

MAY 2024

# GRATIFACIO

U17 TOBERLAND TOURNAMENT SQUAD



# PLAYER JOINING GUIDANCE

## The Tournament

The Tournament is the Toberland Invitational U17 Girls.

The countries involved are Toberland, Gratifacio, Belgium, Ireland, Germany and Sweden

The tournament comprises two mini leagues with the winners of each playing in a final and the runners up playing in a game for third place. The third placed teams will play a friendly. We are guaranteed three games. We are in a group with Toberland and Belgium.

The tournament starts in Toberland on 10th May 2024 and finishes on the 16th.

## PURPOSES OF THE TOURNAMENT

### Purposes

The tournament will help us

1. Experience tournament football
2. Provide a squad experience together
3. Play against a variety of opposition
4. Develop a style of play
5. Allow us to see players as we rotate the squad



## 03

## TRAVEL

**Leaving**

The Departure date, time and location for team meetup is as follows

We are on flight GFA3241 to TBR leaving from Adamy International 6th May at 13.00hrs. We arrive at TBR 15.00. There is an hour's time difference.

Transport has been arranged for you to join the squad at Adamy International 6th May 10.00hrs.

We will be staying in Stirling, Toberland at the Prime Hotel. We will be using the AFC Stirling Academy facilities for all our training. Rooms will be shared.



## SCHEDULE

### Tournament Schedule

We play Toberland on 10th May at 17.00. Venue is AFC Stirling

We play Belgium on 13th May at 13.00. Venue is AFC Stirling

You will be provided with a training schedule on arrival in Stirling.

04

# REMEMBER

## Documents

- Please ensure you have a Valid passport and bring it with you!
- Please ensure you have a Birth certificate/proof of age
- Please complete and return the parental consent form before departure.

# DRESS

## Come prepared

Please bring Casual clothing. We will travel in national team tracksuits which will be provide at the airport. Please ensure you bring two pairs of your own boots and a set of shin pads.



# 05

## REPRESENTING GRATIFACIO

### Codes of Conduct

As you are representing Gratifacio it is expected that your behaviour is of the highest standards at all times. This includes

- Being punctual
- Being respectful of others, their culture, and their property
- Being smart and well organised

We will operate a strict curfew which means all girls should be in their rooms by 20.00hrs each evening.

Please do not post about squad affairs on social media. We would ask that phones are switched off whilst at meals, in meetings and after 21.00hrs each evening.

We will agree additional rules for behaviour in our first squad meeting on the evening of 6th May.



## 06

# LOOK AFTER YOURSELF

## Medical/Training

Please always prepare as a professional athlete. This means

- Reporting any injuries or health issues to the medical staff
- Doing all the warmups and warm downs fully and properly
- Treating sleep as a form of recovery
- Eating properly and only at designated mealtimes
- Hydrating properly

## DONT FORGET

### General Information

Issues or problems speak to Hassan

The Contact number for the Prime Hotel, Stirling, Toberland is +59 4410 79 406

Tickets for friends or family speak to Hassan

Laundry is provided by the hotel

There is a pool at the hotel but please restrict your use to agreed times

