

Day 13 (Wednesday 4th August)

A relaxing coach trip into the heart of North West England, after breakfast you'll board the coach for the 1.5 hour trip to the famous 'Old Trafford' home of the legendary Manchester United FC at the 'The Theatre of Dreams' - Your guided tour will include the Old Trafford Stadium, the clubs museum, the main pitch, and the mega store, with lunch to be taken in either the famous 'Red Cafe', or the nearby shopping mall - The Trafford Centre. Departing at around 3.00pm for the short trip to the Bolton Boys Club and your early evening matches. Taking in some 'Lancashire' hospitality at it's best.

Day 14 (Thursday 5th August)

Breakfast and back on the coach for the short trip through the Mersey Tunnel and into the home of The Beatles - Liverpool. Your day includes a sightseeing tour of key Liverpool landmarks, an afternoons guided tour around another one of Sport1st's 'Pro-club Partners' grounds, Goodison Park, home of the English Premier Leagues Everton FC, and a visit to the clubs Bellefield Training complex, for a 1.5 hour coaching session led by Everton FC coaches. A packed lunch will be provided, with an evening meal on your return to the university campus.

Day 15 (Friday 6th August)

Depart from your accommodation for your outward-bound flight from Manchester International Airport, for a safe journey home.

** Please note**

1. The itinerary detailed above, includes three meals per day - breakfast, a cooked or packed lunch and an evening meal. The evening meal may be substituted for a packed lunch, with the lunch time meal being your cooked option (subject to the days itinerary).
2. All the itinerary identified above is inclusive within your tour fees, and includes all visits to the attractions and sites referred too.
3. Any additional visits or options taken by any member(s) of the tour party that are not included in the itinerary and tour fees quoted, and attract additional costs are to be met by the individual(s) choosing such options.
4. The Directors of Sport1st reserve the right to alter or change the itinerary, due to unforeseen and/or circumstances beyond their control.

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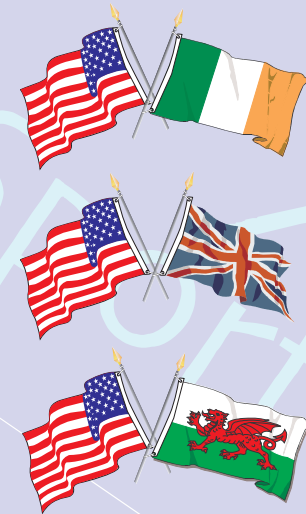
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Sport1st

TranSports
Athletic Team Tours



European and U.K Soccer Tours 2004

U.K and Southern Ireland

Tour Itinerary

Arrival (Friday 23rd July)

Arrival and greeted by your Sport1st Coach and Tour Guide, at Manchester International Airport. Travelling to your accommodation at either the University of Wrexham, The North East Wales Institute, or the Colwyn Bay based Rydal Penrhos College

Day 2 (Saturday 24th July)

Breakfast between 8.00am and 9.30am, followed at 10.00am by the SportFirst Directors and Coaches welcome meeting for all players, parents and guests. A detailed introduction to your tour and stay in Wales, and a chance for players and visiting coaches to meet and chat with your Sport1st Coach. Lunch to be taken around 12.30pm, will be followed by an afternoon coaching session for all players between 2.00pm and 3.30pm. Later relax and unwind, with options for your leisure time at the accommodation sports complex, with health and fitness, Basketball, 5-a-side, Field Hockey, Netball and Badminton or Tennis as one of your many choices. In the afternoon take a leisurely stroll in to the town centre, or the beach front and promenade (dependant upon accommodation venue). Evening meal to be taken at 5.00pm, followed at 6.30pm with an open mixed 5-a-side tournament, with guest players and coaches. Late evening spent relaxing watching T.V. and Videos.

Day 3 (Sunday 25th July)

Breakfast to be taken between 8.00am and 9.30am, followed by a 10.30am coaching call - Sessions to be taken by Sport1st Coaches. Lunch to be taken at 1.00pm, followed by further coaching session commencing at 2.00pm till 4.00pm - Session on Passing, Possession and Movement. Parents/guests free time to take in the shops/sights/attractions of the town centre, and local hostelryes.

