



INFOLETTER

3SAMCUP 2026

JULY 31ST TO AUGUST 2ND

Dear teams, dear referees!

How lovely that you are joining us!

There is (almost) nothing standing in the way of a brilliant lacrosse weekend. In this document, you will find all the important information about the 3SamCup 2026. Should you be missing anything, please speak to us!

You can share the information pack with your players using the QR code provided.



<https://fs7.eu/3sam-infoletter-en>

If there is anything urgent:

Fred: +49 176 3288 0093

Angela: +49 178 4469 359

Our Awareness Team can be reached at:

Jenny: +49 151 2396 0464

Nils: +49 178 4589 5178

Page 2 _____ Schedule

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Page 7 _____ The Players Party & Open Tryout

Page 8 _____ Location & Surroundings

⚠ Heat Concept ⚠

Temperatures of up to 40°C in the shade are forecast for the weekend. As your health is very important to us, we have developed the following measures to minimise the risk:

- **Adjusted schedule (see page 2)***

- **Shorter playing times***

2x15 minutes, instead of 2x20 minutes

- **Hydration break** after 7 minutes

- **Extended cooling options**

Directly by the pitches: Pools, shade

- **Extended Shade**

We will organise as much shade as possible

**as long as the forecast temperatures for Sat+Sun remain above 33°C, deadline: Thursday*

🔥 ⚠ SHARE WITH THE TEAM! ⚠ 🔥

- Bring your own gazebos and **sunshades**, do not forget your swimming gear
- Use sun cream and hats, **do not stay in the sun unnecessarily**
- Use the **river Dreisam** and the **Strandbad** during the break, cool down, **eat and drink sufficiently**, not just water but also **isotonic drinks**
- If you notice that you or someone else needs **help**, speak to us, medical personnel are on site!
- Tell us if you have **feedback**

Schedule - Forecast

Temperatures under 33°C 🥶

Friday

from 16:00 ___Arrival, Meet & Greet, 3Sam-Chill

from 18:00 ___Barbecue + drinks sales

18:00-19:30 ___Tournament registration

19:00 _____Open try-out session

20:00 _____Welcoming the Teams

Saturday

from 8:00 ___Breakfast (free!)

8:00-8:30 ___(Tournament registration)

8:30 _____Captains- and Refmeeting
(at the Benches)

9:00-13:30 ___Matches

13:30 _____Group photo

13:30-14:35 ___Break

14:35-19:30 ___Matches

20:00-21:00 ___**Allstar-Games**

21:30-23:00 ___**Night Lacrosse** 🏑🎤

ab 23:00 _____Party: AGAR Kneipe & Club

Sunday

ab 8:00 _____Breakfast (free!)

9:00-14:15 ___Matches

14:45 _____Awards Ceremony

Schedule - Forecast

Temperatures over 33°C 🥵

Friday

from 16:00 ___Arrival, Meet & Greet, 3Sam-Chill

from 18:00 ___Barbecue + drinks sales

18:00-19:30 ___Tournament registration

19:00 _____Open try-out session

20:00 _____Welcoming the Teams

Saturday

from **7:00** ___Breakfast (free!)

7:00-7:30 ___(Tournament registration)

7:30 _____Captains- and Refmeeting
(at the Benches)

8:00-11:45 ___Matches

11:45 _____**Captains Talk**

12:00 _____Group photo

12:00-17:45 ___**Extended** Break

17:45-21:30 ___Matches

20:00-21:00 ___**Allstar-Games**

21:30-23:00 ___**Night Lacrosse** 🏑🎤

ab 23:00 _____Party: AGAR Kneipe & Club

Sunday

ab 6:30 _____Breakfast (free!)

7:30-11:30 ___Matches

12:00 _____Awards Ceremony

You can find the latest fixtures and
the results here:



<https://fs7.eu/3sam-plan>

Captains, Refs, Bench

On Saturday at 8:30, our Captains and Ref meeting will take place.

If your captains and refs are not yet in the tournament WhatsApp group, they can join via the provided QR code:



<https://fs7.eu/3sam-captains>

Your team must provide a referee and bench personnel. Please also remember to bring the appropriate referee equipment. You can find out when your shifts are in the Ref and Bench plan.

Please understand that planning can become a little chaotic due to the knockout rounds. We try to inform you as quickly as possible about your shifts on Sunday. You would do us a massive favour if you pop by the headquarter every now and then.

A walkie-talkie will be available at every bench to contact the headquarter and medical staff at any time.

Rubbish

We will give you a rubbish bag, which you should please use to collect your general waste on the campsite. We have distributed three recycling stations across the site (see site map), where you can drop off your paper, plastic waste, and glass/deposit (special sign!) bottles.

