



## Sports and Academic Tours

### ALLIANCE GIRLS ITINERARY

5 Nights in Cape town & 2 Nights in Jo'burg

2,680usd

## WELCOME TO SOUTH AFRICA

**DAY 1** Arrive, transfers to hotel, check-in, welcome meeting

**DAY 2** High performance coaching session, Afternoon of Leisure.

**DAY 3** Full sightseeing day-Table Mountain Cable car & Fun sports on camps bay Beach

**DAY 4** Full sightseeing day-Table Mountain Cable car & Fun sports on camps bay Beach

**DAY 4** High performance coaching session, Match Day 3. Afternoon visit to Cape town University

**DAY 5** Morning Friendly match & Afternoon Sightseeing.

**DAY 6** Early morning Lions head walk & Afternoon Prize Giving and fly to Jo'burg.

**DAY 7** Build in a box at African Leadership Academy: be a leader, Sportslady and a guru in business

**DAY 8** Sightseeing as we transfer to airport Depart

#### AIR TRAVEL AND GROUND TRANSPORT

- Airport arrival and departure transfers
- 2 x HP training days (coach hire for 8hrs)
- 2 x Match days/side (coach hire for 8hrs)
- 1 day sightseeing and university tour coach hire for 8hrs
- 2 days at African leadership Academy – Jo'burg

#### ACCOMMODATION

- 5 Nights in Cape Town
- 2 Nights in Johannesburg

#### MEALS INCLUDED

All breakfast, lunch, supper on all days/nights & Powerade, ice, practice & match, water & squeeze bottles to be supplied for practice and match days.

#### MATCHES/PRACTICE

- 2 x HP Training Sessions (hour sessions)
- 1 professional local coach
- Access to a top facility
- Hydration station including water, fruits, snack bars, Powerade hydration drink, Esky, and ice
- Lunch & supper provided

#### 2x Match Days (2 x T/20 & 1 x 50 over game)

- Live stream
- Match officials included
- Hydration station including water, fruits, snack bars, Powerade hydration drink, Esky, and ice
- Lunch and post-match supper provided





**OTHER VALUE ADDED**

- Full set of sublimated branded clothing – hoody jacket, shirt, short, playing pants, playing shirt, cap, rucksack
- Includes a SASCT tour leader for the duration of the tour (& Ryan Maron)
- Physio for practice and match sessions.
- Complimentary Powerade, ice, practice water & squeeze bottles to be supplied for all match and practice days.
- Complimentary WIFI at hotel
- Access to a Pool for post-match/practice pool session
- Complimentary tour cap
- Tour gift

**SIGHTSEEING:**

- Lions Head Walk – one of the most picturesque locations.
- Open deck Red bus tour around the Peninsula
- Table Mountain cable car – one of the wonders of the World.
- Cape of good hope – A must see

**EXCLUSIONS**

- Coach transfers outside of those itemized above
- Medical equipment for training and match days
- Laundry
- Doctor on call at your expense.
- Passports, Personal expenses such as tips for meals, gratuities, telephone calls, beverages, all meals not mentioned under inclusions and anything else of a person nature. No equipment provided at training sessions. Any other services not mentioned.

