



Pre-Travel Meeting

2024-2025



Agenda

- Purpose
- Preparation
- Player Behavior
- Coach/Chaperone Responsibility
- Uniforms
- Travel
 - Expectations
 - Departure
 - Arrival
- Lodging
- Transportation
- Games & Spectators
- College Tours/Recruiting
- Weather and Packing
- Emergency Protocols
- Travel Day Return
- Contact and Communication



Purpose of Trips

- Provide a pathway for players who aspire to reach a higher level beyond club youth soccer.
- Get experience playing against high-level teams from other regions of the country.
- Get quality video from competitive matches to support player and team development and the college prep process.
- Give players experience with travel in a team environment so they can start to learn what to expect as college athletes.
- [https://](#) - **Event Web Site**



Preparation

- **REST!** – Events like this require you to be at your best! You cannot showcase yourself and support your team well if you are tired and can only perform at 75%.
- Set goals for yourself that align with your team. Have your own purpose.
- Don't let screen time/social media disrupt your rest/recovery and prep time.
- Be prepared to be a leader in your own way to help make this trip successful for everyone. Hold each other accountable, be helpful and a model citizen! You never know who is around.
- Hydrate – flying will dehydrate you. Dehydration will hurt your endurance and ability to perform and recover.



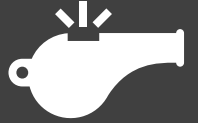
Preparation

- Double check your bag before you leave to be sure you have ALL of your uniforms, cleats, shin guards and necessary gear. This includes pre-game readiness and post-game recovery supplies.
- Eat properly before each game. You need fuel to perform for the game
- Keep your bench and warm up area tidy.
- Eat something after your game, even if you aren't hungry. Your body needs some sort of fuel to help the natural healing & recovery process.
- Do recovery and take care of any injuries right away.
- Reach out to college coaches and send them your schedule.



Player Behavior

- Have fun but be sensitive to every individual's limits.
- Honesty is essential.
- Make good choices that support your individual short and long-term goals.
- Include everyone on the team and be respectful of their choices.
- Be competitive but not malicious. Be curious and not judgmental.
- Watch out for each other and hold each other accountable to the team and themselves.
- Bullying, Hazing, and Inappropriate Behaviors will not be tolerated and will be dealt with accordingly, which may include separation from the team, suspension from play, and/or legal action.
- Consequences for unacceptable behavior affect both you and your team.
- Learn to identify what the unacceptable behaviors are. Training is available if needed.



Coach/Chaperone Responsibility



- We are all responsible for ALL of the players – If you see something, say something. Help keep everyone in line with the expectations set by the club.
- Room checks should be done by a coach/chaperone of the same sex as the players or by a pair of coaches/chaperones.
- Room inspections, if needed, should be done without players in the room.
- Player meetings must be in a public space (Observable and interruptible)
- Give quality feedback to the player and get action plans from them
- Keep talks brief, but meaningful.
- Encourage and suggest proper use of “downtime”.
- Know how to reach players, parents, and other adults that are part of the trip
- Chaperones for team travel need to take all club trainings and clear background checks.
- Use tools like Life360 to help track player whereabouts **if approved by player families.**



Uniforms



Required – Bring both full kits to all games

- NWU Light Kit – White Shirt, White (Boys)/Gray (Girls) Shorts, White Socks
- NWU Dark Kit – Black Shirt, Black Shorts, Black Socks
- NWU Warm Up Top
- Backpack/Bag – NWU or Black
- Grip Socks (if worn) should match sleeve color



Optional/Other

- No hoodies or pajama bottoms – save those for post game off the field.
- All other clothing items worn for warm ups or game time should be plain black (preferably Adidas).



Travel

- Team Travel – Players travel with the team, coaching staff, and approved volunteer chaperones. The team stays together in one place without parents. The team is responsible for transporting players to/from games and team activities. The team is responsible for meals and planning activities.
 - Some players may travel separately to meet the team at the destination. This should be coordinated with the coaching staff and chaperones.
 - Parents may attend and participate in team activity, but will stay separate from the team.



Travel

- **Individual Travel** – Players travel with their family members and are responsible for all transportation, food, and lodging. Players may meet up with other players or the team for team or small group activities coordinated by parents or players.
- **Hybrid** – Some players travel unaccompanied with other player families and some travel individually. All plans are coordinated amongst traveling player families. All transportation, food, and lodging are the responsibility of the parents or players. Players may meet up with other players or the team for team or small group activities coordinated by parents or players.



Travel Day Expectations



Travel Dress Code – Players AND Coaches

- NWU Training Top (and warm up top if needed)
- NWU Training pants or shorts (or plain black athletic pants or shorts preferably Adidas)
- Runners or flats (No flip flops or crocs)
- NO jeans, hats (except NWU logo hats), or hoodies
- Look like a member of a professional team



Travel Day Expectations

Travel expectations

- Stay in a group – Always use the buddy system – inform coaches/chaperone where you will be if you need to leave the group for any reason
- Fill your water bottle after going through security and keep hydrated!
- Always be respectful of other travelers – Represent yourself, your family, your coach(es), and your club by being good citizens at all times!
- Bring \$ meals or snacks at the airport (depending on your travel time)



Travel Day - Departure

For Everyone – Be Early

- Bring a carry-on bag with all required uniform items and game day essentials.
- Program your coach's phone number into your phone and any assigned secondary adult contacts who are traveling on the trip.
- Be sure to bring ID

If traveling with a team/unaccompanied

- Parents must check unaccompanied players in with the assigned adult chaperone or coach.
- Check any bags (if necessary) and wait for the group to go through TSA



Travel Day - Arrival

If traveling separately

- Let your coach know you have arrived

If traveling as a team/unaccompanied

- Wait as a group (out of the way of traffic) at the gate or at a pre-determined meeting location (i.e. Baggage Claim)
- Coach/Chaperone will give specific directions on transportation and arrival at group lodging.
- Coach/Chaperone will share a schedule for the trip including time for - wake up and lights out, game schedule and departure times, meals,



Lodging

- Lights out / curfew is for your benefit to be able to play at your best and will be strictly enforced. All players should be in their rooms at curfew.
- Mobile phones should be put on “Do Not Disturb” at curfew time and should not disturb your or your roommate’s rest. **Be responsible or we will take responsibility for your phones for you.**
- NO soccer or any other throwing/kicking/running or “horseplay” indoors, and no congregating in hallways or stairwells inside the hotel.
- Pool and hot tub time should be limited/monitored.
- Keep your rooms and public areas tidy, pick up trash even if it isn’t yours, and leave the place looking better than you found it.



Lodging

- We must be good neighbors for others and keep our noise levels down.
- Players may not go into rooms of players of the opposite sex.
- Family members of the opposite sex of the players are not allowed in the player's rooms if other players are present.
- Players may not leave on their own or without a coach, chaperone, or parent.
- Sometimes accidents happen and things get broken. If that happens, own it, report it right away and arrange to get it fixed. We will support you if you are honest and take responsibility.
- If traveling as a team, rooms and roommates will be pre-assigned by the coach and you **MAY NOT** change rooms.



Transportation

- Seatbelts are ALWAYS REQUIRED in vehicles.
- Vehicle passenger capacity will not be exceeded.
- Drivers will be adults/chaperones/coaches with a valid driver's license and insurance and will transport players to their destination safely and efficiently.
- Passengers will not distract the driver from operating the vehicle safely.
- Players may play "Clean" music in the vehicles at the driver's discretion
- ALL trash must be removed from the vehicles and disposed of properly each trip – keep the vehicles tidy and in good condition!



Games and Spectators

- Teams should arrive at the field 1 hour prior to kick-off
- Spectators are allowed on the opposite side of the field from the players on the same half as the team bench.
- It is the expectation of NWU that our spectators, players and coaches will be respectful of the opposing teams, their spectators and the officials at all times.
- Report any inappropriate commentary, toward players or spectators, to the officials or coaching staff for them to address.
- Players travelling as a team are under the supervision of our coaching staff and chaperones throughout the trip. Players may only leave the team with family if pre-arranged with the coaching staff.



College Tours/Recruiting



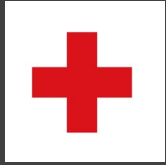
- Visiting college campuses is an important part of the process for players to get a sense of what environmental factors are important to them in choosing a school. Take a look at what schools are in the area and plan an unofficial visit or tour.
- College Coaches may be watching directly or indirectly – You are being evaluated in EVERYTHING that you do on this trip!
- Coaches want to recruit good citizens who they can trust to do the right thing when they travel.
- If travelling as a team, this is preparation for living away from home on campus as a college student-athlete. Being able to make good decisions for yourself to perform at your best is essential to being recruited and to being successful at the next level.
- Follow up with college coaches you reached out to and send them game highlights from the trip and make them aware of your next event.



Weather and Packing



- Be sure to check the weather forecast for your destination before you leave and pack appropriately with jackets, hats, gloves, underlayers, sunscreen, etc.
- You may be at the fields as a spectator at times as well.
- Ensure your cleats are in good condition, or bring a spare pair
- Confirm the field surfaces with your coach.
- Players should be prepared to do their own laundry if needed.
- Ensure your uniform pieces and other clothing are easily identifiable.
- Don't take a piece of clothing or equipment that aren't yours, but pick it up if it looks like your teammate may have left or lost it.



Emergency Protocols



- All unaccompanied player's parent or guardian will sign a permission to travel form allowing the coach, chaperone, or other team parents to transport them during the trip.
- All players need to have the medical waiver signed with the player's current emergency contact(s) and primary physician contact details.
- If a player becomes ill, parents will be notified, and we will take steps to minimize the spread to other players. Remaining teammates will be monitored.
- If a player becomes injured, appropriate medical attention for triage will be sought out and provided and parents will be notified. The coach will make the final decision on return to play even if all required medical clearances were given to the player.
- WYS Secondary Insurance - <https://washingtonyouthsoccer.org/resources/secondary-medical-insurance/>



Travel Day - Return

- The trip ends either at the conclusion of the last game and any closing ceremonies, or if traveling as a group upon return to the agreed upon meet up location for parents to take back responsibility for their player.
- Travel Day Dress code applies.
- Behavior expectation continue until the player is released.
- Parents must either be physically seen by the coach/chaperone or give in writing approval to release the player to another identifiable adult or alternate transportation (i.e. taking a different flight somewhere).
- Be on time to pick up your player. Coaches/Chaperones will not leave a player unattended without prior approved plans to do so.



Contact Info & Communication

- Your coach is your primary contact. They may delegate to the team manager or another travelling adult/chaperone as the secondary contact. Try any of the other coaches as a tertiary contact.
- Agree on a common communication platform for your team (TeamSnap, GroupMe, WhatsApp, Text), which may include parents that are not travelling and start the strings before departure.
- Report any incidents to your coach or to info@nwunited.org.

Team Contacts

- G/Bxx (U##) – **Coach Name – Coach Phone**, Manager: **Team Manager**
- G/Bxx (U##) – **Coach Name – Coach Phone**, Manager: **Team Manager**
- G/Bxx (U##) – **Coach Name – Coach Phone**, Manager: **Team Manager**

Game Schedules

- <https://> - **Link to game schedules**



**Thank you for being part of
Northwest United FC!**



Questions?