

**Southampton Cup North America Select girls squad timetable – 15<sup>th</sup> June Arrival 2019**

	Saturday 15 <sup>th</sup> June	Sunday 16 <sup>th</sup> June	Monday 17 <sup>th</sup> June	Tuesday 18 <sup>th</sup> June	Wednesday 19 <sup>th</sup> June	Thursday 20 <sup>th</sup> June	Friday 21 <sup>st</sup> June	Saturday 22 <sup>nd</sup> June
08:00	Air travel from USA/Canada	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Return travel to Airport and USA
08:30			Travel to Staplewood	Travel to Staplewood		Travel to Wide Lane	Travel to Staplewood	
09:00	Travel to Southampton	Rest Time	Training at Staplewood Campus	Training at Staplewood Campus	London visit	Training at Wide Lane	Benchmarking Training at Staplewood Campus	
09:30								
10:00								
10:30								
11:00								
11:30								
12:00		Matches vs Winchester Flyers At Winchester Chilcomb Sports Ground	Lunch	Travel to next venue		Travel to hotel	Travel to hotel	
12:30			Lunch	Lunch		Lunch	Lunch	
13:00			Lunch	Training at Staplewood Campus		Travel to hotel	Walk to stadium	
13:30			Rest time	Travel to venue for training Venue TBD		Rest time	Stadium tour	
14:00	Parents and player's meeting Jurys		Travel to hotel		Walk to hotel			
14:30	Rest time	Rest time	Rest time	Rest time				
15:00	Travel to Goals	Travel to hotel	South Africa v Germany	Travel to Hotel	Fixture v Portsmouth RTC	Parents and players debrief at Jury's		
15:30	Goals						Rest Time	
16:00	Travel to hotel	Rest Time	Dinner	Dinner	At Front Lawn, Portsmouth	Dinner		
16:30	Dinner	Dinner	Dinner	Dinner	Travel to match venue	Rest time		
17:00	Canada v New Zealand	Rest time	Korea v Norway Or Nigeria v France	Italy v Brazil Or Jamaica v Australia	Travel to hotel	Rest time		
17:30								
18:00								
18:30								
19:00								
19:30	Dinner	Dinner	Dinner	Dinner				
20:00	Dinner	Rest time	Rest time	Rest time	Dinner	Rest time		
20:30								
21:00								
21:30								
22:00								

<b>Key</b>	<b>Football activity</b>	<b>Live Football match</b>	<b>Air travel/airport</b>	<b>Tourist and fun activity</b>	<b>Food and drink</b>	<b>Rest time</b>	<b>Study time</b>	<b>UK travel</b>
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