



Portugal Schedule

Friday, February 18, 2011

- Meet at Our Lady of Fatima Church Parking Lot on Windsor St in Ludlow 11:30am
- Bus leaves for airport at 12pm
- ETA at Newark Liberty International Airport is 3:30pm for check in
- TAP (Trans Air Portugal) Flight 104 scheduled to depart at 6pm

Saturday, February 19, 2011

- Flight's ETA into Lisbon is 6:05am Local Time (Prime Meridian)
- Lisbon to Rio Maior
- Acclimation
- **Breakfast** at 8:30am
- **Weight Training** 11am - 12pm
- **Lunch** at 12:30pm
- Leisure/Rest
- **Training** 4:30pm - 6:30pm
- **Dinner** at 7:30pm
- Leisure/Rest
- Lights out at 11pm

Sunday, February 20, 2011

- **Breakfast** at 8:30am
- Pack **Lunch** and visit Local Sights: Serra dos Candeeiros, Benedita, Alcobaça, Nazare, São Martinho, Peniche, Obidos, Caldas da Rainha
- **Attend Portuguese Division III Soccer Game: Caldas - Odivelas 3pm**
- **Training** 6pm - 7:40pm
- **Dinner** at 8pm
- Leisure/Rest
- Lights Out at 11pm

Monday, February 21, 2011

- **Breakfast** at 8:15am
- **Futsal Training** 10am - 12pm
- **Lunch** at 12:15pm
- Leisure/Rest
- **Training** 3:15pm – 5:15pm
- Pack **Dinner** and Leave for Lisbon at 6pm
- ETA in Lisbon at 7pm
- **Attend Portuguese Premier League Soccer Game: Sporting - Benfica 8:15pm**
- Return to Rio Maior
- Lights Out at 12am

Tuesday, February 22, 2011

- **Breakfast** at 9am
- **Theoretical Training** 9:30am - 11am
- **Loosen Up Training** 11:15am - 12pm
- **Lunch** at 12:30p
- Leisure/Rest
- **Mid-day snack** at 4pm
- **Friendly Match** vs N.S. Rio Maior at Training Complex in Rio Maior 7pm
- **Dinner** at 9:15pm
- Lights Out at 11:30pm

Wednesday, February 23, 2011

- **Breakfast** at 8:15am
- **Theoretical Training** 9am – 10:30am
- **Loosen Up Training** 10:45am-11:30am
- **Lunch** at 11:45am
- Leave for Lisbon at 12:30pm
- ETA in Lisbon at 1:30pm
- Visit attractions in Lisbon: Benfica Stadium, Colombo Mall, St. Jorge's Castle, Geronimos, Belem, Nation's Park, Cristo Rei Statue
- **Mid-day snack** at 4pm
- **Friendly Match** vs SL Benfica (Iniciados A) at Caixa Futebol Campus in Seixal 7pm
- **Dinner** on the way back to Rio Maior
- Lights Out 12am

Thursday, February 24, 2011

- **Breakfast** at 9am
- **Aquatic Training** 10:30am – 12:30pm
- **Lunch** at 1p
- Leisure/Rest
- **Training** 4pm - 6pm
- **Dinner** at 8pm
- Lights Out at 11pm

Friday, February 25, 2011

- **Breakfast** at 8:30am
- **Theoretical Training** 9:15am – 10:45am
- **Loosen Up Training** 11am-12pm
- **Lunch** at 12:30pm
- **Mid-day snack** at 4pm
- **Friendly Match** vs Beneditense (Juvenis B) at Parque Fonte da Senhora in Benedita 7pm
- Two Team **Dinner** at local restaurant at 9:30pm
- Lights Out at 11pm

Saturday, February 26, 2011

- **Breakfast** at 8:30am
- **Weight Training** 10am – 11am
- **Futsal Training** 11:15am - 1pm
- **Lunch** at 1:30pm
- **Training** 4:30pm – 6:30pm
- **Dinner** at 7:30pm
- Lights Out at 11pm

Sunday, February 27, 2011

- **Breakfast** at 7:30am
- Leave for Lisbon at 8:15am
- ETA at Lisbon International Airport 9:15am for check in
- TAP (Trans Air Portugal) Flight 103 scheduled to depart at 12:05pm
- Flight's ETA into Newark is 3:25pm Local Time (Eastern Standard)
- Should be back in Ludlow by 8pm (pending traffic)

Note: Wednesday's opponent, **SL Benfica**, is the defending National Champion in its respective age group: Iniciados A (Born in 1996).