

Congratulations!

You are joining the NSA EUROTOUR 2012

This information package is provided to assist you in preparing for the upcoming tour and completing the required documents.

For updated information, call Fred at 530-400-1903 nsaguru@gmail.com

About Scandinavia: Sweden, Denmark Iceland and Finland are beautiful countries. Encourage your children to do some research about these countries. The weather in summer is pleasant (similar to San Francisco). You will not need heavy jackets. Most people in Scandinavia speak several languages including English. Local players love to make friends with teenagers from the NSA. The ice cream is great!

The TOUR : Subject to change.

July 2, 2012 (Monday) Depart Gateway City; Intense Training for the rest of the week.

Location of training TBD- Gothenburg, Sweden.

July 8-14 - Dana Cup; July 15-21 Gothia Cup; July 22, 2012 (Sunday) return to USA.

Cost of Tour (subject to change due to unforeseen circumstances)

- **Land portion 3 weeks**, including most lodging**, food**, training, coaches, administrators, compete in two major international tournaments.: **\$2995.00**
- **Travel from USA to Scandinavia, including portions of land travel - \$1900.00**
Travel from your home town to the gateway airport for Scandinavia will be paid by participants. Gateway from USA to Scandinavia (Seattle, Denver, Minneapolis St Paul, New York, Boston, Washington).
- **NSA Uniforms \$300.00**
- **Please budget an additional \$400 to \$600- for misc expenditures and player spending money.**

The following are additional expenses:

- **During the intense training week, lodging and food will be additional.** To be healthy and economize, food will be prepared at the club house. Lodging cost and food will depend on where we end up staying. (approx \$150.00 if we stay at the club house)
- **All meals not provided by the tournament will be paid for by the participants.**
Although players are provided with lodging and meals supplied by the Tournament, some players may miss meals (e.g. they choose to, game schedule etc.).
- **Players must provide their own spending money.** Visits to amusement parks, other sights, meals during the travel between cities and purchasing souvenirs for parents etc..

To secure your spot on the tour, please follow payment schedule.

	Players	Payment due
Initial deposit	300.00	Within 2 weeks after acceptance
2 nd payment	995.00	Due 11/1/2011
3 rd payment	2000.00	Due 1/20/2012
4th payment	1600.00	Due 4/1/2012
Uniforms	300.00	Due 5/1/2012

If you need to deviate, please contact NSA to arrange for a suitable payment schedule.

Send payments to **NSA 26230 County Road. 97, Davis, CA 95616**

SUPPORTERS:

Supporters are welcome. We encourage families to come join the fun. NSA will arrange for supporters to stay in hotels and travel with the group (e.g. airplane, buses and ferries between cities). The NSA schedule of events are based heavily on the game schedule (which changes based on results). Based on past experience, it is much better to supporters to travel with NSA. Due to our relationships with the airlines, supporters may have different travel dates than the main group and still be included in the NSA block of tickets.

Supporters who have other means to arrange for flights (e.g. airline miles) should let us know as soon as possible so we do not reserved an airline seat for you. Cost will be reduced accordingly.

Please read the sheet title "**Helpful hints for NSA supporters**". **Cost for supporters packages is similar to the players but may vary depending on your itinerary and type of accommodations. Please contact Fred immediately if you plan to travel with the group.**

Supporters should follow the payment schedule as listed above except the 4th payment will be adjusted to the actual balance.

Passports and Visas:

A valid passport is required. **You must apply immediately if you do not have one.** Visas may be required if you do not have an American passport. (check with the Swedish consulate).

Refunds:

To enable a successful tour, we must have serious players with families wishing to make a major commitment. The initial \$300.00 deposit is non-refundable.

Refunds (minus a \$750.00 processing fee) will be entertained up to 2/15/2012.

After 2/16//2012, there will be no refunds unless a player is incapacitated due to injuries. In the unfortunate situation where an injury prevents a player from making the trip, there is a minimum charge of \$750 plus other non-refundable deposits and fees. Please bear in mind that much of the tour cost has to be pre-paid.

Medical:

If you are less than 100% physically fit prior to departure for the trip, it is your responsibility to contact NSA prior to leaving home. Any decision on your travel must be made after consultation with the NSA Director. A health statement/evaluation form is also required for each player.

