

Hello everyone!

We hope that you are as excited about the NIC tournament as we are!

We've summed, what we think is the most important information. Everything is available at different spots on the webpage <https://nordicinvitationalcup.myclub.se/> too.

First of all NO NUTS at Nyboda skola (=school)



The teams (in total 10) that will sleep at Nyboda skola, are welcome for **check in** from 6 pm Thursday. Each team will get one key to their classroom. Remember to bring some extra cords (for charging) and maybe a deck of cards.

The school will be manned around the clock.

Please bring indoor shoes if you'd like to, since outdoor shoes are not allowed inside the school.

There will be a cold meal served Thursday night after arrival to Nyboda.

The tournament starts Friday morning after breakfast at Tyresövallen (about 650 meters from Nyboda skola), please see the tournament schedule <https://www.profixio.com/matches/nordic-invitational-cup-2019/k>

We would love to take **a picture of each team** before each team's first match at Tyresövallen. Great if you can put it in your schedule!

All meals will be served at Nyboda skola, everything served is free from lactose and there will be special servings for those who has notified us.

Breakfast will be served between 06:30-09:00

Lunch will be served between 11:30-14:00

Dinner will be served between 17:00-19:00

Evening snack around 20:00.

The menu;

Thursday dinner; pasta salad with chicken

Friday lunch; sausage with rice

Friday dinner; Swedish meatballs with potatoes

Saturday lunch; spaghetti bolognese

Saturday dinner; thai chicken with rice

Sunday lunch; goulash with potatoes

Sunday, **checkout time** from the classrooms at Nyboda is the latest at 1pm. You'll be able to store your luggage at designated places at the school.

You'll be able to have a **shower** either at Tyresöhallen (next to Nyboda skola) or at Tyresövallen.

There's a **cafeteria** at Tyresövallen where we'll serve hot and cold drinks, lighter meals and snacks.

Medley Aquarena (situated next to Tyresövallen) offers all players free entrance for swimming, please remember a padlocks and swimwear.

Tyresö Centrum <http://www.tyresocentrum.se/> is halfway between Nyboda skola and Tyresövallen.

Follow and join us on Instagram, tag your photos **#niccupen** and share your moments before, during and after the tournament.

Let's make it the best NIC ever, **WELCOME to Tyresö!**