



PHD HOOPS USA

THE

PORTUGAL CUP TOUR



MORE INFO AT

P H D H O O P S U S A . C O M

DAY 1 DEPART FOR PORTUGAL

- ARRIVE AT LEAST 5 HOURS EARLY TO MEET WITH YOUR TEAMMATES AND COACHES
- DEPART AS A GROUP FROM NEW YORK CITY TO LISBON (EAT A GOOD MEAL ON THE FLIGHT)



DAY 2 ARRIVAL & TOUR OF LISBON



- ARRIVE IN LISBON AND MEET THE LOCAL TOUR MANAGER
- GRAB LUNCH AND SHAKE OFF THE JET LAG BY ENJOYING A GUIDED WALKING TOUR THROUGH THE CITY OF LISBON
- CHECK IN AT HOTEL, BOND WITH TEAMMATES & TEAM MEETINGS
- EAT DINNER, BED CHECKS AND REST UP FOR A GREAT TRIP!

DAY 3 TEAM PRACTICE & SPORTING STADIUM TOUR

- BREAKFAST AT HOTEL PRIOR TO HAVING OUR FIRST TEAM PRACTICE SESSION
- EAT LUNCH AND JOURNEY TO JOSÉ ALVALADE STADIUM, THE HISTORIC HOME STADIUM OF SPORTING CP
- TRANSFER TO HOTEL, EAT DINNER, BED CHECKS AND LIGHTS OUT



DAY 4 TEAM PRACTICE & TOUR OF SINTRA



- BREAKFAST AT HOTEL BEFORE DEPARTING FOR OUR SECOND TEAM PRACTICE SESSION
- EAT LUNCH BEFORE VISITING THE PICTURESQUE TOWN OF SINTRA, AN URBANIZED AREA FULL OF HISTORIC PALACES, CASTLES AND SCENIC BEACHES
- TOUR QUINTA DA REGALEIRA, AN ESTATE BUILT OVER 100 YEARS AGO FEATURING A ROMANTIC PALACE, UNDERGROUND HIDDEN TUNNELS AND THE FAMOUS INITIATION WELL
- TRANSFER TO HOTEL, EAT DINNER, BED CHECKS AND LIGHTS OUT

DAY 5 TEAM PRACTICE & FREE TIME

- BREAKFAST AT HOTEL PRIOR TO MAKING FINAL PREPARATIONS IN OUR LAST TEAM PRACTICE SESSION
- TRANSFER BACK TO HOTEL, GRAB LUNCH AND ENJOY A FULL AFTERNOON OF FREE TIME TO RELAX OR GO TO THE BEACH WITH FAMILY AND TEAMMATES
- EAT DINNER, TEAM MEETINGS, BED CHECKS AND LIGHTS OUT



DAY 6 LBYC TOURNAMENT



- EAT A FULL BREAKFAST AT THE HOTEL BEFORE BEGINNING POOL PLAY GAMES
- LUNCH WILL DEPEND ON TOURNAMENT SCHEDULE
- TRANSFER TO HOTEL, DINNER, TEAM MEETINGS, BED CHECKS AND LIGHTS OUT

DAY 7

LBYC TOURNAMENT & AWARD CEREMONY

- BREAKFAST AT HOTEL BEFORE COMPETING TO WIN THE CHAMPIONSHIP IN THE FINAL DAY OF THE EVENT!
- LUNCH WILL DEPEND ON TOURNAMENT SCHEDULE
- HOIST YOUR GOLD MEDAL, POSE FOR PICTURES AND RELISH YOUR CHAMPIONSHIP MOMENT!
- TRANSFER TO HOTEL, CELEBRATE OVER DINNER, BED CHECKS AND LIGHTS OUT



DAY 8

DEPART FOR HOME

- EARLY BREAKFAST, TRANSFER TO AIRPORT AND DEPART LISBON TO RETURN BACK TO NEW YORK CITY
- ARRIVE IN NEW YORK CITY AND SAY YOUR FINAL GOODBYES TO YOUR NEW BEST FRIENDS!
- TAG OUR SOCIAL MEDIA IN ALL PHOTOS AND VIDEOS (@PHDHOOPS), GIVE US A REVIEW AND SHARE YOUR NEWLY GAINED KNOWLEDGE WITH THE REST OF THE WORLD!





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