



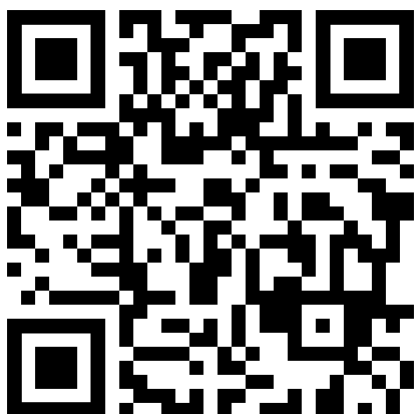
INFO LETTER

3SAMCUP 2023

Dear team, dear refs!

So glad you made it to Freiburg! Now that you are finally here, nothing can stop us from having a great weekend full of lacrosse. In this folder, you can find all the nitty-gritty for the 3SamCup 2023. If you are missing something, do not hesitate to contact us!

You can share a digital version of this team folder with your players via the following QR code



In case of urgencies (in particular during the party when nobody is around the sports facility):
Jenny: +49 151 23960464
Conni: +49 160 92932234

SCHEDULE

Friday

From 18:00 __ Arrival. meet and greet, 3Sam chill, ...

18:00-22:00 __ BBQ + drinks at the catering area

18:00-19:30 __ Tournament registration

Saturday

From 8:00 __ Breakfast (for free!)

From 8:00 __ Tournament registration

8:30 __ Captains- and ref-meeting (by the benches)

9:00 - 19:30 __ Lacrosse is being played

13:00 __ Group picture

From 22:00 __ Party at Harmoniekeller

Sunday

From 8:30 __ Breakfast (for free!)

9:30 - 14:30 __ Lacrosse is played

15:00 __ Ceremony

Captains, Refs, Bench

The captains and ref-meeting is scheduled for Saturday, 8:30am.

In case your captains and refs did not join the tournament's WhatsApp group yet, they can join using the following QR code:



Your team needs to provide a ref and bench personnel. You can look up when it is your turn in the ref and bench schedule.

We ask for your comprehension that the planning might get a little chaotic with the KO-mode on Sunday. We will do our best to inform you about your shifts as early as possible. It would, however, be of great help if you could tag by the tournament info booth every now and then to get the latest updates.

Trash

We provided you with a trash bag to collect your trash around the tents. We also set up three recycling stations around the facility (see the map below), where you can responsibly get rid of your cardboard, plastic and glass, as well as refundable bottles.

Catering

The catering this year will be entirely vegetarian.

FRIDAY

There will be BBQ and beer.

SATURDAY AND SUNDAY

From the late morning on we will provide you with vegetarian specialties from the grill, as well as coffee, cake, and our famous frozen smoothies.

We keep the grill running until the early evening. You are also invited to order pizza or check out one of the many restaurants downtown, in the vicinity of the party location. In case you need recommendations, just ask!

BREAKFAST

Complimentary! Saturday from 8:00am, Sunday from 8:30am on. Please remember to bring your own dishes!

Bring your own Besteck (Dishes)

We hope you remembered to bring your own dishes! Close to the catering area we have set up a dish-washing area (see plan below), where you can rinse your dirty plates and cups.

Behavior

- Our sports facility is comparably small, with many direct neighbors. Please show some consideration such that we can host the 3SamCup in the coming years as well!
- BBQ and open fires are forbidden on the sports facility. Unfortunately also at the Dreisam river.
- The same applies to loud music. We will provide you with beats!
- You can put up your tents on the grass around the lacrosse fields (c.f. the plan below) between Friday 18:00 and Sunday 16:00. Please note that the running track needs to be free at all times.
- Minors are only allowed to camp, play, and join the party if they are accompanied by a grown up supervisor. Please bring a written statement from the parents/custodian stating their agreement with the child being at the tournament and joining the party. Please put the name of the supervisor on the document and bring a copy of the parents/custodians ID. Without this statement, the minor will not be able to play and enter the party.
- Glass bottles are prohibited on the campgrounds to minimize the risk of splinters. They are only allowed in the catering and spectator areas.

PayPal und Vouchers

Unfortunately, for this year it is currently still uncertain whether we can again offer payment with Paypal due to legal regulations. If yes, you have the possibility to buy 'Pumas-Pesos' (tokens) worth 10 Euro and pay with them. We will send you more information about this as soon as possible. If in doubt, bring enough cash and live old school.

Sports Facility



Parking: On the PTSV Jahn facility (turn left directly after the gate) or in the neighboring streets.

Camping: Only on the grass areas around the lacrosse fields. The tartan track needs to stay clear at all times.

Dreisam: The place to be after a sizzling hot lacrosse match. Don't forget your swimwear!