Equipment:

You are responsible for all soccer equipment including shoes. Remember to bring along any additional items that you normally use for training or games, such as tape, water bottle, shin guards etc.. A suggested packing list is enclosed.

Accommodations:

Accommodations will be in classrooms provided by the tournaments. All players must bring their own sleeping bag and air mattress.

Meals:

Fees include meal tickets purchased from each tournament. Meals not covered by the tournament will be paid for by players (e.g. meals during travel days).

Money Exchange - important factors to know about conversion

An ATM DEBIT card from a CHECKING ACCOUNT is the best way to handle money. During your trip you will use three different currencies. Please make sure your ATM DEBIT card from your checking account works before you leave the USA and don't forget your pin number.

Traveler's checks are not convenient and more costly.

If players bring only U.S. Dollars, it will still need to be exchanged. They also run the risk of losing it. There is a commission every time an exchange is made to local currency.

There are many details that need to be planned in order for this tour to be successful. It is crucial that you follow our schedule. Please communicate openly and in a timely manner with us if you have any questions.

Messages may also be sent to you using ANNgroups (www.anngroups.com)

**BE FLEXIBLE**

We will work together to make this an enjoyable experience for your children.

Travel Documents to Complete

This section contains forms which should be completed and returned to NSA immediately.

- _____ **Code of Conduct** - This document explains the expectations of the player's conduct. It is a contract between the player and -the coaches, parents, teammates and officials. It spells out the disciplinary basis of the tour. One (1) original document required.
- _____ **Passport** – one copy of the picture page of your valid Passport
- _____ **NSA membership registration form.** One (1) original signatures required.
- _____ **Health Statement and Medical Evaluation Form** - In addition to providing us with valuable information regarding your child's health status, this document permits tour staff members to make judgment calls in the event of medical emergencies involving the player. One (1) original document required.
- _____ **Health Insurance Card** - One (1) copy required.
- _____ **one digital picture uploaded emailed to NSA..**
- _____ **Permission to Travel letter** A letter allowing minor player to travel with NSA, without the presence of parents. Original document required.

You should keep copies of all documents submitted to NSA. One copy should be kept for your permanent files and one copy should be carried by the player while on tour.

If you need additional information, please contact us on the NSA 530-400-1903.

Email: nsaguru@gmail.com

*Insert digital
picture*

Code of Conduct National Soccer Academy

Name _____

Birthday _____

The following is a list of rules and regulations that will be enforced by the director, administrators and coaches of the National Soccer Academy. All players who participate in NSA events and tours are subject to these rules. This document requires signatures from the player and parent/guardian(s). Please read, sign, and return the original.

1. Possession by any player of pocket knives, guns, fire-crackers, firearms, alcoholic beverages, drugs (unprescribed or illegal), other weapons, or related paraphernalia will result in immediate expulsion from the National Soccer Academy event/tour.
2. Unauthorized visits to rooms/houses by members of the opposite sex, incidents of stealing or vandalism, unauthorized absences from any practice, game or group function, or failure to inform officials of your destination, may result in disciplinary action and/or expulsion from the event/tour.
3. Players must always be in the presence of staff personnel or assigned chaperones, unless specific approval is obtained. While on tour the curfew for players shall be 9:00 p.m. Quiet time will be designated until the mandatory lights out time (between 10:00 p.m. to 11:00 p.m.).
4. Any action which could threaten the health and safety of individuals or group members, may result in immediate expulsion.
5. Arrest and detention by a government official (local or foreign) will result in immediate expulsion from NSA. Parent(s)/Guardian(s) assume immediate responsibility should a player be detained by a government official for any reason.
6. When necessary, searches of rooms and belongings may be carried out by tour officials. In most cases, players will have the opportunity, without penalty, to turn in any incriminating items before the search.
7. Repeated minor violations (such as disrespect for coaches, staff, players, use of tobacco, cigarette lighters, toy guns and water pistols, or profanity) may also result in expulsion.

I/We have read the above, understand and agree to the National Soccer Academy's Code of Conduct. I/We agree to honor the above agreements and commitments. As a player, I will actively listen, treat others the way I would have them treat me, and agree to always acknowledge and respect the National Soccer Academy, its coaches, administrators, players and other officials.

