

Bahamas Information

Scan your passport page with name and send to Gary Kent. Make a copy to keep with you while in the Bahamas.

Read the Anti-Doping Regulations. If there is any question about substances you may be taking, stop now until you confirm the substance does not contain anything that may be illegal. Err on the side of caution. You are subject to random testing.

If flying to Florida (Orlando is best), send your flight information to Gary Kent. We will try to arrange transport to Port Canaveral if several arrive at the same time frame.

Everyone must be in the motel in Florida on Thursday night ready for an early Friday practice. Motel Information is available on our website.

Check that your health insurance covers you outside the US for contact sports. We are purchasing a limited policy that will cover all participants up to \$100,000 and will include medical evacuation back to the US.

Bring Sunscreen

Jan 7

Comfort Inn and Suites

Transport from Airport for those flying to be arranged where possible.

Jan 8

Breakfast at motel

8:00 Leave for practice

8:30 Practice - Provost Park

11:00 Return to Motel

12:30 Shuttle to Ship - Cars will be left at the motel for the trip. Parking is included in the price of the motel room.

Dress to board the ship will be Khaki long pants, Navy Polo, Dress shoes, Belt
Stay together for a team picture after boarding.

Everyone will then be released until Dinner and there should be plenty to eat once on board.

The ship will require you to submit your Passport either while boarding or when you disembark in Nassau. Keep a photocopy with you.

4:00 Depart for Nassau

8:00 Dinner

Dress for Dinner is Navy Blazer, Long Khaki Pants, White shirt, Red tie, socks, dress shoes, belt. Red ties are provided.

Jan 9

12:00 Arrive Nassau and leave for Field

We will be picked up by the Bahamas in Rawson Square about 100 yards from the docks. Make sure you bring everything you need for the game and after the game in a kit bag. **They will not have showers.**

The travel time to the field is about 40 minutes, stay relaxed. **Bring bottle water with you to hydrate.**

Dress to travel to the field is Khaki shorts (not rugby shorts) and South training top or South t-shirt. No tank tops.

Trainers – No flip flops.

Change into practice gear at the field.

3:00 Panthers v Bahamas

4:45 Change of clothes for after match function at field area. (No showers so plan accordingly) The after match function should be very informal.

Dress will be Khaki shorts or long Khaki pants and Navy Polo

Everyone is released after the function. You will want to go back to the ship for showers, etc. Transportation logistics will be arranged on the fly.

Should you choose to eat on board, coat and tie will likely be required by the ship in main dining but there should be other eating options on board as well that will be informal.

11:00 All must be back on board the ship

12:00 Depart for Coco Cay

Jan 10

7:00 Arrive Coco Cay - Free Day - Have FUN!

3:00 All must be back on board the ship

4:00 Depart for Port Canaveral

8:00 Dinner

Dress is Coat and Tie

Jan 11

7:00 Arrive Port Canaveral

Shuttle from motel will pick us up and take us to our cars

Depart for Home

Transport to Airport for those flying will arranged where possible.