



2026 TRIP GUIDE

THANK YOU FOR YOUR INTEREST IN USA CUP

Use this guide to help you plan for a trip to USA CUP and enjoy the largest youth soccer tournament in the western hemisphere. You will find information about the tournament as well as a worksheet to estimate your individual player costs. USA CUP will make memories that last a lifetime.

WELCOME TO MINNESOTA

USA CUP is located in Blaine, Minnesota, just 20 minutes north of Minneapolis/St. Paul (the Twin Cities). Played at the National Sports Center (NSC), USA CUP is the only tournament of such a large size that is played on one contiguous campus. The NSC has over 50 fields and welcomes over 20,000 players and fans each day of the tournament. There's no traveling between different sites to play and everyone's here to celebrate soccer.

While you're in the Twin Cities, turn your stay into a vacation and check out the other sights and attractions that Minnesota has to offer. These include the Mall of America and Valleyfair Amusement Park, as well as numerous award-winning restaurants, galleries and museums. Stay for a week, and remember it for a lifetime.



ACTIVITIES AND TOURISM

Each year the tournament plans a full menu of activities during the week. Teams should plan to come for their games and stay for the day. The activities are just one area that sets this tournament experience apart. Activities include:

ON SITE

- Opening Ceremonies
- Celebrity Appearances
- Speak-up at USA CUP
- Pin trading
- Adidas Super Store

- Ice skating at Super Rink
- Golf at NSC's Victory Links
- The Grand Dance and Neon Dance
- Target Activations
- USA CUP Premier ID College Combine

OFF SITE

- Minnesota Twins game
- MN United FC Pro Soccer game
- Bunker Beach Water Park
- Mall of America
- Albertville Outlet Mall
- Valleyfair
- Minnesota Lynx Game

CONTACT US

Complete tournament details and information can be found on our website, www.usacup.org

USA CUP Week/Weekend
Team Relations
International Teams

763.785.5656
1.800.535.4730
market@usacup.org



TOURNAMENT PLAY INFORMATION

USA CUP Weekend is the kick-off to USA CUP. This tournament features a boys' and girls' 11U–18/19U tournament with a three-game minimum as well as a 8U–10U Jamboree with a four game guarantee. It all begins on **Friday, July 10 and ends Sunday, July 12** with award ceremonies following each championship game.

USA CUP games begin on **Tuesday, July 14 and ends on Saturday, July 18**. This tournament features a boys and girls 18U-19U tournament with a four game guarantee; all teams advance to playoffs, with award ceremonies on Saturday. This tournament also features a 9U–10U Jamboree with a four-game guarantee on Friday, July 18 and Saturday, July 19.

Teams apply for an age group and will be placed in a flight after tournament ranking is completed in June. For information regarding flight placement, have your team leader email us at market@usacup.org

LODGING AND ACCOMMODATIONS

USA CUP can help you find the best accommodations that fit your schedule and budget. Visit our website at www.usacup.org/travel for complete details

Hotels

Hotels in the Twin Cities have partnered with the National Sports Center to provide lodging accommodations for all of our events. Whether you are searching for an economy or luxury hotel, the NSC's Official Host Hotels offer a broad range of choices to meet your needs.

Dormitory

Many teams choose to stay in dormitories at the University of Minnesota, University of Northwestern-St. Paul or Bethel Univeristy. All are located approximately 20 minutes from the National Sports Center campus. Meals and transportation to the NSC are included.

TRANSPORTATION

Teams and players will need to arrange their own transportation to and from the tournament. For guests staying in the dormitories, transportation is included. USA CUP recommends First Student (Ph: 651.631.1755) for bus rentals. The Minneapolis/ St. Paul International Airport (MSP) is approximately 40 minutes from the National Sports Center. The airport has a wide variety of car rental options.

USA CUP PREMIER ID COLLEGE COMBINE



This ID Combine will help prospective student athletes participating in USA CUP Weekend or USA CUP learn about the college recruiting experience and showcase skills to college coaches. College coaches from all over Minnesota and throughout the Midwest and America are invited to attend. The combine is also livestreamed and can be seen all over. Includes:

- Classroom sessions
- Small sided games and training
- Full sided games



The USA CUP Recruitment Prep Camp is designated for U13-U15 players to kickstart their college recruitment journey. In partnership with Minnesota United FC trainers and coaches, this camp offers position-specific training to refine technical skills and tactical understanding. Players will also gain valuable insights into the college recruitment process through a dedicated seminar led by a recruitment expert.