Player's Signature _____

Date _____

I/We acknowledge that no refunds are given in the event of expulsion for disciplinary reasons, and that I/we as a parent/guardian are responsible for any additional costs (including phone calls, hotels, air/ground transportation, etc) involved in sending my child home. I/We acknowledge that I/we will be notified immediately in the event of major disciplinary problems, before action is taken.

Parent's /Guardian Signature _____ **Date** _____

NSA EVENT _____
ADDRESS _____

NAME _____
PHONE _____

**Health Statement, Player Permission, and Medical Evaluation
National Soccer Academy**

The National Soccer Academy (NSA) requires that a player have an annual health history provided by a parent/guardian. A licensed physician must support this health statement with a medical evaluation within the past twenty-four (24) months, unless specific conditions dictate otherwise. This will eliminate the cost of unnecessary visits/exams.

This section to be filled out by parent or legal guardian.

Has your child had a medical evaluation (exam) within the last 24 months?

☐ YES. Date _____

☐ NO. Schedule an exam to complete medical evaluation.

Have you ever been told that your child should not participate in strenuous activities?

☐ NO.

☐ YES. Please indicate what specific limitations should be imposed upon your child's activities during the event/tour?

Is your child taking any prescribed medication or special dietary needs?

☐ NO.

☐ YES. Please describe below. Attach additional sheets, if needed.

Has your child ever lost consciousness during a physical activity or suffered a concussion due to a head injury in the last year?

☐ NO.

☐ YES. Please provide a physician's current statement regarding the effect the injury may have on participation in a strenuous activity.

Has your child had an illness or an injury within the last 6 months that may limit his activity?

☐ NO.

☐ YES. Provide an updated medical evaluation from your physician.

Are your child's immunizations current?

☐ YES.

☐ NO. Update your immunizations.

NOTE: Also, speak with your doctor for his recommendation on the Hepatitis vaccine series.

Has your child had a tetanus shot or booster in the last 10 years?

☐ YES.

☐ NO. Schedule at least 2 weeks prior to event/tour.

Does your child have any special needs or require any special equipment?

☐ NO.

☐ YES. Please describe _____

Does your child have any chronic conditions, such as asthma, heart disease, allergies or any other conditions that NSA should be aware of? Include allergies to medicines.

☐ NO.

☐ YES. Please describe.

Permission to Participate

My child has my permission to participate in all activities planned for NSA events/tours. I, the parent/guardian of the player, a minor, agree that the player and I will abide by the rules of the National Soccer Academy (NSA). I/We recognize that possibility of physical injury associated with soccer and the activities while playing and traveling, and in consideration of NSA accepting registrant for soccer events/tours and activities, I release, discharge and/or otherwise indemnify NSA, their directors, administrators, coaches, and associated personnel, including the owners of the fields and facilities utilized for the use of NSA, against any claim by or on behalf of the player as a result of the player's participation in NSA programs, and/or being transported to or from the same, which transportation I hereby authorize. I also certify that my child is covered by a primary health insurance for all injuries that may result from NSA activities.

Consent for Medical Treatment

As the parent/guardian of the above named player, I hereby give consent for emergency care prescribed by a duly licensed physician of medicine or a doctor of dentistry. This care may be given under whatever conditions necessary to preserve life, limb or well being of my child/dependent.

Medical Insurance _____

Medical Number _____

Physician _____

Phone _____

**(ATTACH A PHOTOCOPY OF HEALTH INSURANCE
IDENTIFICATION CARD OF PLAYER AND/OR INSURED
PARENT/GUARDIAN.)**

PARENT/GUARDIAN

NAME(Print) _____

Signature _____

Date _____

Phone _____

Emergency Contact _____

Emergency Phone _____

MEDICAL EVALUATION (TO BE COMPLETED BY PHYSICIAN) Today's date: _____

PLAYER'S NAME _____ DATE OF BIRTH _____

NOTE TO PHYSICIAN: THE CHILD BEING EVALUATED WILL BE PARTICIPATING IN AN EVENT/TOUR SPONSORED BY THE NATIONAL SOCCER ACADEMY. THE EVENT/TOUR WILL REQUIRE PARTICIPATION IN THE SPORT OF SOCCER AND WILL INCLUDE STRENUOUS AND PHYSICAL ACTIVITY OF THE PARTICIPANT DURING SOCCER PRACTICES, TRAINING, GAMES AND TOURNAMENT PLAY.