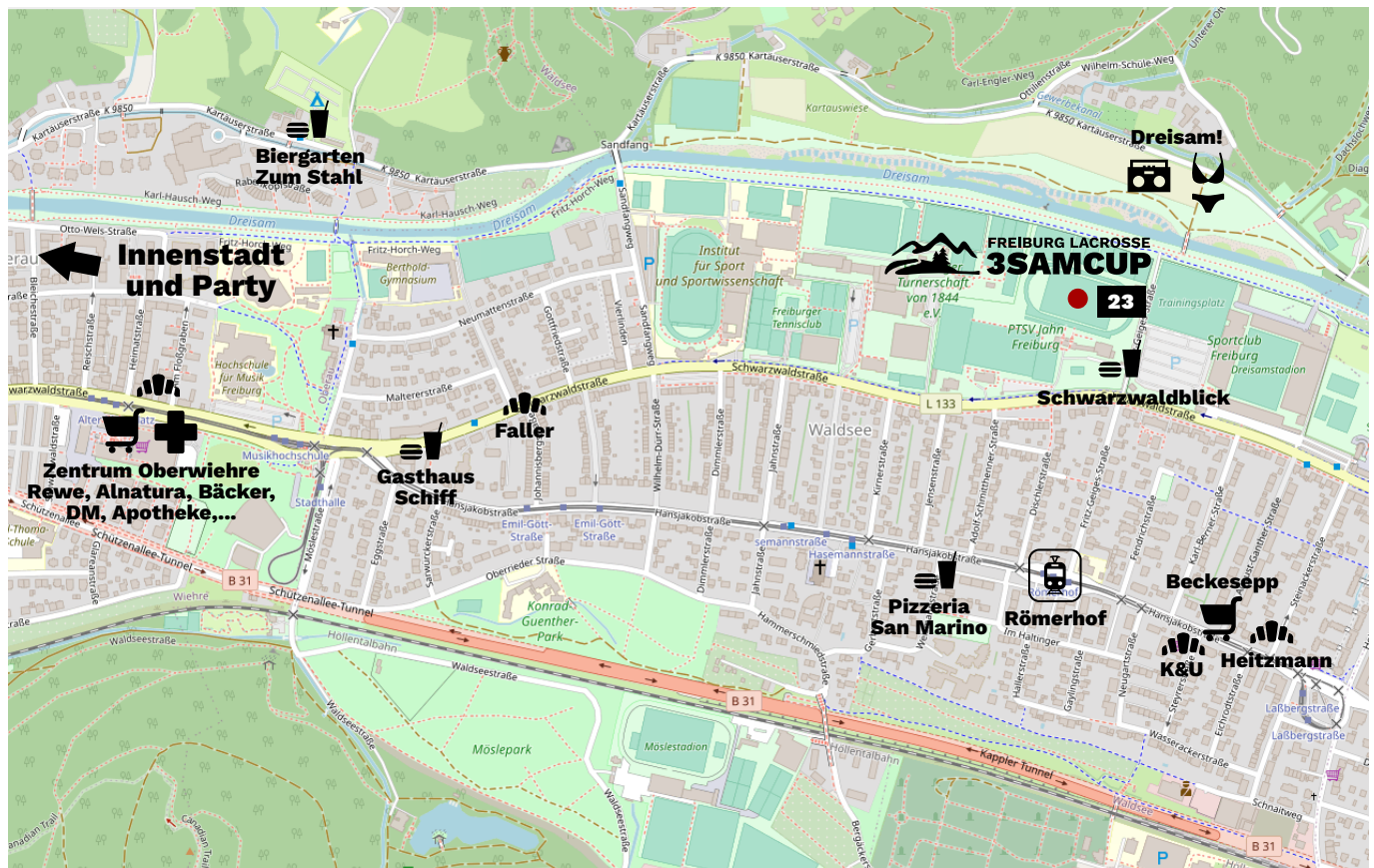
Toilets: Can be found at the showers and in the basement of the restaurant. Please be respectful and leave them behind in order. The toilets at the restaurant will be closed during the night.

3SamCup Address

PTSV Jahn Freiburg e.V.
Schwarzwaldstraße 187-189
79117 Freiburg i. Br.

Area Plan

Best shopping location: Zentrum Oberwiehre with groceries, a pharmacy, a drugstore and a bakery. Schwarzwaldstraße 78, 79117 Freiburg im Breisgau (around 15 minutes by foot, 10 minutes by tram or 5 minutes by car)



Party

The party is located at the Ruefetto, Granatgässle 3, 79102 Freiburg. You got your party wristbands at the team registration already. The party starts 22:00. If you have friends in Freiburg, you can buy additional wristbands at the tournament information.

To get to the Ruefetto you can either follow instructions to walk for 30 min along the Dreisam or take the tram (15 min).

Take the tram 1 from the stop "Römerhof" in the direction of "Landwasser" and exit at "Schwabentorbrücke". It is a 8 minute ride. From there you just walk towards the Schwabentor and turn right into the Granatgässle.

You need a ticket of level 1. The cheapest option will be the Regio24 ticket (5 persons for 14€), which you can also use all night. Alternatively, get the 2x4 ticket for 18€.

Tram time tables for the night:

- Getting there: each 10-15 minutes until 22:48, then each 30 minutes (XX:18 and XX:48) from Römerhof.
- Getting back: all night each 30 minutes from Schwabentorbrücke (XX:02 and XX:32)

Taxi: 0761-555555

We present: the Shot Clock!

