

# Water Polo Coaches Association Conference

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Las Vegas Nevada

## Promoting an International Trip to your club

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### **Our mission...**

Our goal is to use such trips and events to promote international awareness and appreciation for various cultures while building our team and competitive level.

### **Our objectives**

Travel to Eastern Europe in \_\_\_\_\_

§ Our main objective is training and international competition.

§ A secondary objective is learning about the history and culture of the countries visited.

§ It is our goal to develop as water polo players, learn as individuals but also to help build our team.

§ Offer team the exposure to competition that is not readily available in the US today.

§ Gain appreciation towards other cultures and develop friendships with local teams and coaches.

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## **ITINERARY (sample)**

Day 0: July 7, Monday– DEPART

Day 1: July 8, Tuesday–

Day 2: July 9 Wednesday –BUDAPEST

§ Morning practice

§ Sightseeing tour: Hero Square, Andrassy Street, St. Stephen's Basilica, Parliament, Castle

§ Afternoon scrimmage

Day 3: July 10, Thursday- BUDAPEST

§ Morning practice/scrimmage, Margaret Island

Day 4: July 11, Friday – EGER

§ Morning practice

§ Sightseeing: Dobo Square, Market, Bank, Minorita Church, Basilica

§ Evening scrimmage

Day 5: July 12, Saturday – EGER

§ Morning practice & afternoon scrimmage

Day 6: July 13, Sunday – EGER

§ Morning practice & evening scrimmage

§ Sightseeing: Castle, Underground tunnels, Torture chamber

Day 7: July 14, Monday – SLOVAKIA?

Day 8: July 15, Tuesday –

Day 9: July 16, Wednesday-

Day 10: July 17, Thursday

§ Morning practice & evening scrimmage

Day 11: July 18, Friday

Day 12 July 19, Saturday Return to USA

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## **PROPOSED BUDGET**

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**The all-inclusive budget for the trip is approximately \$\_\_\_\_\_ which includes the following:**  Flights (base fare guaranteed – fuel surcharges/taxes depend on day of booking)  Local transportation via private buses and public transport  Hotel Accommodations  Arrangements for 3-course team meals (breakfast, lunch and dinner).  Day trips for scrimmages/games/tournaments  Sightseeing  Daily updates and pictures to parents via email & website.  Coverage for 2 coaches to go on the trip  Special gear  
These approximate amounts will be charged to your account on below dates. In three Installments: 1. \$500 per athlete due January \_\_\_\_\_ (non-refundable) 2. \$\_\_\_\_\_. per athlete due \_\_\_\_\_. due \_\_\_\_\_ \*cost dependent on the dollar

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## FLIGHT INFORMATION

### PACKING CHECKLIST

§ The following is a suggested list of items to pack for the trip. Players must be able to transport their own bags. It's recommended to pack a travel bag and one small backpack only.

§ Please label everything, especially shirts, t-shirts, swimsuits and jackets.

§ **You are representing our club, your country and United States Water Polo. Please think about this when you are choosing how you will be seen on this trip.**

Category	Suggested quantities and types of clothing	Check
Pants	(1) tan "Dockers" style pair to wear on the plane. (2) pair of blue jeans. (1) sweatpants	
Shirts	(1) Team shirts (2) collared shirts (5-7) T-shirts (1) sweatshirt	
Socks	(4) pairs	
Shoes	(1) pair "Cross Training" shoes (1) pair of sandals for the pool deck	
Underwear	(6) pairs	
Towels	(1) Regular (1) robe	
Swimsuit	(3) pairs including team suit	
Goggles	(2) pairs	
Jacket/Coat	(1) Team warm-up	
Kit	Toothbrush Toothpaste, Comb, Soap, Shampoo, Deodorant Toilet paper (2 rolls, take out the cardboard tube and smash) Woollite packets (Laundry facilities are not easily accessible. You may clean your clothes in the hotel room.) Small towel	
Misc.	Wristwatch Camera Water bottle	
Snacks	Nuts, candy, granola bars, peanut butter, powdered drinks like Gatorade and Crystal Light (Water can be "very mineralized.")	
Entertainment	Computerized games (share Games), iPod), etc., Books, adapter to 220V, Cell phone: needs to be tri-band. Phone cards may be a better option.	



## **HUNGARY TRAVEL TIPS**

### **CONTACT INFORMATION IN HUNGARY...**

#### **Budapest Hotel - TBD**

#### **DO...**

1. Carry your emergency contact card\* and a copy of your passport with you at all times
2. Watch your valuables, especially in Budapest. (Lock up your passport in the coaches' hotel safe)
3. Order tap water at restaurants, otherwise they'll charge you for bottled water. Tap water in Hungarian is csapviz (pronounced tschup veez). Ask for ice. Ice in Hungarian is jeg (pronounce yaehg)

#### **DON'T ...**

1. Don't put your valuables in your back pocket or in your backpack. Hungarian pickpockets are especially skilled, particularly on public transportation
2. Don't carry your original passport with you. US passports are hot commodities
3. Don't use phone booths that operate with coins. They tend to swallow the coin and not connect. Instead buy a phone card and use that with a card-operated booth
4. Don't swear. It's not nice and also Hungarian referees, players and coaches recognize those words even if they don't speak any English otherwise.
5. Don't expect public bathrooms to have toilet paper. Carry your own with you instead
6. Don't use the phone at your hotel. Even if you use an international phone card, the hotel will charge you.
7. Don't use the minibar at the hotel. If you'd like to use the fridge for your own items while putting the contents aside, make sure to inform the front desk prior. This way they'll know not to charge you for the items you've removed. (We'll communicate this to the hotel on your behalf, but it doesn't hurt to repeat.)

\*Emergency Contact card will be provided at the Pre-trip orientation meeting



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## **CODE OF CONDUCT AGREEMENT**

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You will have to sign and abide by the Code of Conduct Agreement while training, traveling, or competing as a member of the team.

### WE AGREE THAT:

1. On the trip, a nightly curfew will be established and observed.
2. All meetings, training sessions, etc., will be attended and athletes are expected to be on time.
3. There will be no possession or use of any illegal drugs, alcohol, or tobacco products.
4. Any physical damage occurring in a hotel room shall be paid for by the registered occupant(s).
5. There will be no unacceptable behavior. This includes, but is not limited to:
  - a. Committing an act, which would be considered an offense under the laws of the United States, the host countries or United States Water Polo.
  - b. Gross misbehavior and unsportsmanlike conduct.
  - c. Disrespect to coaching staff

Persons present while any of these prohibited activities occur must leave immediately or will be considered a participant by choice. Any person observing or having knowledge of any activity, which may result in serious bodily harm, must report such activity to the team staff immediately.

Violations of the preceding may entail, depending upon the circumstances, the following:

1. Full or partial restriction of movement or participation in activities on the trip.
2. Removal from the team and sent home at parent's expense.
3. Assessment of fine to cover any damage caused by the player.
4. Any combination of the above.