PHYSICAL EXAMINATION

HEIGHT _____ WEIGHT _____
VISION: NORMAL ☐ ABNORMAL ☐ GLASSES ☐ CONTACTS ☐
HEARING: NORMAL ☐ ABNORMAL ☐

IMMUNIZATIONS CURRENT FOR TETANUS, MUMPS, DIPHTHERIA, PDT, MEASLES, HEPATITIS, AND RUBELLA?

☐ YES

☐ NO, PLEASE UPDATE AS REQUIRED.

ANY LIMITATIONS OF PHYSICAL ACTIVITIES?

☐ NO

☐ YES, PLEASE DESCRIBE

ANY DIETARY RESTRICTIONS?

☐ NO

☐ YES, PLEASE DESCRIBE

ANY MEDICATIONS REQUIRED?

☐ NO

☐ YES, PLEASE DESCRIBE

ANY MEDICAL CONDITIONS THAT NSA SHOULD BE AWARE OF, SUCH AS ASTHMA, HEART DISEASE, ALLERGIES, MEDICINES, ETC?

PHYSICIANS NAME (PRINT) _____ PHONE _____

PHYSICIANS SIGNATURE _____ DATE _____

ADDRESS _____

THANK YOU FOR YOUR COOPERATION, NATIONAL SOCCER ACADEMY

Date: _____ **NSA Membership Registration Form**
EUROTOUR

Last name _____ First name _____ Birthday _____ male ___ female ___

Parents/Guardian names: _____ E-mail _____

Additional email: _____

Telephone- cell: _____ evening: _____ day: _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

List any Medical Problem or prohibition player has _____

Person to notify in emergency _____ Phone _____

Physician to notify in emergency _____ Phone _____

HEALTH & ACCIDENT INSURANCE PROVIDER _____

Number of years played _____ Last team _____ Last League _____

I, _____, the parent/guardian of the registrant, a minor, agree that I and the registrant will abide by the rules of the National Soccer Academy (NSA), its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with soccer and in consideration for NSA accepting the registrant for its soccer programs and activities (the "Programs"), I hereby release, discharge and/or otherwise indemnify NSA, its affiliated organizations and sponsors, their directors, employees and associated personnel, including the owners of fields and facilities utilized for the Programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the Programs and/or being transported to or from the same, which transportation I hereby authorize. I also certify that my child is covered by primary health insurance for all injuries that may result from the "PROGRAMS".

CONSENT FOR MEDICAL TREATMENT (MINOR)

As the parent/legal guardian of the above-named registrant, I hereby give consent for emergency care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions necessary to preserve the life, limb or well-being of my dependent.

NAME _____ Signature: _____

Parent/legal Guardian (Please Print) Occupation: _____



NATIONAL SOCCER ACADEMY Inc.

26230 Road 97, Davis, CA 95616

E-mail: info@nsasoccer.org

website: www.nationalsocceracademy.org

BECOME AN NSA MEMBER and be INFORMED

Please feel free to duplicate this form for your friends.



National Soccer Academy Parental Travel Permission Form

Date: _____

To Whom It May Concern;

The undersigned parent(s) and/or legal guardian(s) of minor player,
_____, do
hereby allow and give permission for travel outside the United States to Scandinavia to
participate in the National Soccer Academy Eurotour.

I / We understand that our child, _____, will be the
responsibility of the National Soccer Academy staff while traveling in Scandinavia.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Players Signature

Date



NSA EUROTOUR SUGGESTED PACKING LIST

Each player will have two pieces of luggage + sleeping bag (tied properly)

1. sports bag - to hold all your soccer stuff
2. suitcase with wheels or backpack - to hold everything else.

**Player will be responsible for carrying their own luggage.
DO NOT PACK MORE WEIGHT THAN NECESSARY.**

Wear the following while traveling with NSA

- NSA – red polo shirt; shorts; NSA warm-up (top & bottom);
- Turf shoes; Watch, Fanny Pack (with emergency cash).

