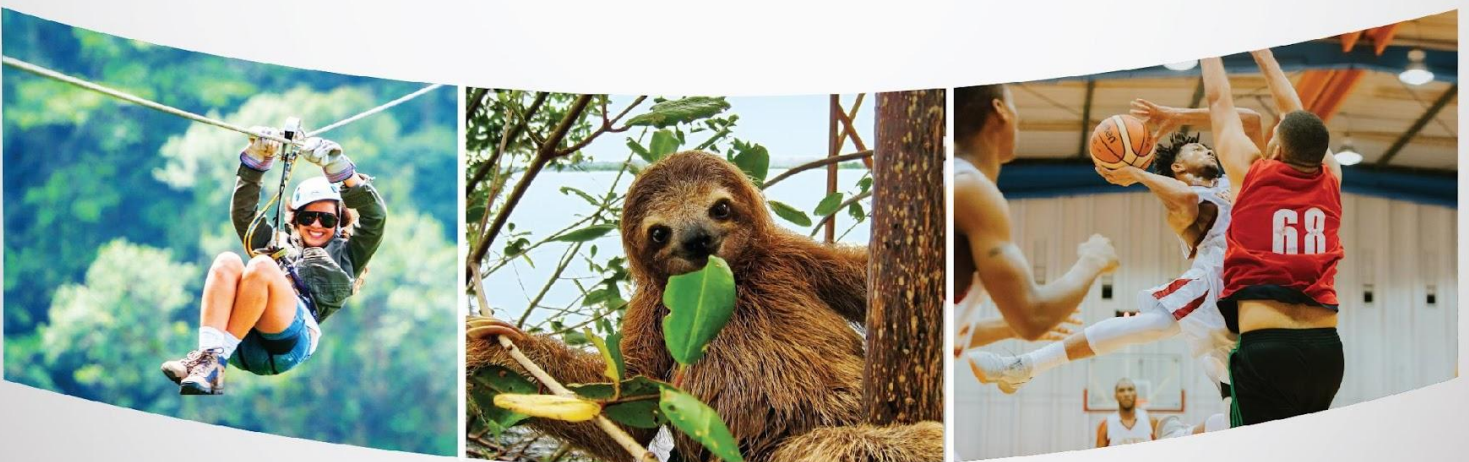


PHD HOOPS USA



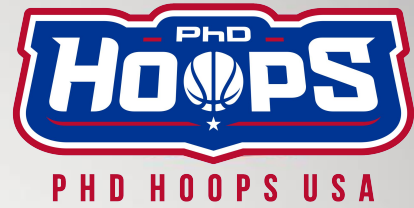
7-DAY TOUR PROPOSAL



PhD Hoops USA
The Costa Rica Challenge Tour
Boys & Girls Basketball Players (Ages 12-23 y/o)
Late July, 2026



**PhD Hoops USA
7-Day Sample Itinerary
Boys & Girls Ages 12-23
Late July, 2026**



DAY 1 - Depart for San José, Costa Rica

Arrive at SJO (San Jose Airport) and get picked up by private bus
Check in at Hotel for 6 nights
Dinner & Orientation Presentation

DAY 2 - City

6:30 am Breakfast
7:30 am Transfer to Gym (30 min approx.)
8:00-10:00 am **Team Training**
12:00 pm Lunch
TBA Depart to Game
TBA **Friendly Game #1**
TBA Dinner

DAY 3 - City

6:30 am Breakfast
7:30 am Transfer to Gym (30 min approx.)
8:00-10:00 am **Team Training**
10:30-12:30 pm **Tour of San José Historic District & Souvenir Shopping:**
Stroll through the city's heart and observe the cultural landmarks such as the National Theater, the Cathedral, Parque Morazan and the Plaza de la Cultura
1:30 pm Lunch
TBA Depart to Game
TBA **Friendly Game #2**
TBA Dinner

DAY 4 - Beach Day

7:00 am Breakfast
8:00 am Depart to Beach (2 hours approx.)
10:00-4:00 pm **Punta Leona Beach Trip:** This trip will allow you all to visit the Punta Leona Beach Park w/ host to one of the most beautiful beaches of the Central Pacific Coast and get the opportunity to see monkeys, macaws, raccoon and many other flora and fauna
1:00 pm Lunch
2-4:00 pm Afternoon at the Beach
4:00 pm Transfer to Hotel
7:00 pm Dinner

**Schedule subject to change*

PhD Hoops USA

7-Day Sample Itinerary

Boys & Girls Ages 12-23

Late July, 2026



DAY 5 – City & Rainforest

8:00 am Breakfast at Hotel
9:30 am Depart to La Paz (1.5 hours approx.)
11:00-1 pm **La Paz Waterfall Gardens & Animal Sanctuary:** Discover five breathtaking waterfalls and meet rescued wildlife up close at La Paz Waterfall Gardens
1:00 pm Lunch at La Paz
TBA Depart to Game
TBA **Friendly Game #3**
TBA Dinner

DAY 6 – city

6:30 am Breakfast
7:30 am Transfer to Gym (30 min approx.)
8:00-10:00 am **Free Time OR Possible Volcano Park Visit**
12:00 pm Lunch
TBA Depart to Game
TBA **Friendly Game #4**
TBA Dinner

DAY 7 – Depart SJO Costa Rica

TBA Depart to SJO airport
TBA Depart SJO, Costa Rica
TBA Arrive back in the USA!

**Schedule subject to change*



PHD HOOPS USA

HIGHLIGHTS

- **TOP COMPETITION**

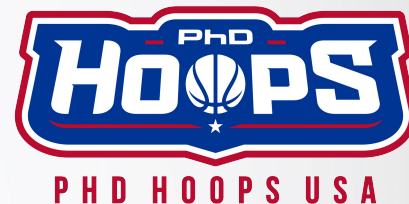
Competitive matches against some of the best Costa Rican teams.

- **TEAM BUILDING**

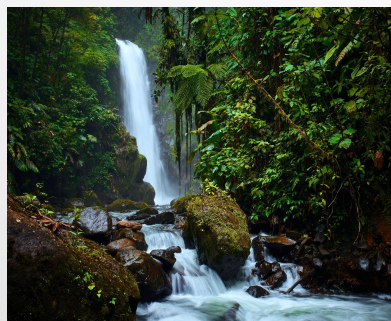
Enjoy exciting trips with your team, waterfalls and the beach.

- **ACCOMMODATIONS & MEALS**

Teams will be staying in 4-star hotels, with private bathrooms, air-conditioning and more. Buffet breakfast, lunch and dinner are included.



ADVENTURES



La Paz Waterfall Gardens
and Animal Sanctuary
INCLUDED IN COST



Punta Leona Beach Trip
INCLUDED IN COST