

Notes for Supporters going on the NSA EUROTOUR

BE FLEXIBLE

It is an Adventure. Your children will be well taken care of by the coaches and administrators so EXPLORE and ENJOY.

Know that whatever I decide may change based on circumstances So stay calm ☺

Communication while we are in Scandinavia:

When we are in Scandinavia, the best way to communicate with families in the USA is via email or talk over skype when we have access to Wi-Fi (which may be found in most places)

To contact each other (coaches, supporters)... One way is to bring your GSM cell phone that will accept sim cards. The telephone stores sell sim cards for less than 20-. The coaching staff will have a couple of local phone numbers so you may call us at any time (in case you get lost ☺)

Meals:

Breakfasts are served at the hotels for the first 2 weeks. Some supporters pack a little bit from the breakfast for lunch (do not over do that).

Some of you may get tired of eating out at restaurants every day. I suggest you shop at local grocery stores for essentials (water, juices, adult beverages, bread, fruits, meat, yogurt, meat cheese, vegetables... etc.). During the third week, we will be staying at an Apartment hotel where you may prepare meals.

Laundry: - be self sufficient

Please send small packets of laundry soap with your players and a rope. Players are supposed to wash their own clothes and hang dry them at the schools. They will be wearing soccer clothes most of the time. If you find a better way to do laundry and are willing to help, please talk to one of the administrators and arrange to help.

Local Currency:



It is best to withdraw local currency at the ATMs with your debit card. Make sure to check with your bank and get cards that will work overseas. You will also have to let them know the card will be used in Scandinavia so they lift the fraud alert. You should manage your child's expenses,; give them some pocket money but NOT TOO MUCH.

Game Schedule:

Tournament publishes the game schedule. They are also online. Since I have arranged for more teams than players, players may play on different teams so it is best to check daily to find out where and when your child is playing. I will try to have the list posted the night before at the hotel.

Sight Seeing:

Trips to go sightseeing as a group will be arranged. You will find that these trips are normally decided at the last minute because of the game schedule, the weather and the mood of the group. It is important for you to stay in communication with the coaches, administrators and each other.

Opening Ceremony for the Gothia Cup : There will be around 50000 people at the stadium !

Everyone who booked rooms with NSA for their Gothia Cup week will also be given the Opening Ceremony Ticket and Gothia Card (good for all public transportation and discounts). If you booked your own rooms, you can order the Gothia card and opening ceremony ticket through NSA for 75- each . This way, you can sit together with the group.

Bring American Flags:

For the opening ceremony, it will be great if all the players carry small American Flags. Since it is around July 4, they are on sale at most stores. Please bring a few, different sizes.

Medicine:

If your children have specific medicine they need, (e.g. for allergies etc.) please make sure to send with them.

It could happen that your children may catch the flu or something similar, so if you have medicine that they are used to , send some.

Send athletic tape and small packets of first aid stuff with them also (bandaids, neosporin, etc.)

We are blessed this year to have Nita & Garrett who are both MD's plus Heather who is a Chiropractor join as supporters for the entire trip.

