

PLAYER ADVICE FOR HOLLAND

2019 ADVICE

- You need to have more mental strength than physical
- Take training on your own very serious. I did a pretty good job but could have been better. Also at the last Holland meeting when Todd says that you need to lay your clothes out and cut them in half, you will think he is crazy, but he is telling the truth. Only at night I wore non-Far Post stuff
- Pack lots of snacks
- Don't forget anything, anywhere, ever.
- Enjoy it while you can. Take photos and cherish it.
- Just remember that this is a trip that you will remember forever so make memories and have as much fun as you can.
- Don't pack as much
- Go to bed early, don't stay up all hours of the night talking.
- Relax and take it all in, it was an amazing experience
- To bring more than 300 euros
- If they are nervous it is okay, and they don't need to be. Everyone there is nice and it is fun. They will have friends there to support them, and it is the best experience and the cities they visit are beautiful. Also the soccer experience is great and the coaches are wonderful.
- Be prepared and be organized
- Don't be too nervous for the trainings because it's not nearly as much soccer and the coaches aren't even close to as rough as the far post coaches make it seem like.
- I would tell someone traveling next year not to sweat how much money they bring because chances are they will only use about 200 euros anyway. I would also say that the Farpost coaching staff makes Holland seem insanely hard. But it actually wasn't as much soccer as we anticipated.
- Bring lots of snacks in your suitcase and coins to use for the vending machines. Make sure you have a journal - didn't realize this was required, thought it was optional. Whoops.
- Don't pack a lot of cloths, and don't pack something you know you won't need. Also when you're biking keep your soccer bag light.
- Slow down and soak in the fact that you are in a foreign country, it goes by fast. Don't overthink the details and get nervous, it will be an amazing trip guaranteed!
- Learn to be comfortable without knowing every detail.
- Don't bring stuff you are not prepared to lose (non-phone electronics, favorite sweatshirt etc.)
- I would just to expect the worst. If you do so, you will enjoy everything that happens a whole lot more. On the packing list I would say to add a string bag, which I regretted not packing.
- Be responsible. And make sure your teammates are responsible.
- Get as much sleep as you can.
- Get out of your comfort zone and have fun.
- Get an international plan when you go because if you want to text your parents and you have no signal you're not able to without the plan.
- Really enjoy the trip and seize every moment because you will probably get the chance one more time in your life so make it count!
- Make sure to take care of personal hygiene and hydrate
- Make sure you get fit before coming on this trip!
- One piece of advice I would give is to not take anything for granted and to not over pack like me.
- Make sure to sleep well and put in all your effort to make it the best experience. And be outgoing and make new friends.

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2018 ADVICE

- Just enjoy yourself because it will be over as soon as you know it.
- Enjoy every minute of the trip because it goes by fast.
- Don't try to FaceTime or text your friends back home – have as much as fun with your team as possible because when you get back you'll be back to the old schedule...
- Get as much sleep as you can. Never forget stuff or be late or you'll have to do a punishment.
- Keep track of your stuff! It makes the trip much easier. If you stay organized and keep your things in your area you will be much less likely to lose belongings.
- To sleep on the plane so you are well rested for the first practice and if you don't sleep on the plane go to bed early the first night.
- Sleep as MUCH as you can on the plane ride there because if you don't sleep (like myself), you are going to be so tired the next day when you have to stay awake and go right into training.
- Take everything in. Pay attention and don't overlook anything.
- Don't over pack. You are not going to need as many changes of clothes as you think.
- Be prepared for everything – bring both of your game kits to your games, lay out or pack the night before and always have water – my team drank a lot of water while we were there.
- Get your biking legs ready!
- The games are a lot different than it is here. I often heard the girls on the other team swearing. This got in our heads a lot, so don't get psyched out.
- Let go of all your nervousness and fears about the trip, it's going to be great!
- Don't be nervous.
- If you are not very good at biking, don't worry you will be fine. Bring snacks.
- One piece of advice to someone traveling next year is pack light. You will think you need a lot but trust me, you're going to want to pack light.
- One piece of advice to someone traveling to Holland would be to be ready for all of the hardships ahead of them. They also need to pack well, and keep track of all of your stuff.
- I really wished I had done more running before the trip...
- Pack a lot less than you think you will need.
- Stay on top of your game. Get plenty of rest, Use your downtime wisely. Make sure you're on time and have all your things because that was a slight issue with our team.