

Over-Seas Travel

Part II

By Doug Reese

Overseas travel can be a nightmare for both the veteran and first time traveler. Simple advice can be summed up as; **“Expect the unexpected, be prepared for anything, and keep your focus on the competition.”**

What To Expect

There are two common areas that American athletes have the greatest problems adapting to in international travel: Food and Time Schedules.

Food and Water

Athletes can be picky eaters. You may want specific foods at a specific time as part of your own natural ritual. I have had athletes who needed pasta - nothing else