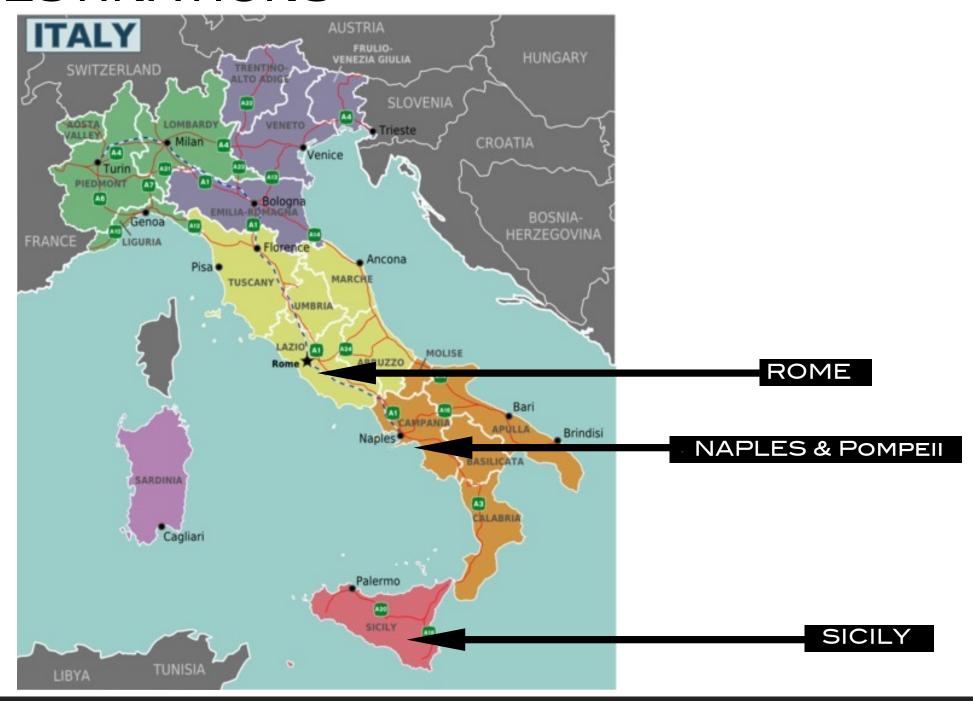


# **DESTINATIONS**



# **TOUR QUICK FACTS**



- Dates December 26, 2016 to January 6, 2017
- **Price** \$1900 per person includes daily breakfast, dinner and 4 lunches plus ground transportation, hotels and tournament entry. Does not include the cost or air-fare.
- **Teams** Bring It Promotions will be hosting 3 teams comprised of under 22, under 18 and under 16 years-old.
- Country Destination Italy
- City Destinations Sicily, Fondi, Pompeii, Naples and Rome
- Tournament Location Modica Sicily, Italy
- Flight Information Arrive in Catania, Sicily CTA and depart out of Rome, FCO.

For more information on the 2016 - 2017 New Year's Bash contact CJ Sherman

Email: bringitusacj@gmail.com

**Phone**: 904-955-2515

To learn more about last year's New Year's Bash check out our website here - www.bringitusa.com/live.

# FREQUENTLY ASKED QUESTIONS



#### Are meals included on tour?

Yes! On tour your team will be provided 3 meals per day. If anyone in your group has any food allergies please let us know before you arrive because all the meals are pre-ordered to suit large groups. We intentionally seek out unique restaurants offering delicious local cuisine for you to experience the flavor of the host country. We also try to integrate meals with foreign teams as much as possible. Your team will get the opportunity to share meals with local volleyball players and coaches to learn more about their culture and make life long friendships.

# What type of hotel accommodations can I expect on tour?

We typically offer centrally located 3-4 star hotel accommodations. All of our hotels are vetted, safe, clean, and well situated for playing matches and sightseeing.

