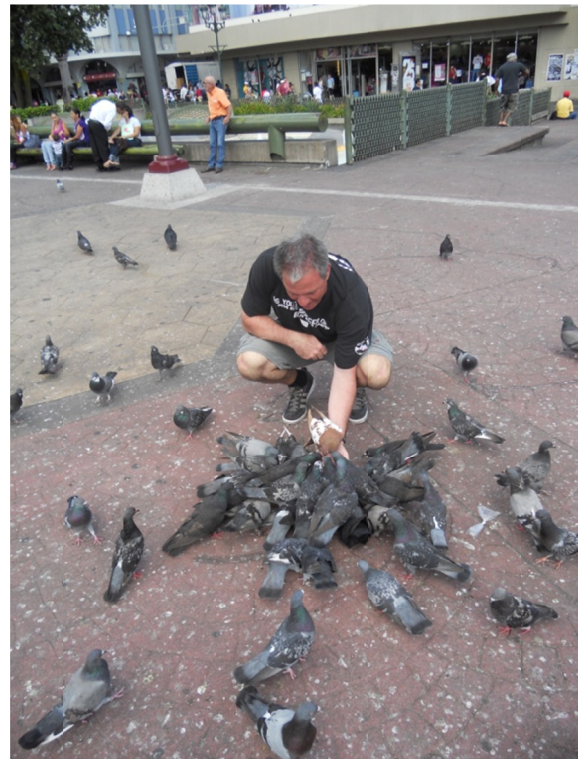


Friday

Today we woke up at around 7:45 for an 8 o'clock breakfast. After breakfast we all went to our rooms to get on our swimsuits to go do a workout in the pool with Coach Paul. After the very refreshing workout we went back to our rooms to get ready to go into the city. We got to walk around and look in some of the shops for about an hour and a half. We then got on the bus, as always, cheering for our amazing tour guide, Gabby, when she got on after all of us. We came back to the hotel and went to lunch. After lunch we had a little bit to sit down and relax before the game against Heredia. We left for the game at 12:30. We then played a very exciting game and won 2-1 with a goal in the first half and another early in the second half. But we then got two red cards forcing us to play 2 men down, and due to our disadvantage Heredia got a goal with about 15 minutes left in the game. And we managed to stay ahead and finish our trip with a win. We then went to the hotel and have a closing dinner where we watched a video with highlights from the week, then we packed and prepared to leave to the airport at 4 AM in the next morning.



Workout in the pool



Coach Paul Krumpe feeding pigeons downtown