Bring your own Cutlery

We hope you've remembered to bring your cutlery! We've set up a washing-up area next to the catering room (see site plan). You can wash your stuff there.

Furthermore, since 2026 there is a **packaging tax on disposable tableware** in

Freiburg. Therefore, it is doubly worthwhile to have your own tableware with you. We hope you remembered your cutlery!

Catering

Again this year, the catering is completely vegetarian. In case of intolerances, please speak to our bar team.

FRIDAY

Our sales stand will already be open for you. There are drinks and barbecue food!

SAMSTAG UND SONNTAG

From late morning, vegetarian delicacies from the barbecue and healthy items from the deep fryer await you. Furthermore, there will be coffee and, depending on the weather, crêpes or our popular frozen smoothies.

The barbecue on Saturday is available until the evening hours. Otherwise, you can order pizza or eat something in town.

If you want to order something, feel free to ask for recommendations.

BREAKFAST

Free! On Saturday (8:00/7:00) and Sunday (8:00/6:30), each for about an hour.

Photos

The entire 3SamCup will be accompanied by our photographer **Arne**. He will take photos of the games and everything around them. Video recordings may also be made.

We use the visual material for our website, social media, and press.

If you do not want recordings of yourself to be published, please contact the organisation team.

The same applies if you would like already published photos to be deleted.

You can find the photographer's pictures on our website after the tournament. If you would like a group photo, just speak to **Arne**!



Rules of Conduct

- Our venue is relatively small and located near residential areas. To ensure the 3SamCup can continue in future years, we rely on your cooperation!
- This especially applies to the upper camping area (toward the street).
- **Barbecuing and open fires are strictly prohibited on the club grounds—this includes the area by the Dreisam river.**
- Sound systems are not allowed on the club grounds, especially on Friday and Saturday evenings. There are residents directly next to the field. Don't worry—we'll provide the music!
- Camping on the green spaces around the venue is allowed from Friday 4:00 PM to Sunday 4:00 PM. Please make sure the running track remains clear at all times.
*Longer stays may be possible upon request.
- **Glass bottles are not allowed on the campsite** to reduce injury risk. They are only permitted in the catering and spectator areas.
- **Minors** may only camp and participate in games or the party if accompanied by a responsible adult.

We require:

A signed statement from the parents/guardians granting permission to play (for liability reasons).

For the party: a completed parental permission form ("MuttiVatiZettel") and **a copy of the signing guardian's ID.**

The templates for both documents can be found here

<https://fs7.eu/3sam-u18-lax>
<https://fs7.eu/3sam-u18-party>

New: Card payment possible!!

This year you will be able to pay for all drinks and food with a card or mobile phone. You can still pay in cash (€).

Organisation Team

All Freiburg lacrosse players are happy to help or can direct you to someone who can.

The quickest way to get assistance is at the Head Quarter tent, or by speaking to a member of the orgateam.

You'll recognise us by our rainbow armbands 🏳️‍🌈.

Awareness

As much as we love parties and wild nights, it's just as important to us that everyone has a good time.

What should go without saying sadly doesn't always—especially when alcohol is involved.

That's why our rule is: "No" means "No."

We don't want anyone to feel harassed, we don't want uninvited tent visits, and while things can get wild and fun, everyone should feel safe and respected.

If you or someone in your team feels uncomfortable or experiences a problematic situation, don't hesitate to speak to us.

All Pumas are here to listen.

You can always reach out—day or night—to one of our trusted Pumas:

Jennifer Müller: +49 151 2396 0464
Nils Heywinkel: +49 178 4589 5178

Venue Info

Parking: Available on the PTSV Jahn grounds (immediately left after the entrance gate) or on nearby streets.

Camping: Allowed on the green areas around the field. The running track must remain clear at all times.

There is also a designated camping zone between the club restaurant and Schwarzwaldstraße (shade!).

Please keep the Kyudo range clear—unless you'd like to be woken up by an arrow in your tent.

Dreisam River: What could be better than an ice-cold dip after a hot lacrosse match? Don't forget your swimwear!

Equipment Booth by FoxLacrosse: We're delighted that the FoxLacrosse team will be setting up a shop with us this year. FoxLacrosse offers a wide range of new lacrosse kit, clothing and accessories. So, go on, grab a bargain!

Playing Fields: *Mountain Lion Mansion* is artificial turf, *Cougar Court* and *Puma Palace* are natural grass.

All types of footwear are allowed, but cleats are recommended.

Toilets: Located near the locker rooms or in the clubhouse. Please leave them clean and tidy. The clubhouse toilets will be locked at night and reopened in the morning.

We regularly check all toilets and showers for cleanliness. If you notice anything, let us know.

