



Sample Flying Hawaiian Wrestling Itinerary

Tuesday: Teams Arrive throughout the day.

Check-in at hotel and have the balance of the day at your leisure. Please provide us with updated cell numbers and an emergency contact and also a medical information sheet. Get FH gear(uniforms, Bags, etc.).

- **8:00PM** – FHC Pizza Party(TBA).
- **11:00PM** – Curfew.

Wednesday: Orientation Meeting & Pearl Harbor/Aloha Stadium Day

- **7:30AM** – Orientation Meeting, room TBA. All tour participants must attend. You can book additional excursions, optional tours, etc.
- **8:15AM** – Depart for short bus trip to Pearl Harbor and USS Arizona Memorial Tour.
- **10:00AM** – Tour time at Pearl Harbor(we will have tickets for you to the USS Arizona Memorial).
- **Noon** – Depart Pearl Harbor for Aloha Stadium Shopping Extravaganza.
- **1:45PM** – Oahu tour including Halona Blow Hole and Makapuu Point Light House(incredible South Shore of Oahu) – Bring the Camera!
- **3:00PM** – Arrive at hotel: The rest of the afternoon is at your leisure to shop, surf, boogie board, swim or just hang out on beautiful Waikiki Beach. Upon arrival you can book additional excursions, optional tours, etc.
- **11:00PM** – Curfew

Thursday: Training, Island Tour / Evening Luau

- 7:30AM** – Depart Hotel for practice at the University of Hawaii(Klum Gymnasium).
- 8:00AM** – Practice for teams.
- 10:00AM** – Depart Practices.
- 10:15AM** – Arrive back at hotel(afternoon at leisure).
- 5:00PM** – Depart Hotel for Luau(dinner at luau is compliments of Paradise Sports).
- 8:30PM** – Depart Luau for Hotel; arrival in 10 minutes.
- 11:00PM** – Curfew: Athletes need to be in their hotel room to sign in.

Friday: Day at Your Leisure

Today is a day that is at your leisure. You may want to book an optional sightseeing activity with Hawaii State Tours Remember athletes must stay in groups of 2-3 or more when leaving the hotel and you cannot leave the Waikiki area unless you are accompanied by a parent or guardian traveling with us.

The day is yours to explore the many fun activities the island of Oahu has to offer. You may want to take part in the optional group activities offered by our tour provider. See a representative to schedule these optional activities. Some optional activities include Dole Plantation, Northshore Tour, shark diving, Golf, surf lessons, helicopter tours, etc.

Remember athletes must stay in groups of 2-3 or more when leaving the hotel and you cannot leave the Waikiki area unless you are accompanied by an adult in our travel party and receive permission from a Paradise Sports Staff senior staff member. Have a fun and very safe day!

- **5:00PM** – College Recruiting Seminar.
- **11:00PM** – Curfew Athletes need to be in their hotel room to sign in.

Saturday: Opening Day of the Flying Hawaiian Classics

EAT BREAKFAST BEFORE YOU GET ON BUS!!!

- **7:15AM** – Depart for Competition Site(s)
- **8:00AM** – Opening round of games (games are on both courts and on the hour) Check board on site for bracket and times
- **NOON** – Depart for Hotel: Rest of the afternoon at leisure.
- **11:00PM** – Curfew: Athletes need to be in their hotel room to sign in.

Sunday: Championship Day of the Flying Hawaiian Showcase

EAT BREAKFAST BEFORE YOU GET ON BUS!!!

- **6:50AM** – Optional: Paradise Sports will host an interdenominational Devotional Service on Waikiki. You are welcome to attend this optional event.
- **7:15AM** – Depart for Competition Site(s)
- **8:00AM** – Championship Day of Flying Hawaiian Showcase. Check board on site for bracket and times.
- **2:15PM** – Games are over: Depart for Pali Lookout(travel across Kuualoa Mountain range and tropical rain forest(great photo op).
- **1:30PM** – Arrive back at Hotel(rest of afternoon at leisure).
- **6:00PM** – Wrap up Banquet/Ice Cream Social(videos, pictures of the week will be shown as well as awards ceremony).

- **11:00 PM** – Curfew Athletes need to be in their hotel room to sign in.

Monday: Last day in Hawaii!

- **11AM** – Hotel Checkout

Depending on your flight schedule you will take your luggage to the front desk for storage until your airport departure. Clients will be transported to airport generally 3 hours prior to your scheduled flight time. You still have time to do some shopping, catch some more sun, parasail, or even take that surf lesson you have been postponing all week!

**Itinerary subject to change.*