



Fit For Her Football Jamaica 2024

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Dates:

March 9 - 17, 2024

Locations:

Kingston, Jamaica
Montego Bay, Jamaica

Mission:

Our mission is to create an inclusive and enriching yearly football program in the heart of Jamaica, where we blend passion for the beautiful game with education, personal development, and cultural exchange, with a strong focus on girls and all youth players. We will collaborate with the soccer community and schools to inspire and empower the next generation of athletes, fostering a love for football while promoting diversity, equity, and unity through sports.

TOUR SCHEDULE

Day 1 (Saturday, March 9)

Kingston - U10- U17 Boys

	Location: Ballaz Academy
9:00 am - 12:00 pm	Football Development Day 1 - TSD Principles 1 & 2
12:00 pm - 1pm	Connect With TSD: Coaches Q&A w/Flex, Nora, MSB Principle 1: "Building Beliefs for Success" w/players & Lunch Break
3:00 pm - 5:00 pm	Registration (local and international teams)
5:00 pm - 7:00 pm	Dinner/Cookout (Optional)
6:00 pm - 9:00 pm	Boys 7v7 tournament

Day 2 (Sunday, March 10)

Kingston - U14-U17 Girls Tournament & Clinic

	Location: Barbican Turf (9v9) ALL GIRLS
9:00 am - 10:00 am	Group 1: Field: Strength & Conditioning Stations/ Injury Prevention
	Check-in & Session Feedback 1
10:30 - 6:30 pm	Girls Tournament
6:30 am - 9:00 pm	Awards - Celebration - Coach & Sponsors Meet & Greet
	Assessment & Session Feedback 2

Day 2 (Sunday, March 10)

Kingston - Open for All in Community

	Location: Barbican Field
9:00 am - 12:00 pm	Activation (30-45 mins)? Football Development Day 2 - TSD Field Principles 3a & 3b (possibly a review of Field P1 & 2)
	Check-in & Session Feedback TSD P1 & P2
12:00 pm - 1pm	Lunch, Coaches Q&A w/Flex, MSB Nora, Principle 2: "Building a Resilience Mindset" w/players
	Check-in & Session Feedback
8:00 pm - 10 pm	Mini -Tournament (7v7 Tournament): Match Analysis: Coach Observation & Discussion of Player application of Principles
	Check-in & Session Feedback

Day 3 (Monday, March 11th)

Kingston - School Tour

9:00 am - 2:00 pm	Location:
School Tour for Girls: <i>story-telling, education, health & wellness</i>	
9am - 10am	Wellness & Mental Health: Beliefs Workshop
10am - 11am	TBD:

	Catch a Fire: Building Motivation
11am - 12pm	Lunch Break: Nutrition Activity Break TBD
12pm - 1pm	Top Notch & TSD STEADY She Wins: 30 - 45 The Business of Football 15 mins - Resilience Workshop
1pm - 2 pm	Fit for Her: Football Fun & Resilience Workshop

Kingston - Fit for Her Football Clinic - GIRLS

4:00 pm - 9:00 pm	Location: Ballaz Academy
	<i>4 Stations (2 7v7 Turf Field)</i>
4pm - 4:45pm	Fit for Her Football & Top Notch: SAQ & Strength
5pm - 5:45 pm	Lisa Berg of She Wins & Lenny Taylor of Within Reach: Player Recruitment at the International Level
6pm - 6:45pm	TSD: Goal-setting & Intentions for Success
	Fit for Her & Synergy Life: Nutrition for Top Football Performance (Information & Resources) She Wins: Family Engagement & Support
7:00 pm - 9:00 pm	GAMES 7V7 on Turf Field

Day 4 (Tuesday, March 12th)

Kingston - Day Off - Sightseeing & Celebration

	Explore Kingston (beach, downtown, etc.)
	Debrief - Farewell Celebration & Awards

Day 5 (Wednesday, March 13th)

Travel Day - Meet & Greet Training Session

	Depart Kingston by bus
9:30 am	Arrive in Montego Bay
10:30 am - 11:30 am	International & Local Meet & Greet
4:00 pm - 7:00 pm	Football Training & Games - boys & girls
4:00 pm - 5:00 pm	TSD Field Principle 1
5:00 pm - 6:00 pm	TSD Field Principle 2
6:00 pm - 7:00 pm	Connect With TSD: Coaches Q&A w/Flex, Nora, MSB Principle 1: "Building Beliefs for Success" w/players

Day 6 (Thursday, March 14)

Montego Bay - U10-U17 Tournament

	Location: Our Kids Academy (meet at field)
9:00 am - 2:00 pm	Tour of school, Flanker HS (Repeat of Sessions)
4:00 pm - 6:00 pm	TSD Principle 3a & MSB Principle 2: Building a Resilience Mindset *SheWins - Parent Engagement
6:30pm - 9:00 pm	Youth Tournament (Boys & Girls)

Day 7 (Friday, March 15)

Montego Bay - U10-U17 Tournament

	Location: Our Kidz Academy
4:00 pm - 5:00 pm	The Business of Football Nutrition for Top Football Performance She Wins - Parent Engagement
5:30 pm - 8:00 pm	Youth Tournament (Boys & Girls)
8:00 pm - 10:00 pm	Celebration & Awards