Of course, our beloved shot clocks will not be missing from the party. Every 45 minutes a tone will sound, that's your signal to rush to the bar - there will be discounted shots for 50 Cents. So that it does not become too boring, there is of course a different shot each time.

In addition, you can write down your two-digit lucky number on the party wristband with the pens on site. At each Shot Clock time, a number from 01-99 will be drawn. If you have that number written on your wristband, you get the shot for free.

So save some capacity for a shot or two.



AWARENESS

DEAR FRIENDS OF HAPPY LACROSSE!

As much as we love partying and wild evenings, it is important to us that the evenings and nights are a good time for ALL of us! What should be obvious is unfortunately not always, especially when alcohol comes into play. Therefore, "No" means "No". We do not want anyone to feel inconvenienced, we do not want strangers to enter tents without an invitation, we want you to have the time of your life, but everyone has to feel comfortable!

However, if a situation does arise where you or someone on your team feels uncomfortable, don't hesitate to contact us. All Pumas have an open ear for you.

You are especially welcome to contact one of our designated confidant Pumas (at any time of the day or night, too):

Jennifer Müller: +4915123960464

Tobias Weinfurtner: +4917698596948

GAME PLAN WOMEN



Scan for online
game plan on
3samcup.frlax.de/plan

GROUP BLUE

Team	PTS	GLS	Rank
Stormies			
Budapest			
Konstanz Seagirlz			
Pumetten			

GROUP YELLOW

Team	PTS	GLS	Rank
Aachen			
Bonn Lions			
Würzburg Unicorns			
Cold Heart Crew Mheim			

SATURDAY

Time	Home	Score	Score	Guest	Bench	Teamref
9:00	Stormies			Seagirlz	Aachen	Aachen
9:45	Pumetten			Budapest	Unicorns	Unicorns
10:30	Aachen			Bonn Lions	Seagirlz	Seagirlz
11:15	Unicorns			Mannheim	Stormies	Stormies
12:00	Budapest			Seagirlz	Bonn Lions	Bonn Lions
12:45	Stormies			Pumetten	Mannheim	Mannheim
13:00	Lunch break					
15:00	Aachen			Mannheim	Budapest	Budapest
15:45	Bonn Lions			Unicorns	Pumetten	Pumetten
16:30	Budapest			Stormies	Bonn Lions	Mannheim
17:15	Pumetten			Seagirlz	Unicorns	Aachen
18:00	Mannheim			Bonn Lions	Pumetten	Budapest
18:45	Unicorns			Aachen	Stormies	Seagirlz

SUNDAY

Game	Home	Score	Score	Guest	Bench	Ref	Headref
SF 1 9:30	Blue No. 1			Yellow No. 2	Blue No. 3	Yellow No. 3	
SF 2 10:15	Blue No. 2			Yellow No. 1	Yellow No. 4	Blue No. 4	
L 1 11:00	Blue No. 3			Yellow No. 3	Loser SF 2	Loser SF 1	
L 2: 11:45	Blue No. 4			Yellow No. 4	Winner SF 2	Winner SF 1	
Small Finale 12:30	Loser SF 2			Loser SF 1	Loser L 1	Winner L 1	
Finale 14:00	Winner SF 1			Winner SF 2	Loser L 2	Winner L 2	

GAME PLAN MEN



Scan for online
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GROUP BLUE

Team	PTS	GLS	Rank
Chuchichästli			
Wettingen Wild			
Au Bananausen			
Pumas			

GROUP YELLOW

Team	PTS	GLS	Rank
Stuttgart			
Karma Görls			
Würzburg Unicorns			
Konstanz			

SATURDAY

Time	Home	Score	Score	Guest	Bench	Teamref
9:00	Konstanz			Karma Görls	Bananausen	Bananausen
9:45	Unicorns			Stuttgart	Pumas	Pumas
10:30	Bananausen			Wettingen	Karma Görls	Karma Görls
11:15	Pumas			Chchchästli	Konstanz	Konstanz
12:00	Karma Görls			Stuttgart	Wettingen	Wettingen
12:45	Konstanz			Unicorns	Chchchästli	Chchchästli
13:00	Lunch break					
15:00	Bananausen			Chchchästli	Stuttgart	Stuttgart
15:45	Wettingen			Pumas	Unicorns	Unicorns
16:30	Stuttgart			Konstanz	Wettingen	Chchchästli
17:15	Unicorns			Karma Görls	Pumas	Bananausen
18:00	Chchchästli			Wettingen	Unicorns	Stuttgart
18:45	Pumas			Bananausen	Konstanz	Karma Görls

SUNDAY

Game	Home	Score	Score	Guest	Bench	Ref	Headref
SF 1 9:30	Blue No. 1			Yellow No. 2	Blue No. 3	Yellow No. 3	
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L 1 11:00	Blue No. 3			Yellow No. 3	Loser SF 2	Loser SF 1	
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Small Finale 12:30	Loser SF 2			Loser SF 1	Loser L 1	Winner L 1	
Finale 13:15	Winner SF 1			Winner SF 2	Loser L 2	Winner L 2	