

South Africa Sports Performance Tour Prayer Guide

Lisa Martin

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Church and lunch with Friends	4 Sports Medicine Conference at University of Western Cape (UWC)	Follow us on Instagram (@aiasportsperforma nce) Facebook (Athletes in Action	6 Cultural learning and exploring	over U.S. to Cape Town, South Africa	Arrive in Cape Town, South	2 Cultural learning
		Sports Performance) teamblogs.athletesin action.org			Adjusting to the area	
		5 Sports Medicine Conference at University of Western Cape (UWC)		7	8	9
				Sports Medicine Conference at University of Western Cape (UWC)	Team Debrief and end of conference get together with UWC	Pack up and souvenir shopping
				Time at Sports Science Inst.		Fly home to USA

10 Arrive in USA



Lisa





Synthia



Dane