

PM Itinerary

14NB, 14NR

Mideast Qualifier

March 24 - 26, 2023

In Case of Emergency Contact – Your Coach

Key Locations & Maps

AIRPORT: 10701 Lambert International Blvd. St. Louis, MO 63145-0212

HOTEL: The Chase Park Plaza; 212 N. Kingshighway Blvd., St. Louis, MO 63108

VENUE: America Convention Center; 701 Convention Center Plaza St. Louis, MO 63101

Thursday – March 23, 2023

Players must wear EMV warm ups and running shoes if flying. If flying your EMV backpack is your carry on, ALL uniform items, including shoes, must be in your EMV backpack.

Parents are responsible for transportation to/from airport & hotel

10:00 PM Curfew – Lights off/TV off/Parents take player cell phones

Friday – March 24, 2023

11:00 AM Lunch at hotel

12:30 PM Coaches, players, & parents meet in lobby for transportation to tournament site.

10:00 PM Curfew – Lights off/TV off/Parents take player cell phones

Saturday – March 25, 2023

TBD Breakfast at hotel

TBD Coaches, players, & parents meet in lobby for transportation to tournament site.

10:00 PM Curfew – Lights off/TV off/Parents take player cell phones

Sunday – March 26, 2023

TBD Breakfast at hotel

TBD Coaches, players, & parents meet in lobby for transportation to tournament site.

6:00 PM **NO RETURN FLIGHTS BEFORE 6PM**

Important Notes

- **Players must wear EMV warmups, black practice shirt, & running shoes on plane.**
- **Your EMV backpack is your carry-on.**
 - **All uniform items must be carried on (including shoes) in case of lost luggage**
- Parents are responsible for transportation to and from airport and hotel.
- Player should arrive at hotel no later than 8:00 pm on the night prior to the start of the tournament.
- **You are a representative of your CLUB, your TEAM, your COACH, and YOURSELVES – make sure you make the BEST impression you can!!**
- Be on time...don't be late.
- **Proper and respectful behavior is expected at all times!!**
- **No player is EVER allowed outside of the hotel or playing venue alone.**
- Curfew is the exact time on the itinerary...NO EXCEPTIONS!!
- Drink lots of water the entire trip (start 2 days before departure)
- **Proper dress is expected at all times.**
- No swimming or getting in the hot tub for any reason.
- **Do not use the phone in your room.**

Tournament Packing List

Packing Checklist:

- Shoes
- 2 pair adidas Socks
- 2 pair adidas Spandex
- Gold Short Sleeve Game Jersey
- White Short Sleeve Game Jersey
- Blue Short Sleeve Game Jersey
- Black Hitting Tee
- Royal Hitting Tee
- Warm Up Pants & Jacket
- Cover Shorts
- Sports Bras
- Kneepads
- Ankle braces (if worn)
- Backpack
- Water Bottle
- Appropriate clothing for "down" time
- PJ's
- Toiletries
- Face Mask

What NOT to Bring:

- No Candy, No Unhealthy Snacks, No Sodas or Energy drinks of any kind

Sample Daily Schedule

8:00 AM	Wake-Up Call
8:30 AM	Breakfast at hotel
9:15 AM	Meet in Coach's room for game film review and to discuss lineups/game strategies
11:00 AM	Lunch at hotel
12:30 PM	Coaches, players, & parent reps meet in lobby for transportation to tournament site
6:00 PM	Dinner at Convention Center
8:00 PM	Coaches, players, & parent reps meet in lobby for transportation to hotel
10:00 PM	Curfew – Lights off/TV off/Parents take player cell phones

Spectator Tickets

Venue Information

<https://explorestlouis.com/meetings-conventions/americas-center/>