Day 4 (Monday 26th July)

Morning coaching session for all squad players, from 10am through to 12noon - all coaching sessions led by Sport1st's UEFA qualified coaches. Lunch at around 12.30pm, followed by an afternoon visit to the Victorian seaside resort of Llandudno, with its scenic walks, vista, and promenade, plus the wide array of gift shops. Matches for all squads against local club sides from Colwyn Bay and Llandudno Junior/Youth Football Clubs commence at 5.30pm.

Day 5 (Tuesday 27th July)

Breakfast at your campus, followed at 10am by a light jogging, stretching and technical session for all players - Leaving at around 12noon by coach to visit the historic walled town of Conwy, in the heart of the North Wales coastline. Opportunity for shopping, visiting the attractions, including the medieval castle and famous bridges - The Telford Suspension Bridge, built in 1826, and the Stephenson Railway Bridge built in 1848, both of which span the mouth of the River Conwy. Or take a walk along the quay and marine front. Lunch brings the opportunity to enjoy a traditional British meal, with a visit to one of Wales premier Fish and Chip Restaurants 'The Galleon', only a short stroll from the Conwy Quay and the famous 'Smallest House in Britain'. Saviour the taste of these award winning fish and chips, in the warm and friendly surroundings of The Galleon. Then continue your shopping and sightseeing, before boarding your coach at 4.00pm, for the short trip for today's matches at the home of Conwy United Football club. Matches commence at 5.30pm, with a return to your campus at around 10.00pm.

Day 6 (Wednesday 28th July)

Rest day for all players, parents and friends, with a visit to the historic Roman city of Chester. Departing from your accommodation at 10.00am. The walled city of Chester has many ancient buildings, including a Roman Amphitheatre, a Castle, a 12th Century Cathedral, and many fine examples of medieval architecture, along with a superb shopping centre. Return to your accommodation, around 5.00pm, for your evening meal, and the opportunity to challenge your coaches, parents and guests to a evening of sporting competition.

Day 7 (Thursday 29th July)

Early start with a packed breakfast, we board the coach at 6.30am for the scenic trip along the North Wales coast road, to the marine port of Holyhead on the beautiful island of Anglesey, for the Irish Ferry 'Swift' sailing to 'The Emerald Isle' and our 4 day stopover in Dublin. Booking into our accommodation at the historic site of the University of Dublin. Lunch and evening meal to be taken at either the University or in Dublin City.

Day 8 (Friday 30th July)

Early morning call for breakfast, and back to the training ground for all players, for your 10.00am to 12.00noon team session, followed by a light lunch, and afternoon rest time, before your early evening matches against local Dublin Junior/Youth teams, returning to the campus for your evening meal.

Day 9 (Saturday 31st July)

Early breakfast, followed by the short trip for the weekend long festival of soccer, with either a series of challenge matches, and/or entry into one of the Southern Ireland Junior/Youth Tournaments, against the best of Southern Irelands Junior and Youth Soccer Clubs, with the opportunity to test your techniques and skills, seeking victory as tournament or challenge festival winners. Packed lunch will be provided, followed by an evening meal in either the city centre or at the university.

Day 10 (Sunday 1st August)

Day two of the weekends tournament/festival of soccer, with the day following a similar pattern to Saturday.

Day 11 (Monday 2nd August)

A well earned rest day for parents and players, with the morning being your free time, to visit the beautiful city of Dublin, and it's many attractions, followed by the return coach and ferry trip back to North Wales and your campus accommodation. Lunch provided on route, with an evening meal to be taken at a local restaurant or at the university, on your return.

Day 12 (Tuesday 3rd August)

Breakfast taken around 9.00am, followed by a light coaching session for all players, lunch between 12.30 and 1.30pm, with the afternoon free to rest, and a tour of one of Sport1st's 'Pro-club Partners' grounds, Wrexham AFC, before your early evening matches against local junior league clubs, followed by your evening meal in a local restaurant.