Showers: There are separate changing rooms and showers for FLINTA and MEN.

The changing rooms and showers for FLINTA are located next to the beach volleyball courts and in the 'old tennis clubhouse' by the new Court 5 ('new field').

Men's showers and changing rooms can be found below the club restaurant and also in the 'old tennis clubhouse' by the new Court 5.

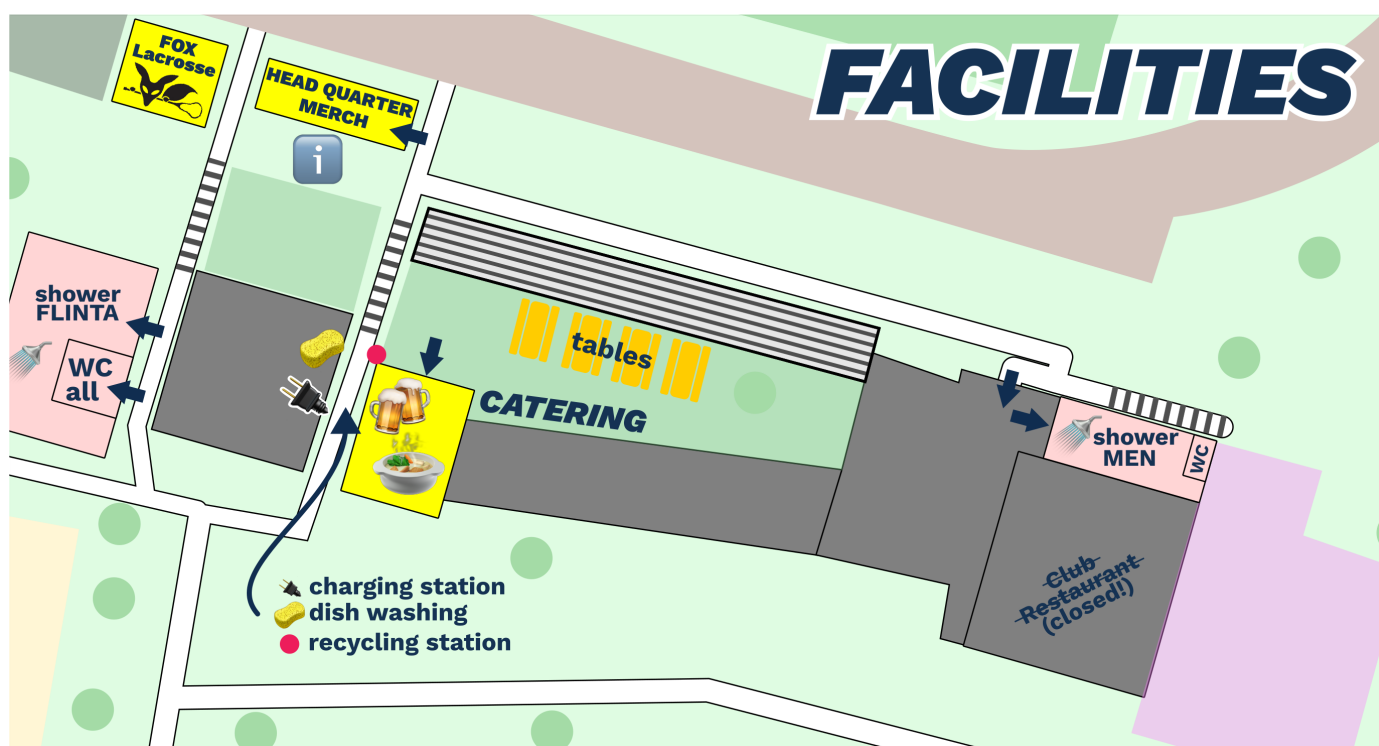
We also have an all-gender shower behind the upper artificial-turf pitch ('alternate field') in the basement of the Karl-Burg-Halle.

Charging Station: Near the catering area, we'll set up a table with charging towers and outlets where you can charge your electronic devices.

Please note: we cannot take responsibility for your devices.

Catering Area Map

Site Map on the next page ↩



Site Map



Party

The party takes place this year in Club AGAR in the Old Town!

Doors open from 23:00, as the club is not exclusive to lacrosse, it's worth not arriving too late!

Location at Freiburg's "Bermuda-Dreieck":

Löwenstraße 8, 79098 Freiburg im Breisgau

You can either walk for around 45 minutes along the Dreisam (nice walk) or take the tram (20 minutes): Get on at "Römerhof" and get off at "Bertoldsbrunnen".

Please have a look at the map on the next page.

The party is not exclusive to lacrosse: The more friends you make, the more Pumas will soon be playing lacrosse!

