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**Travel - Player Itinerary**

**New Mexico Rapids Soccer Club**

**Event & Team:** DPL U13-U14G Western Regional Event / NM Rapids 12G DPL

**Event Location/Map:** Epic Sport Park (ESP) / Provo, UT

**Event Staff:** J. Sells, M. McBrayer & V. Garcia

**Event Date:** Oct. 3-6, 2024

**Event Hotel Address/Map:** Hampton Inn Draper/SLC - 13711 South 200 W Draper, UT 84020

Punctuality is always required. Appropriate behavior is always expected, and we should always have respect for other families staying at the team hotel. No pool / hot tub use without coaches’ permission and adult supervision. Any breach of rules or schedule can impact playing time. Players should eat a healthy substantial meal within 45 minutes following each match.

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| **Thursday Oct. 3, 2024,** |  |
| 12pm | Travel Day to Provo, UT |
| 7pm | Dinner on your own |
| 9:45pm | Players lights out! |
| **Friday Oct. 4, 2024,** |  |
| 8:30am | Players wake up and eat breakfast at hotel |
| 10am | Light team training session – Smith Fields Park |
| 12pm | Lunch on your own |
| 1pm | Players rest and prep at the hotel. Hydrate! |
| 4:15pm | Warm-up begins at ESP #9 – make sure you have both kits / gear |
| 5pm | NM Rapids 12G DPL vs. Albion San Diego 12G DPL |
| 7pm | Dinner on your own |
| 8:30pm | Ice bath or foam roll - recovery |
| 9:45pm | Players lights out! |
| **Saturday Oct. 5, 2024,** |  |
| 8:30am | Players wake up and eat breakfast at hotel |
| 11am | Players go to watch 1st half of NM Rapids 11G DPL @ ESP #4 |
| 12:15pm | Lunch on your own |
| 1pm | Players rest and prepare at the hotel. Hydrate! |
| 2:30pm | Players have a light snack. |
| 4:15pm | Warm-up begins at ESP #4 – make sure you have both kits / gear |
| 5pm | NM Rapids 12G DPL vs. Sporting Slammers FC 12G DPLO |
| 7pm | Dinner on your own |
| 8:45pm | Ice bath or foam roll - recovery |
| 9:45pm | Players light out! |
| **Sunday Oct. 6, 2024,** |  |
| 8am | Players wake and eat light breakfast |
| 10:15am | Warm-up begins at ESP #11 - make sure you have both kits / gear |
| 11am | NM Rapids 12G DPL vs. Houston Rangers 12G DPL |
| 1pm | Players depart for home |