All luggage must have luggage tag with name, address and phone number.

All personal items must be clearly marked with your name for easy identification.

We suggest using laundry markers for clothing, including socks & underwear.

Pack the following:

in sports bag		in suitcase with wheels or backpack	
Soccer Cleats		pants (1 long, several shorts) Dress shirt (1)	
Sandals		Sleeping bag (use straps to attach to suitcase or backpack, not elastic cords.	
Shin-guards		Sleeping pad (foam or air mattress)	
NSA playing uniforms(blue & white jerseys) 2 pairs of shorts, socks		socks - regular underwear, T-shirts bring at least enough for 10 days	
Digital Camera		Journal - every player must spend at least 20 minutes per night writing.	
Ball – deflated, with your name clearly marked on it		pins, patches , lanyards and extra NSA T-shirts for exchanging	
Sun Screen			
Toiletry kit (tooth brush, tooth paste, floss, soap, shampoo, comb etc. personal medicine)		CD player, other small electronic gizmos plus extra batteries (do not bring too much)	
Bath towels (2)		6 Garbage bags (for storing dirty clothes)	
Washcloth in zip lock bag		small air pillow (optional)	
other personal items		pajamas (optional)	
		First aid supplies, sports tape, throat lozenges, vitamins, chemical ice, ace bandages, Ben-Gay, other personal medical supplies.	

Players Passports must be kept by an administrator for safe keeping during the trip.

Extra jackets are not required. The summer weather in Scandinavia is pleasant (similar to San Francisco) will be in the 60's at night, 80's during the day.

NSA rule: no eating candy except on Saturdays

Helpful Hints for NSA Supporters

NSA players travel as a ‘tight’ family. Players are managed by the tour leader, the coaches and administrators. Soccer is the focus of the player group.

Parents and other supporters are welcome to watch the matches. Supporters’ group focus may be watching the games, sightseeing, touring or any combination - independent of the players group.

Supporters will have their air travel, land travel between tournaments to their hotels arranged. Breakfasts are included with the hotel. Once they arrive at the hotels, supporters are on their own. Match schedules will be provided when possible. An itinerary of the players and supporters will also be provided.

Following are some hints:

On the Field:

- Enjoy the matches, video tape them, take lots of pictures, enjoy the atmosphere, cheer for the team, make friends with people from around the world. **Leave your children and other players alone so that they grow from their experience.**
- **Never tell an NSA coach how to coach.** NSA staff are professional coaches - trust their instincts and experience regarding the game of soccer. Look to the “process” of development (the big picture) for achievements, not simply the scores of the matches or the amount of time your child is present on the field. Judging from the players who have trained and traveled with NSA, the NSA coaches have been very successful in treading the fine line of helping a child develop the “performance” part of their game without undue pressure during these tours. NSA does not and will not condone the “win at all cost” mentality. However, do not send your child with us if you cannot accept the coaches decisions as to who represents NSA during matches.
- **“Performance” is emphasized during these tours** -- not the amount of time a player is present on the field during matches. NSA staff coaches will do what is best for the teams to enhance “performance”.
- During tournament competition, the best players at that time will represent NSA on the field. Substitutions will be made due to
 - a) injury;
 - b) player’s performance;
 - c) tactical changes for the match;
 - d) scores are lop sided.
- **There is absolutely no guarantee on the amount of “match” time for any player.** To increase the amount of possible “match” time of

all our players, NSA tries to enter extra teams so some players may play on more than one team. Parents of players participating on the tour must accept the NSA coaches judgment regarding who represents NSA at the matches.

Off the field:

- Sightsee with friends and other supporters. Relax and have a fun time. **Leave your children with the NSA staff so they become independent and enjoy the soccer tour atmosphere.**
- **offer to help with laundry. That has always been a big job.**
- All players must stay with the tour. You child must never be isolated from the other players (unless he/she is sick).

Supporters are not allowed to take their children away from the group without prior approval from the tour leader. Should the opportunity arise, you may take your child for a brief period of time. However, your child must invite at least three other players and go with you as a group.