# Will there be a local guide with the team at all times?

Yes! An english speaking BIP guide will be with your team throughout the entire duration of the tour. We guarantee your guide will have a volleyball background.

#### How will we travel around?

Between most major European cities and countries the team will travel together in a van or privately chartered bus. Depending on your destination and travel route, teams also may travel by train (Eurorail) or the local metro for intercity destinations. Traveling by train or metro will probably be one of the trip highlights for your players.

# Will we have access to wifi throughout the trip?

We try to make sure that all hotels have access to wifi, however some tours travel to remote destinations with limited internet access. We encourage players to try to detach from technology and enjoy the time with their team while traveling.

### Will I need a power adapter?

Power adapters are required for travel to all European countries, as well as most of our international destinations. Your cell phone, computers and tablets will need an outlet adapter. Be sure to check the electrical adapter requirements for each country prior to travel.

# I'm ready to sign up! What are the next steps?

Excellent! **Step 1**- Email CJ Sherman at bringitusacj@gmail.com to determine which team best suits your level. **Step 2**- Send a deposit of \$300 to reserve your spot on a team. **Step 3**- Reserve plane ticket. **Step 4**- The full balance is due 30 days prior to the trip.

### How do I pay for the tour?

### **Payment By Check:**

Make check out to - Bring It Promotions Federal Tax ID#: 94-3380401 7055 Scripps Crescent St. Goleta, CA 93117

#### **Payment by Credit Card:**

Payment by credit card is subject to a 3% surcharge by Paypal. Here is the link to use to pay:

http://www.bringitusa.com/payments/



# TRAVEL INFORMATION

### CHECK IN & BOARDING

Check-In deadlines vary from one airport to another. If the Passenger's journey includes subsequent flights, it is the Passenger's responsibility to check they are in possession of all the information relating to check-in deadlines for these flights. Passengers must arrive sufficiently in advance of the flight in order to be able to carry out all necessary formalities for their journey; in any event, they must comply with the check-In deadline. Passengers must be present at the boarding gate prior to the boarding time specified at check-in.

### BAGGAGE CHECK-IN

The weight limit for check baggage is determined by the carrier, and relevant information can be found on the website of the appropriate airline. On most airlines economy class passengers are permitted one (62 inches / 50lbs.) piece of checked luggage. A second piece is permissible but the cost typically runs between \$50-\$100.

### HAND BAGGAGE

Rules may vary by airline. Hand baggage of a size of 45 inches (e.g. 9 by 16 by 20) is generally accepted, with the weight limit being somewhere between 5 and 11 lbs. It is advised to pack sharp metal objects (scissors, pocket knife, etc.) in check baggage, since according to the security regulations, these cannot be taken on board aircraft.

### LOST BAGGAGE

When you land, if one or more members of your party is missing luggage, give the lost luggage department the name, address and number of your hotel at your destination. They will bring your luggage to the hotel when it arrives. Don't leave without collecting a claim tag for your luggage and a phone number for lost luggage.

# TEAM CHECKLIST



### **GENERAL**

You can find anything in Europe, so if you forget something you can buy it on tour. You are traveling to Europe in the winter so the weather is cold. In general, Americans pack way too much on tour, so we really recommend limiting the amount of clothes that you bring. Please make sure you limit your bags to one main bag and one carry-on bag.

Money: An ATM card is the best way to handle money. They work the same as in the states and they are everywhere however you'll need to notify your bank that you'll be traveling outside the country. During your trip you will use the Euro, which is why an ATM card is the best way of handling money. Exchange rate is .87 EUR to 1USD = 1 EUR is 1.14 USD (as of 10/14/14). US Dollars are not used in Europe.

**Passport:** Make a copy of the inside cover of your passport and keep in a separate location. This is helpful if you lose your passport.

Internet: All your hotels will have wireless internet. Computers, iPads, phones etc. do not need a convertor, but you will need an adapter to plug them into the wall socket.

**Personal Items:** All personal items to last for the entire trip. You can buy whatever you need; however they might not have the brand you prefer.

