

Sample itinerary Training Camp Holland 2011

DAY		ACTIVITY
Friday		Arrival at Schiphol Amsterdam airport
		Transportation to accommodation
		Dinner at accommodation
Saturday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Lunch at accommodation
		Training 2
	Evening	Dinner at accommodation
Sunday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Sack lunch
		Visit professional hockey game
	Evening	Dinner at accommodation
Monday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Lunch at accommodation
		Training 2
	Evening	Dinner at accommodation
Tuesday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Lunch at accommodation
		Training 2
	Evening	Dinner at accommodation
Wednesday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Sack lunch
		Visit outdoor swimming pool
	Evening	Dinner at accommodation
Thursday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Lunch at accommodation
		Training 2
	Evening	Dinner at accommodation
Friday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Sack lunch
		Visit outdoor swimming pool
	Evening	Dinner at accommodation



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DAY		ACTIVITY
Saturday	Morning	Breakfast at accommodation
		Departure for day Amsterdam
	Afternoon	Sack lunch
		Canal tour down town Amsterdam
		Visit Anne Frank House/Museum
		Shopping down town Amsterdam
		Dinner down town Amsterdam
	Evening	Return to accommodation
	Sunday	Morning
Training 1		
Afternoon		Sack lunch
		Visit professional hockey game
Evening		Dinner at accommodation
Monday	Morning	Breakfast at accommodation
		Training 1
	Afternoon	Lunch at accommodation
		Training 2
	Evening	Dinner at accommodation
Tuesday	Morning	Breakfast at accommodation
		Visit Maastricht
	Afternoon	Sack lunch
		Down town Maastricht
	Evening	Dinner at accommodation
Wednesday	Morning	Breakfast at accommodation
		Departure to airport