A Good NSA tour supporter

- does not have unrealistic ideas about their child’s ability.
- is very flexible. Traveling on soccer tours can be very stressful to some.
- does not have unrealistic expectations from the tour.
- does not “cling” to your children during the tour

National Soccer Academy

A 501 C(3) non profit corporation Tax ID: 99-0342202

Introduction: Fundraising can make a substantial impact on players' costs. Many players have been able to defray the majority of the tour fees by attracting local sponsors. However, hard work is needed. Amateur players at all levels, youth through senior, know that funding for training and competitions comes only from a well thought out plan.

Ideas:

- 1) Compose a **nice letter** and mail to friends, relatives, family doctor, dentist, your parents, co-workers and anyone else who may support you. The letter should be concise, talk about yourself, your goals, the Eurotour and end with asking for sponsorship. It is also a good idea to include a copy of a recent soccer picture with the letter. You may be surprised at how many people will support you in this great adventure.
- 2) **NSA yearbook:** Similar to most tournament brochures, participants may sell advertisements in the NSA yearbook. 75% of the income from the advertisements will be credited towards your tour cost. Advertisements are tax deductible for most companies.
- 3) Work with friends from your area to arrange fund raising events.

Based on our past experiences and the suggestions of some professional fundraisers, the following general guidelines should be followed:

1. Be as organized and professional as possible. Take the necessary materials with you as in forms, letters of introduction and brochures.
2. Be polite, positive and patient. Dress neatly.
3. Meet prospective donors face-to-face. Personal contact is the best way to show that you are interested in the donor. Phone calls (not too many) are also good.
4. Follow up meetings with a thank you letter and any materials requested by the donor. Do not wait until tomorrow. Donors will feel your enthusiasm and respond.
5. Do not always look for the big, donor. Expect most to give between \$25 and \$50.
6. Start early. Plan a list of family, friends, relatives, local businesses and others. The more local, the better. Think of places where you shop.
7. The more sponsors, the more support you have. Suppose you set a goal of \$1200. Make yourself a tree of gifts and fill it in:
\$200
120 - 120
80 - 80 - 80 - 80
40 - 40 - 40 - 40 - 40 - 40 - 40 - 40 20 - 20 - 20 - 20 - 20 - 20
8. If possible, try to find an adult who would be willing to serve as the guide for your fundraising efforts by giving advice, connections and support. You do the legwork.
9. Keep your sponsors informed from abroad. Budget a postcard or two for each.

Be creative and honest. Deliver value.

Become an NSA Tour Yearbook Sponsor

Platinum Sponsor: \$5000.00 Includes: <ul style="list-style-type: none"> • Logo on the NSA EUROTOUR uniforms • One Feature Full Page AD 	Full Page Ads : \$ 1000.00 Half Page Ads: \$ 500.00 ¼ Page Ads : \$ 250.00 Business Card Size Ads : \$ 100.00
Please supply camera ready artwork.	Deadline for submitting logo: May 1 Deadline for Artwork: August 1

- Contributions to members of the NSA will defer their cost of participation in exciting NSA events. Advertising dollars is tax deductible for companies.
- The NSA YEARBOOK will be filled with pictures and highlights of yearly NSA events, including soccer camps, clinics, tournaments and soccer tours which the players and families will treasure for a life time. They will also show achievements of NSA players to recruiters from Colleges, other higher level teams and Professional teams.
- This Yearbook will give your Ads and logos much exposure through tournaments, families and friends for many years to come.
- 80% of your sponsorship fund will go directly to the player's account. The rest will be spent on producing and distributing the yearbook on DVDs.

NSA YEARBOOK Advertisement Order Form:

Name of Purchaser: _____
Address: _____ City _____ State ____ Zip _____
Phone: _____ Fax: _____ email: _____
Name of NSA player you wish to apply the credit to: _____

Ad size: Platinum: _____ \$5000.00
GOLD: _____ \$1000.00
SILVER: _____ \$ 500.00
BRONZE:: _____ \$250.00
Business Card: _____ \$100.00

Payment Enclosed: _____

Mail Payment and camera ready art-work to:

NSA 26230 Road 97, Davis, CA 95616

Contact NSA if you need assistance in producing the artwork.

Ph: 530-400-1903 website: www.nationalsocceracademy.org