Info: Offenes Probetraining

GROW THE GAME: On Friday evening we are hosting an open try-out session on the upper artificial pitch! We want to use the 3SamCup atmosphere to enthuse as many new people as possible for lacrosse. Important: The focus is on the participants! So support the rookies and ensure they have the ball in their stick as often as possible!

3SamCup Address

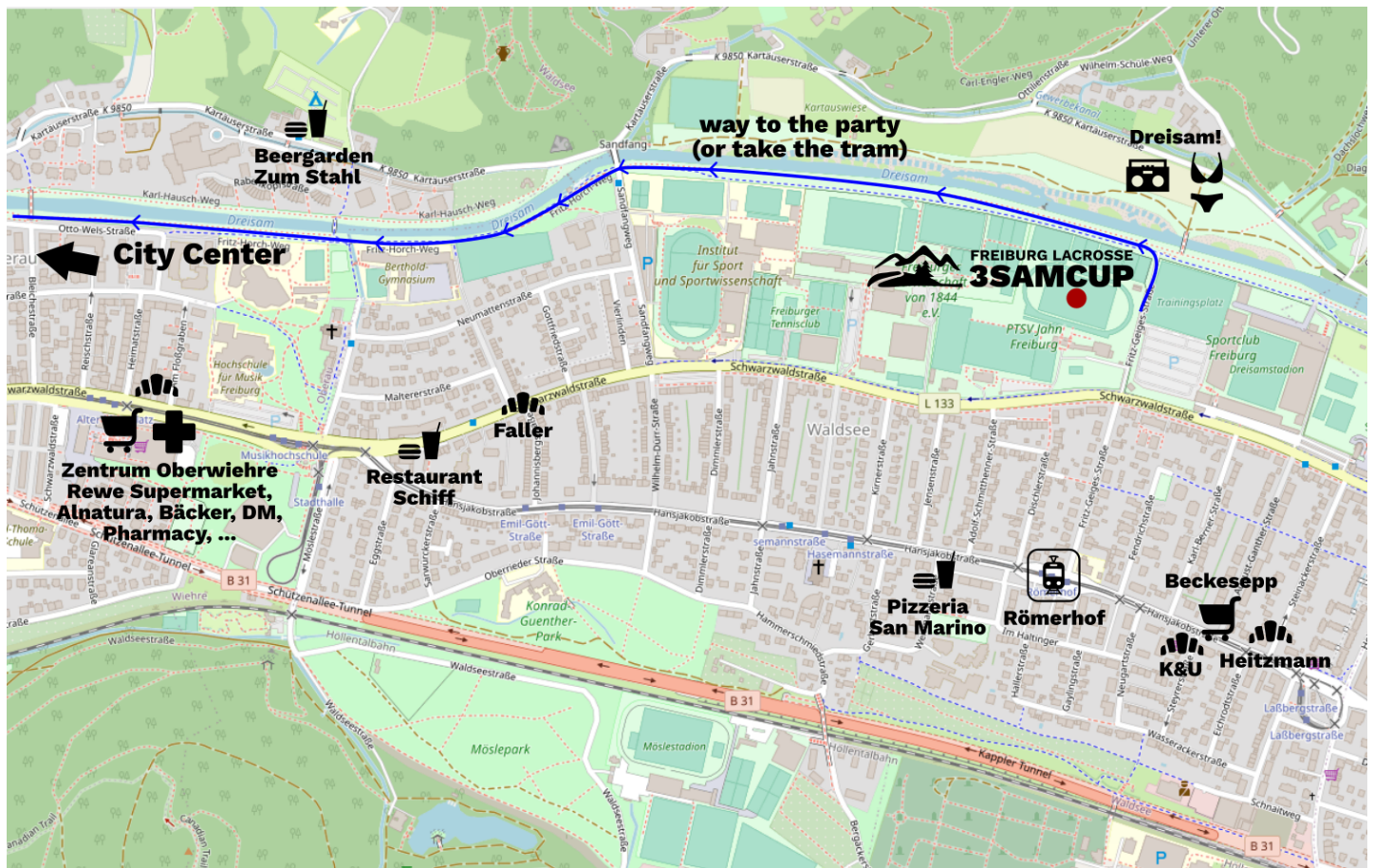
PTSV Jahn Freiburg e.V.
Schwarzwaldstraße 187-189
79117 Freiburg
Germany

Surrounding Area

Best nearby shopping options:

Zentrum Oberwiehre – featuring Rewe, Alnatura, Aldi, DM, a pharmacy, a bakery, and more...
Schwarzwaldstraße 78, 79117 Freiburg

(~15 min walk, ~10 min by tram, ~5 min by car)



3SamCup 2026
is supported by:

