



**Sacramento Water Polo
USA Water Polo Club #630
917 Fallen Leaf Way
Sacramento, CA. 95864-5317**



Budapest, Hungary Water Polo Immersion: Philosophy / Guidelines

MISSION:

- To use this trip to promote international awareness and appreciation for various cultures while building our club's competitive level.

OBJECTIVES:

- Our primary objective is to travel to Budapest, Hungary in late June / early July, 2010 for a water polo training trip that includes international competition.
- Our secondary objective is to learn and experience the history of Hungary while gaining an appreciation of the Hungarian culture and developing relationships with local teams and coaches.
- Individual player development as well as development of our club team.
- Offer club members an exposure to competition that is not readily available on a daily basis in the USA.

2010 ITINERARY (subject to change):

Day 1 / Friday, June 25th: Depart San Francisco International Airport: British Airways to Heathrow. Heathrow to Budapest.

Day 2 / Saturday, June 26th: Arrive in Budapest. Bus to Eger.

- PM: Train in Eger.

Day 3 / Sunday, June 27th: Eger, Hungary

- AM: Training
- City tour.
- PM: Game

Day 4 / Monday, June 28th: Eger, Hungary

- AM: Eger Practice
- Free time
- PM: Practice

Day 5 / Tuesday, June 29th: Eger, Hungary

- AM: Eger Practice
- Castle tour
- PM: Practice

Day 6 / Wednesday, June 30th: Depart to Budapest, Hungary

- PM: BVSC practice

Day 7 / Thursday, July 1st: Budapest, Hungary

- AM: BVSC practice
- Museum of Terror tour.
- PM: Game

Day 8 / Friday, July 2nd: Budapest, Hungary

- AM: Practice
- PM: Practice
- Danube boat tour.

Day 9 / Saturday, July 3rd: Budapest, Hungary

- AM: Practice
- PM: Practice

Day 10 / Sunday, July 4th: Budapest, Hungary

- AM: Water Polo clinic (optional)
- Free time suggestions: Hero's Square, Andrassy Street, St. Stephen's Basilica, Parliament, Castle District.

Day 11 / Monday, July 5th: Depart to Pecs, Hungary

- PM: Practice

Day 12 / Tuesday, July 6th: Pecs, Hungary

- AM: Practice
- City tour
- PM: Game

Day 13 / Wednesday, July 7th: Pecs, Hungary

- AM: Game

- Mecsek tour
- PM: Game

Day 14 / Thursday, July 8th:

Lake Balaton Tour

- Coca Cola Beach

Day 15 / Friday, July 9th: Return to USA. British Airways Budapest to Heathrow - - Heathrow to San Francisco.

BUDGET:

- All inclusive cost for this trip is \$3236.00 - - which includes the following:
 1. Round-trip flight
 2. Land Package
 - a. Local transportation via private buses / public transport.
 - b. Hotel accommodations. Three team meals per day (breakfast, lunch, dinner).
 - c. All scrimmages, games, tournaments.
 3. All expenses covered for one coach.
- \$1000 per traveler due December 1st (non-refundable).
- \$1500 per traveler due March 1st.
- Final payment of \$736.00 per traveler due June 1st.

PACKING CHECKLIST:

1. The following checklist is a **suggested** list of items to pack for the trip. Players are expected to transport their own bags. It is strongly recommended that players pack one mid-size travel bag and one small backpack.
2. For the guys: With the humidity and the amount of walking we do chafing has been a huge issue during past trips. Thus; the specific underwear and runner's Glide recommendations.
3. Label everything! Especially shirts, t-shirts, swimsuits, jackets.
4. Always keep in mind that you are representing our club, our city, our country and USA Water Polo. Think about this when deciding what clothing to bring and wear on this trip.

- Pants: (1) tan "Dockers" style pair to wear on the plane. (1) pair of blue jeans.
- Shorts: (2) comfortable walking shorts
- Shirts: (1) team shirt to wear on the plane. (1) collared dress shirt. (4-6) t-shirts. (1) sweatshirt. (?) trading shirts.
- Socks: (2) lightweight pair that can be washed and will dry overnight. (find at REI)
- Shoes: (1) pair comfortable walking / cross-training. (1) pair of sandals for the pool deck.
- Underwear: (2) pair EXOFFICIO boxers. (find at REI - - can be hand washed in shower and will dry overnight)
- Towels: (1) beach towel
- Swimsuit: (2) team suit. (?) suits for trading.
- Goggles: (1) pair
- Jacket / Coat: (1) team warm-up
- Kit: 12 day supply of multi-vitamin and vitamin C. 12 day supply of AIRBORNE or something similar (especially while traveling on the plane). Toothbrush, toothpaste, comb, soap, shampoo, deodorant, toilet paper (2 rolls, take the cardboard tube out and smash). Glide (Fleet Feet). Small detergent packets.
- Miscellaneous: (1) camera (1) water bottle (1)
- Snacks: Nuts, candy, power bars, granola bars, peanut butter, powdered drinks (Gatorade, Crystal Light)
- Entertainment: 220V adapter. Cell phones need to be tri-band (phone cards may be a better option). Books, iPod, computerized games (talk to teammates & bring games to share so all do not bring the same game).

TRAVEL TIPS:

- **DO**
 1. . . . carry your Emergency Contact Card with you at all times!
 2. . . . carry a **COPY** of your passport with you at all times!
 3. . . . carefully guard your valuables - - especially in Budapest.
 4. . . . hand your passport to Coach so it can be locked in the hotel safe.
 5. . . . order tap water at restaurants. Otherwise; they will charge you for bottled water. Tap water in Hungarian is csapviz (pronounced tschup veez). Ask for ice. Ice in Hungarian is jeg (pronounced yaehg).
- **DO NOT**
 1. . . . put your valuables in your back pocket or your backpack. Pickpockets are everywhere on the subway and crowded downtown areas.
 2. . . . carry your original passport with you. USA passports are extremely valuable on the Black Market.
 3. . . . use phone booths that operate with coins. Most swallow your coins and do not connect. Buy a phone card and use a card-operated booth in a populated downtown area.
 4. . . . be obnoxious Americans. Do not be loud. Do not use profanity. Hungarian referees, coaches, and players will recognize profane language even if they do not speak English.

5. . . . expect public bathrooms to have toilet paper. Carry your own with you in your small backpack.
6. . . . use the phone at your hotel. The hotel will charge you even if you use your international phone card.
7. . . . use the mini bar in your hotel room. Even if you place your own items inside and set the min fridge contents aside, the hotel will charge you.
8. . . . go anywhere without an adult chaperone, your Emergency Contact Card, and a **COPY** of you passport.

CODE OF CONDUCT AGREEMENT FOR INTERNATIONAL TRAVEL:

All athletes will sign and abide by a Code of Conduct Agreement while traveling, training, and competing as members of Sacramento Water Polo. Listed below is an overview of expectations.

All Athletes Agree // Parents Agree to hold athletes accountable to:

1. Athletes will always travel with an adult chaperone. There is absolutely no exception to this.
2. A nightly curfew will be established and strictly observed.
3. All meetings, training sessions, sightseeing tours, etc. will be attended. Athletes are expected to be punctual.
4. Zero tolerance regarding tobacco, alcohol, illegal drugs.
5. All physical damage occurring in a hotel room will be paid for by the registered occupant(s) of that room.
6. Zero tolerance regarding 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 country, or United States Water Polo.
 - b) Gross misbehavior or unsportsmanlike conduct.
 - c) Disrespect to the coaching staff / parent chaperones.

Athletes present while any prohibited activities occur must leave immediately and notify the head coach. If you fail to do so; you will be considered a participant by choice. Athletes observing or having knowledge of any activity which may result in bodily harm must immediately report the activity to the head coach.

Violations of any of the above may entail, depending upon the circumstances, the following:

1. Full or partial restriction of movement or participation in activities on the trip.
2. Immediate removal from the team and sent back to the USA at parent's expense.

The coaching staff assumes an enormous degree of responsibility on an international trip. All athletes and parents must be in agreement with the Code of Conduct Agreement. The head coach will have the final say in all matters of team discipline.

First and foremost, this is an intense water polo training trip. While one goal is to experience the Hungarian culture and, thus, interact with the Hungarian people, the primary motive for this trip is to have our athletes train at a level of competition that can not be simulated here. This trip will be physically demanding and strenuous for the athletes. Hungary is generally considered to be the water polo capital of the world and the level of competition is almost impossible to comprehend until the athletes have experienced it first-hand. Because the Hungarians play at such an outstanding level, the water polo should be especially rewarding and educational for those athletes representing Sacramento Water Polo.

The athletes representing Sacramento Water Polo on this trip must be amongst the elite within our club program. If you have specific questions about whether your athlete should consider this trip, please contact Coach Hastie directly. The coaching staff will have the final say on whether an athlete will travel to Hungary with the team.

Our athletes will be training at an extremely high level for approximately 5 hours during two sessions each day. Consider the following: If an athlete does not swim the 100 yard freestyle in a time of 57 seconds or faster, this trip may not be suitable. If an athlete was not invited by the coaching staff to represent the Sacramento Water Polo Club at the USA WP National Junior Olympics, travel to the Commerce International, etc., this trip may not be suitable. Goalies are an obvious exception to the time standard. Sacramento Water Polo has specific guidelines in place in order to prevent parents and athletes from "shopping around" and simply sending their athletes to play for SWP during a year we are traveling to Hungary. Please note that the following guidelines:

1. Any athlete interested in the Hungary trip must be a member of SWP during the Winter / Summer session(s).
2. Athletes are expected to play in a majority of the summer tournaments -- obviously as members of SWP.
3. Prior to Hungary, SWP athletes must be available to play in the Central California Zone Water Polo Junior Olympic Qualifying Tournament (late June of Summer Session) as members of SWP. Additionally; the athletes should be available to play in and travel to Los Angeles for the Commerce International 20U Tournament (mid-July Summer Session) as members of SWP.

Parent Chaperones: This is an exhausting "working" trip for the coaching staff. Parent chaperones are needed to assist the coaching staff. Chaperones pay their own expenses. Chaperones assist the coaching staff supervising the athletes when the athletes are not training. Examples would be: While in Budapest the chaperones would take the athletes to the House of Terror Museum, the Royal

Castle district, etc. Sacramento Water Polo athletes will not be allowed to travel anywhere without a coach or parent chaperone present.

Parents on the trip that are not going to serve as chaperones: Parents are welcome to come watch the team train, go with the team to Lake Balaton, take their son on cultural excursions when the team is not training or in competition, join us at the Gellert Spa, etc. However; all parents not working as chaperones are responsible for making their own travel arrangements and hotel reservations.