

SAMPLE ITINERARY

Day 1	Travel Day
12:30-1:30	Meet at Airport and Drive to hotel
1:30- 2:00	Check in/ Light snack/ meeting about itinerary and get to know everyone
2:15-3:00	Light jog and stretch in the area
3:30-4:00	Smaller meal before heading into town
4:00-7:00	Visit Dortmund city
7:00-8:00	Traditional German dinner in town
8:30-9:00	Wind down/small history recap
9:30	In bed

Day 2	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:30	First training or interval through the mountains/farm land
9:45-10:30	Breakfast
11:00-12:00	First seminar (Nutrition, Gym, SAT, College, Pro player visit)
12:00-1:15	Gym session/free time
1:30-2:15	Lunch time
2:30-5:30	Cultural Visit: Museum of Fussball
6:00-8:00	Second training session
8:30-9:15	Dinner
9:30-10:00	Recap, final thoughts, wrap up meeting

Day 3	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-10:00	Yoga/ stretch, regeneration
10:30-11:30	Breakfast
12:00-2:00	Pro Scout presentation & Q&A
2:30-4:30	Traditional meal in City
5:00-6:30	Individual Meetings and film Session
6:30-7:00	Pregame Snack+Tactic walk through
7:15-9:00	Game against Fc Schalke u19 (pending schedule)
9:15-10:00	Dinner
10:00-10:15	Recap, final thoughts, wrap up meeting

Day 4	
7:30-7:45	Wake up/Short Snack
8:00-9:30	Gym Training with guest coach and fitness Seminar
9:45-10:30	Breakfast
11:00-1:00	Westfalen Stadion tour (home of our beloved Marco Reus!!)
1:15-2:30	Light lunch
2:30-3:00	Evaluations on first match+recap
3:00-4:30	Training session with guest coach
5:00-7:00	Guest speaker #1: Pro player in City
7:30-8:30	Dinner back at hotel
9:00-10:00	Recap, final thoughts, wrap up meeting

Day 5	
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8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:30	Yoga/ Stretch+Pool regen
9:45-10:30	Breakfast
11:00-11:30	Film Study/ Game plan
12:15	Depart for Tournament
1:00-6:00	Tournament in Dusseldorf
7:00-8:00	Dinner in Dusseldorf
8:45-9:30	Evaluation of Games and review
10:00	Free time/ Bed

Day 6	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:30	Nutrition and Wellness Seminar
9:45-10:30	Individual meetings
11:00-11:30	Short meal before depart for Borussia Dortmund match
1:00-1:15	Arrive at Stadium
2:00-4:00	Borussia Dortmund match
4:30-6:00	Explore the City
6:30-7:30	Dinner Back at the Hotel
8:00-9:00	SAT and College Seminar
9:30-10:00	Recap, final thoughts, wrap up meeting

Day 7	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:30	First training or a run through the mountains/farm land

9:45-10:30	Breakfast
11:00-12:00	First seminar (Nutrition, Gym, SAT, College, Pro player)
12:00-1:15	Gym session/free time
1:30-2:15	Lunch time
2:30-5:30	Visit city of Cologne+cathedral
6:00-8:00	Game against RW Essen
8:30-9:15	Dinner
9:30-10:00	Recap, final thoughts, wrap up meeting

Day 8	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:15	Recovery Run
9:30-10:00	Breakfast
10:30-3:00	Trip into City to watch training+ meet professional player+culture
3:30-5:00	Training with Guest Coach
5:15-6:15	Gym session and Instructional
6:30-7:00	Class room session
7:15-8:15	Dinner
8:30-1030	Night In city
11:00	Back at Hotel

Day 9	
8:00-8:15	Wake up Cafe Kuchen meeting about the day
8:30-9:30	First training or a run through the mountains/farm land
9:45-10:30	Breakfast

11:00-12:00	First seminar (Nutrition, Gym, SAT, College, Pro player)
12:00-1:15	Gym session/free time
1:30-2:15	Lunch time
2:30-5:30	Attend Schalke 04 training
6:00-8:00	Game against Bayer Leverkusen
8:30-9:15	Dinner
9:30-10:00	Recap, final thoughts, wrap up meeting