

# ***Girls Baseball in Cuba February 14-21, 2010***

(Subject to flight schedule changes)

## ***CULTURAL EXCHANGE, TRAINING and COMPETITION IN CUBA FOR GIRLS 15-18 YEARS OLD***

This program, *based in Havana*, is specifically designed to provide athletes with a combination of competition and training in a warm climate and the opportunity to learn about the culture, history and people of Cuba. Participants will meet, train and compete with Cuban student athletes and coaches at Cuban sports facilities and venues arranged by the Cuban Ministries of Sport and Education. Visiting athletes may also train with Cuban National Program coaches and pro players. Competitions are arranged with Cuban athletes of skill levels similar to their Canadian counterparts.

### **PROPOSED ITINERARY**

**DAY 1:** Canada to Havana. On arrival in Cuba we will be met by our hosts at the airport and transferred to our hotel in Havana (approximately 140 kms) for check-in. Dinner at the hotel. Meeting with your translator/guide to review plans for the week.

**DAY 2:** After breakfast travel to the sports facility for a training session. After the session Canadian and Cuban coaches will discuss the appropriate skill level of the Cuban team to play us tomorrow. Lunch (\$6) en route to an area beach. The rest of the afternoon will be free to enjoy the sun, white sand beach and swim in the Caribbean Sea. Dinner at the hotel. This evening dance to popular Cuban music at the hotel. Cuban young people will join us to assist with informal classes in Cuban "Salsa" dancing.

**DAY 3:** After breakfast travel to the sports facility for a training session. Game 1 against a Cuban team of similar skill level to follow. Lunch (\$6) at a local restaurant. In the afternoon we visit Old Town Havana, Spain's gateway to the conquest of Latin America. Havana, founded in 1514, became the capital of Cuba in 1553 and in 1982 UNESCO declared Old Havana a World Heritage Site, where 144 buildings from the 16th and 17th centuries are preserved. Our guide will lead a walking tour of the Old City. We then travel by air-conditioned coach to the harbour entrance to visit the *Parque Historico del Morro* (entrance fee to park included, museum fee \$3) and see fortifications built in the 17th century to guard the city from attack by pirates. Dinner at the hotel. Attend evening performances by Cuban musicians at the hotel.

**DAY 4:** After breakfast return for a training session. Later play Game 2 against the Cuban team. Lunch (\$6) at a local restaurant. The rest of the afternoon will be spent on the beach (alternatively Game 3 if more sports activities are desired). Dinner at the hotel. This evening attend a presentation of AfroCuban music and dance at the hotel.

**DAY 5:** After breakfast return for a training session. Later play Game 3 (or 4) against the Cuban team. Today you may choose to invite the Cuban athletes and coaches to join you for a swim before lunch followed by more swimming and social interchange (budget \$6 per invitee to cover cost of food and refreshments). Dinner at the hotel. Evening unscheduled.

**DAY 6:** Early morning departure to the beach or training session depending on athletes level of fatigue. Lunch (\$6) at a local restaurant. This afternoon we will visit shopping areas in the city including the open air artisans market and a collection of boutiques housed in a restored 18th century colonial palace. Dinner at the hotel. This evening we will attend a National League baseball game if available.

**DAY 7:** After breakfast return to the sports facility for a training session with Cuban coaches and athletes. Later play Game 4 (or 5). Lunch (\$6). This afternoon you have the option of visiting a local orphanage to do some humanitarian work, and if you wish, your group can bring a donation to present to the orphanage kids (goods, not money). Dinner at the hotel. This evening dance to popular Cuban music at the hotel and receive informal Salsa dance classes.

**DAY 8:** Cuba to Canada. Breakfast. Check out. Time permitting other points of interest may be visited en route to the airport before check-in for the return flight.

**Program Price Includes:** Round trip airfare from Toronto to Cuba, 7 nights accommodation double occupancy in air-conditioned rooms with en-suite bathroom, breakfast and dinner daily, coordination and entrance/ participation fees for visits - games - training - excursions described in the itinerary, translator/guide services, local facilitators and officials, ground transportation via modern air-conditioned bus as per itinerary, Cuban visa.

**Not Included:** Lunches, optional activities, tips, \$25 CUC Cuban airport tax payable locally.

**PRICE:** The price of \$1,265.00 \$210 Canadian transportation taxes per person includes the services described in the itinerary with departure from Toronto. There is also a Cuban airport tax of \$25 CUC (equivalent to \$30 CAD approximately) per person to be paid locally in cash. Accommodation is air conditioned with satellite TV and en-suite bathroom based on 2 per room.

**SUNDRIES:** Participants should budget for sundry expenses at approximately \$200 CAD per person for the week to cover lunches, beverages, tips and personal expenses. Please note that a valid passport is required for entry into Cuba.

**TRAVEL INSURANCE:** Optional Trip Cancellation Insurance is offered at a cost of \$77 per person. Deluxe cancellation/medical/baggage insurance is offered at a cost of \$116 per person, or \$69 if 15 people or more buy it to qualify for a student group rate. Please see attached information.

**PAYMENT DATES:** To allow us to schedule the visit and begin to make the necessary arrangements with the various Cuban institutions involved, and reserve the air plane seats and hotel rooms, a deposit of \$300 per person is required by November 13, 2009 (without deposits no air seats or hotel rooms are being held). The final payment will be due on December 20th, 2009.

**Our following correspondence will include information to assist participants with planning. If you have any questions please call Andre Lachance at 613-748-5606 or by email at [alachance@baseball.ca](mailto:alachance@baseball.ca).**