**Snack Food:** Your favorite snack food or energy bars, as there is a good chance you will not be able to find it in Europe.

**Electrical items:** Europe is on a different system so you will need a convertor for your electronics.

### **VOLLEYBALL ITEMS**

**Water bottle:** Make sure you bring a reusable water bottle. In Europe, most of the bottled water is mineral water. Save the bottle and refill from the tap. In Europe the water in cities is drinkable.

**Towel:** We will shower at the gym after some matches and they will often not provide towels.

**T-Shirts:** Bring extra T-shirts (used is fine) to use as gift exchanges.

### MEDICAL AND FOOT WARE

**Medication:** All medications that you currently use and a copy of your prescriptions. Please make sure that you pack one set of volleyball gear in your carryon luggage. Just in case your luggage gets lost you will need it to practice or play.

There are really only two important differences in Europe versus the States. 1) Ice is almost impossible to get in Europe, so you need to be prepared for this. 2) We really recommend ankle braces over taping where ever possible as tapping requires a lot of time that might not be possible at times due to sightseeing demands. Otherwise, just prepare and bring the same items that you use in the states.

# DIFFERENCES IN RULES



#### General:

- Middle and setter pushes are called much tighter in International rules.
- Screening the serve is allowed and is common practice.
- The setter has first right to the ball, even if part of the ball is over the net. Many Americans get called for "net over" even though they are legal by NCAA rules.
- Substitution rules are 1 entry and 6 total substitutes. 99% of the time NCAA teams are allowed to play unlimited substitutes on tour, but this is an important rule for players considering international play after school. Basically it means outside hitters have to pass and there is no such position as a defensive specialist, just the libero.
- Any ball touching the ceiling (or anything hanging from the ceiling) is out of play.

#### Match warm up:

- In general European teams take much longer to warm-up than USA teams. Our suggestion is simply this rule: "Act European on tour." When they run you run, when they stretch you stretch, when they pepper you pepper.
- Shared hitting: All international matches use a shared hitting, meaning you have to hit the line in warm-ups. First you hit on the outside and then half way through you switch to hit on the right side. Setters, make sure you never run the middle attack right over the European teams setter to avoid a "six pack" in warm-up. Not a great move for international relations! You also never shag your own balls. You shag the European teams balls and they shag your balls. So you never cross over the net and the libero does not try to dig balls as this can lead to balls under the net during hitting.
- Shared Serving: After hitting lines both teams have two minutes to serve at each other. Often passers and the libero use this time to work on passing. It's very important that jump servers protect themselves from volleyball coming under them during shared serving time.

#### Matches:

- All matches are considered friendly matches, meaning the majority of them will use one official and no line judges.
- Most matches will not use technical timeouts at 8 and 16.

# **DESTINATION ROME**





Trevi Fountain photo credit // en.wikipedia.org



Colosseum photo credit // www.independent.co.uk

No trip to Italy is complete without a visit to its historic and romantic capital - the Eternal City. The History of Rome boasts over three thousand years of architecture, sculptures and paintings that breathe the character of the culture. There is simply no city like it anywhere in the world.

Rome has countless famed buildings, cathedrals, sculptures and paintings that attract tourists by the millions. Here's a few of our favorites:

- **Colosseum** Rome's crown gladiatorial arena originally commissioned by emperor Vespasian in AD 69–79. The ancient arena has witnessed the marathon battles of thousands of gladiators.
- Trevi Fountain 17th century designed statue of Neptune's chariot being led by Tritons with seahorses. It is said if you throw a coin in the fountain, then you'll return to Rome. (Fun Fact from Lonely Planet: Did you know that on average ~ €3000 is thrown in the fountain by tourists every day?)
- **St Peter's Basilica** Originally commissioned by the emperor Constantine and built around 349 on the site where St Peter is said to have been buried between AD 64 and 67.
- The Vatican Museum Hosts one of the greatest art collections in the world. The museum was originally founded by Pope Julius II in the early 16th century.
- **Pantheon** This 2000-year-old temple (which now functions as a church) is the best preserved of Rome's ancient monuments.

