



U19 Men Panthers

We are now (5) days away from our first game against the home-team Trinidad. A lot to do to get ready for this event. You must pay attention to emails and **COMMUNICATE WITH MANAGEMENT**. If you do not pay attention to details you might find yourself alone in a foreign country. Below are several specific areas to be aware of and we also have attached documents you must read and follow directions.

Coach Randall Joseph (RJ) added to Staff – I am pleased to announce that RJ will be joining us for the tour. He will be a huge benefit to the TEAM. RJ and I go back many years and together we won the Collegiate All-Star Championships with the USA Rugby South in 2000. We have worked together and competed against each other many times.

Rugby Running

You NEED TO RUN IN THE HEAT. You must run every day this week until you travel. Cardio conditioning and stamina is required. Rugby is a running game and I expect ALL players to be fit and ready to run for a full game. Players flying in on Friday...make sure you hydrate yourself all day and on your flight to Trinidad.

Trinidad Research

I always recommend you do research and learn about your destination. Trinidad (Spanish: "Trinity") is the larger and more populous of the two major islands and numerous landforms which make up the island nation of Trinidad and Tobago. It is the southernmost island in the Caribbean and lies just 11 km (6.8 mi) off the northeastern coast of Venezuela. With an area of 4,768 km² (1,841 sq mi) it is also the fifth largest in the West Indies.

<http://www.gotrinidadandtobago.com/>

Travel Details

The host will provide us with Airport Pick-up and returns; as well as practice pick-up and return to and from the team hotel. We are awaiting specific details on this from the host, pay attention to updates throughout the week. Be prepared whenever we travel and make sure you have everything you need. You will need a small back-pack or bag to make sure you have all your stuff for the day. In some cases you will need your own towel and a change of clothes. Listen and pay attention to the daily schedule. In some cases we may walk as a group from the hotel to a park to practice. For some outings we may have to take taxis, make sure we stay in small groups and never leave anyone behind – and always stay with the group you leave with unless specific plans are discussed to change groups. Never travel alone.

Travel Advisories – READ THE FOLLOWING INFORMATION - go to this website for more information:

<http://travel.state.gov/content/passports/english/country/trinidad-tobago.html> for more information. Be aware of the dangers but understand that if you use common sense practices and stay with the group you should have no issues. **This information is not meant to scare you but you need to be self-aware and avoid getting your-self into a potentially dangerous situation.** Excerpts from a travel site are below.

We advise you to exercise a high degree of caution in Trinidad and Tobago because of the high levels of serious crime. Pay close attention to your personal security and monitor the media for information about possible new safety or security risks. Travelers are also cautioned against wearing military or camouflage clothing, as it is illegal in Trinidad and Tobago. Persons dressed in camouflage risk being detained by Customs officials and having the garments confiscated. Robberies have occurred when travelling from Piarco Airport, especially if you drive yourself.



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Petty crime including bag snatching, pick-pocketing and theft from cars is common, especially near tourist attractions in both Trinidad and Tobago. Visible items left in unattended are prime targets for smash-and-grab style theft. Public transport, such as maxi-taxis, should be avoided if possible in favor of safer means of transport, such as taxis affiliated with major hotels.

Money and valuables

Before you go, organize a variety of ways to access your money overseas, such as credit cards, travelers' checks, cash, debit cards or cash cards. Make two photocopies of valuable documents such as your passport, tickets, and travelers' checks. Keep one copy with you in a separate place to the original and leave another copy with someone at home. While travelling, don't carry too much cash and remember that expensive watches, jewelry and cameras may be tempting targets for thieves. As a sensible precaution against luggage tampering and theft, lock your luggage. Your passport is a valuable document that is attractive to criminals who may try to use your identity to commit crimes. It should always be kept in a safe place.

Currency

Major credit cards (Master Card, Visa, American Express) are accepted almost everywhere, but don't expect to use cards at small shops, stalls and bars, etc. The US dollar is accepted in most establishments, but it is wiser and cheaper to use local TT currency. It certainly does not make financial sense to change from your local currency to US dollars and then have these converted to TT dollars at typical rates of less than TT\$6=US\$1. You are also more prone to being short-changed when paying in foreign currency - few of us have minds sharp enough to carry out exact mental calculation of the conversion and 'mistakes' can easily happen. It's funny how such errors always seem to be in the merchant's favor. Probably the most convenient method of obtaining cash is to use the ATM/ABM machines using a debit card. However, if you use a credit card, charges and interest can make this an exorbitantly expensive way of obtaining cash with the wrong sort of card and/or unless you pay off the full balance by the end of the month.

Debit Card and Credit Card

Make sure you call up your credit card, bank, etc. and inform them the dates you will be in Trinidad. Very Important...they will cancel your card if you don't! Also, make sure you know the pin to your debit card.

Communication While in Trinidad

We recommend you download the app Viber.

<http://www.viber.com/>

As long as both parties have access to Wi-Fi, you can text and email for free.

The hotel does have Wi-Fi.

We will post updates, picture, etc. on facebook. If you are not a member of U19 men Panther group...please join now.

<https://www.facebook.com/groups/686006471445734/>

Tournament Rules and required documents



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Pay attention to all Management request for documents. Understand the Anti-doping and do not take anything you are not sure about without checking with a doctor who has reviewed these rules. Understand tournament rules, regulations and timelines...

Team Schedule

Attached is the official schedule for the (NACRA) Championships. Confirmed we play on Saturday. It is important to be prompt at ALL Team functions. During free-time be smart about energy use. Use sunscreen and do not be a sun-burnt gringo. On game days, stay out of the sun before any games and restrict movement or "just chill" until game preparations. Times are subject to event organizers so no doubt final times and details WILL vary. Nightly we shall post and confirm schedules for the next day. Other travel policies & player curfew may be in-force as required. On game day be in-your-room lights out by 11:00.

Games on-line

All the games will be streamed live. Information will be sent out when we know more.

Team Game-Plan/online course

Look for an email that will take you to the South u19 Team Course. This site is from my company's training programs. The email will be from this address rsucontractors.skyprepapp.com. It should give you instructions to sign-in and take the course. Due to our limited time together before the first game EVERYONE MUST COMPLETE THIS COURSE & TEST prior to arrival.

More Information to come – pay attention and READ ALL INFORMATION CAREFULLY....

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