- Recruiting Seminar to Prepare Player for Recruitment Journey
- Trainers and Coaches from Minnesota United FC
- Appearance and Assistance from Minnesota United 2 Players



COST WORKSHEET

USA CUP

July 14-18, 2025

Use this worksheet to estimate individual player costs to participate in USA CUP.

Does not include assessed team fees for coaches' travel and housing. Verify assessed team fees with your coach or manager.

TOURNAMENT APPLICATION FEE

\$330 (9U-10U Jamboree) • **\$395** (8U-10U Competitive)
\$510 (11U-12U) • **\$560** (13U-18/19U)
Includes team manager gift, coach gift, and team ball

$$\frac{\text{Team fee}}{\text{\# team players}} = \$ \text{ Per player}$$

PLAYER FEE

\$91 (9U-10U Jamboree)
\$119 (8U-10U Competitive, 11U-19U)
Includes player bag, program book, access to onsite activities and discounted prices to select off-campus events

$$\text{.....} = \$ \text{.....}$$

LODGING AND ACCOMMODATIONS

(Complete one)

College Dorm

\$150 refundable damage deposit
\$520 per player at University of Minnesota or Bethel University
\$575 per player at University of Northwestern-St. Paul

$$\frac{\$150 \text{ Deposit}}{\text{\# persons}} = \$ \text{.....}$$

$$\text{.....} = \$ \text{.....}$$

Per player dorm rate

-or-

Hotel

Assumes each individual is responsible for own hotel and meal costs. Average hotel price is \$160 with four persons per room
 Estimated average daily meal cost is \$50 per day

$$\frac{\text{Nightly rate}}{\text{\# nights}} \times \frac{\text{Daily meal costs}}{\text{\# persons}} = \$ \text{.....}$$

$$\text{.....} \times \text{.....} = \$ \text{.....}$$

Daily meal costs \# days

TRANSPORTATION

Check with your coach/manager for details on team-based rental vehicles and plane tickets. Group rates may be available.

$$\frac{\text{Rental car per day}}{\text{\# days}} \times \frac{\text{.....}}{\text{\# persons}} = \$ \text{.....}$$

$$\frac{\text{Bus rental}}{\text{\# persons}} = \$ \text{.....}$$

$$\text{.....} = \$ \text{.....}$$

Airline tickets

$$\text{.....} = \$ \text{.....}$$

Activities/Misc Spending per person

(Add together right hand column) Estimated total player cost = \$ _____ per player

Complete lodging information can be found on our website: www.usacup.org/travel



COST WORKSHEET

USA CUP Weekend

July 10-12

Use this worksheet to estimate individual player costs to participate in USA CUP Weekend. Does not include assessed team fees for coaches' travel and housing. Verify assessed team fees with your coach or manager.

TOURNAMENT APPLICATION FEE

\$300 (8U-10U Jamboree) • **\$365** (9U-10U Competitive)
\$350 (11U-12U) • **\$445** (13U-18/19U)
 Includes team manager gift, coach gift, and team ball

$$\frac{\text{Team fee}}{\# \text{ team players}} = \$ \text{ Per player}$$

PLAYER FEE

\$77 (U8-U19)

Includes player bag, program book, access to onsite activities and discounted prices to select off-campus events

$$\dots\dots\dots = \$ \text{_____}$$

LODGING AND ACCOMMODATIONS

(Complete one)

College Dorm

\$150 refundable damage deposit
\$310 per player at University of Minnesota or Bethel University
\$330 per player at University of Northwestern-St. Paul

$$\frac{\$150 \text{ Deposit}}{\# \text{ persons}} = \$ \text{_____}$$

$$\text{Per player dorm rate} = \$ \text{_____}$$

-or-

Hotel

Assumes each individual is responsible for own hotel and meal costs. Average hotel price is \$160 with four persons per room
 Estimated average daily meal cost is \$50 per day

$$\frac{\text{Nightly rate} \times \# \text{ nights}}{\# \text{ persons}} = \$ \text{_____}$$

$$\frac{\text{Daily meal costs} \times \# \text{ days}}{\# \text{ persons}} = \$ \text{_____}$$

TRANSPORTATION

Check with your coach/manager for details on team-based rental vehicles and plane tickets. Group rates may be available.

$$\frac{\text{Rental car per day} \times \# \text{ days}}{\# \text{ persons}} = \$ \text{_____}$$

$$\frac{\text{Bus rental}}{\# \text{ persons}} = \$ \text{_____}$$

$$\text{Airline tickets} = \$ \text{_____}$$

$$\text{Activities/Misc Spending per person} = \$ \text{_____}$$

(Add together right hand column) Estimated total player cost = \$ _____ per player

Complete lodging information can be found on our website: www.usacup.org/travel