# **DESTINATION NAPLES & POMPEII**





Naples photo credit // Madison Pierce

Pompeii photo credit // Trey Ratcliff

#### **NAPLES**

"Italy's third-largest city is one of its oldest, most artistic and most delicious." - Lonely Planet.

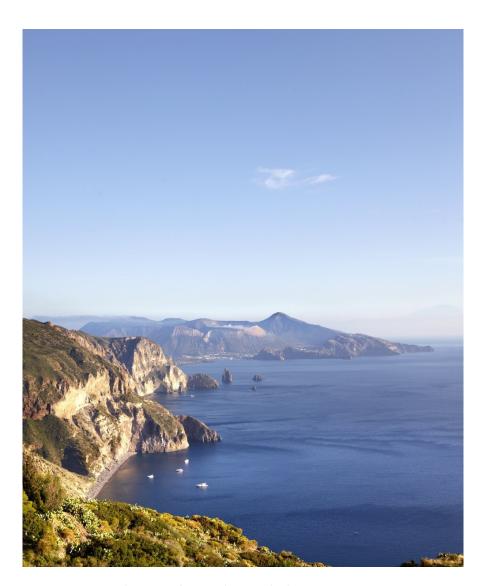
There is no shortage of historic sites to see, things to do and exquisite restaurants to dine at in Naples. Try wandering through La Pignasecca, Naples' oldest street market, or paying tribute to the awe-inspiring Capella Sansevero, the Masonic baroque chapel. Italy's Amalfi coast is simply stunning.

#### **POMPEII**

Walking through the ancient ruins of Pompeii is not for the feint of heart, but it is undoubtably one of the world's most engrossing archaeological experiences. The eruption of Vesuvius, a nearby volcano, in AD 79 left the town buried in a layer of burning pumice fragment and ash. The result is a preserved ancient city like no other on the planet.

# **DESTINATION SICILY**





Sicilian coast photo credit // Lonely Planet

Get ready to travel back through time, Sicily is Italy's most famed island in the Mediterranean Sea. Its mild climate makes it popular tourism destination throughout the year.

While on the island of Sicily, you'll visit various cities including: Modica, Ragusa, Syracuse, Palermo, and Messina.

Sicily has countless famed Norman churches, Baroque palazzos temples, Greek and Roman ruins. Here's a few of our favorites:

- Valley of the Temples A1300-hectare archaeological site which contains some of Sicily's most treasured ruins from the ancient city of Akragas.
- **Temple of Concord** Constructed in 430 BC, it is one of the best-preserved ancient Greek temples on the planet!
- Capella Palatina Located in the city of Palermo, it's acclaimed by Lonely Planet as a, "priceless jewel of a chapel". Hand laid mosaics from Byzantine Greek artisans brought to Palermo by Roger II in 1140.

# TESTIMONIALS FROM THE 2015-2016 NEW YEAR'S BASH





"Yes this trip was about our passion for volleyball, but you get so much more out of it. Traveling to a foreign country, seeing how other people live, and their day to day activities is something you'll never fully understand. We get a big taste of it on these trips. Your mind will open from visiting all of these places, and can learn way more than you think. It's a once in a lifetime opportunity."

#### -Danielle Gotham, Assistant volleyball coach at Tennessee Tech and co-coach of the collegiate NYB team

"I wasn't sure what to expect and (was) somewhat cautious when we agreed to go last summer. Although, delighted to say that I felt very safe and embraced the culture and cuisine in every town we visited. The volleyball was competitive and I enjoyed meeting the parents and players from the other teams. Our coaches were first class and provided feedback on improvement opportunities. But most importantly, the relationships and memories made while touring these beautiful towns and cities will be lifelong for most."

-Mindy Ellison Fauntleroy, player parent.