OVERSEAS X

ROOKIE GUIDE

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1. Welcome to the Jungle

What to Expect When You're Not Expecting… to Be in Albania

Introduction to OverseasX

Let's be honest. No one dreams of playing in Siberia with frostbite on their shooting hand, or in a town where the arena doubles as a livestock auction on weekends. But here you are…part of the 1% of hoopers who actually turned pro.

OverseasX is the platform we wish existed when we were rookies, before the weird-ass drivers, delayed paychecks, and coaches who scream in languages Google Translate doesn't recognize. Built by overseas pros for the ones still in it. It's the shit we wish we had…a toolbox…a warning label…a cheat sheet for surviving the chaos.

We're not here to sugarcoat shit. We're here to help you win…or at the very least, not completely lose your sanity.

Mental Prep: You're Not in Kansas Anymore

The minute you land, everything changes. Time zones, language, food, expectations. New team, new country, new reality. Everything hits differently when nothing around you feels familiar.

The hot water won't work. The gym might have a broken rim and a dog sleeping under the bleachers. You'll think you're getting benched because you missed a rotation, when really it's because the coach's cousin just signed and someone has to sit.

This world doesn't run like home. So don't expect it to.

You need to be adaptable. Flexible. The kind of athlete who can hoop at 2 p.m. in front of six old people and a guy chain smoking in the front row…then do it again the next day like it's Game 7.

Your talent got you here. Your *mindset* is what'll keep you here.

Why This Guide Exists (So You Don’t Lose Your Damn Mind)

Look, nobody hands you a manual when you go overseas. You just show up. Alone. In a country you couldn’t spell in high school, hoping you packed enough socks and that barista accepts cash.

You learn by failing. By calling your agent pissed off. By googling “how to poop when the toilet doesn’t flush right.”

That sucks. So we made this.

This guide exists to take some of the edge off. To tell you the things no one tells you. To walk you through your first season abroad without pretending it’s all glamorous. It’s not. It’s gritty. It’s weird. It’s lonely. But it can also be *incredible*.

This is your first step. We’ll walk you through the rest.

Now let’s get to the real shit.

2. Getting Signed: The Contract Checklist

Red Flags, Fine Print, and "What the Hell Does 'Housing Included' Actually Mean?"

So your agent hits you with a message: "Team in Portugal wants to sign you."

You Google the city. The beaches look fire. Sun's out, the vibes look right. You start imagining croissants for breakfast and a smooth 20 and 10 every night.

Pump the brakes.

Overseas offers can *look* amazing and still be absolute disasters. Just because they've got a logo and a Eurobasket profile doesn't mean they're legit. This is where you need to stop dreaming and start asking the right questions.

Has the team been around for more than a year? Do they actually finish seasons without cutting guys for fun? Are they known for paying on time, or do they ghost imports after two games?

Talk to guys who've played there before. Not just the ones who still follow the team on Instagram, the ones who left. The ones who aren't afraid to keep it real.

If a team cycles through five Americans a year and nobody makes it past Christmas, that's a red flag you can see from outer space.

Agent Green Lights & Red Flags

Your agent shouldn't be the guy forwarding a message that says, "Looking for a power forward in Poland" They are supposed to be your gatekeeper. If they are sending you blind offers without knowing anything about the team, that is not an agent. That is a middleman. Walk away.

Good agents:

- Know the coach
- Know the league
- Have had players there before
- Give you context, not just hype

Shady agents:

- Push you to sign fast
- Avoid questions about late payments
- Don’t review the contract with you

If something feels off, it probably is. This is your reputation, your body, your career.

Understanding Your Contract

Most rookie deals are like IKEA instructions…confusing, frustrating, and probably missing a few pieces. That’s why you need to slow down and read every word.

Start here:

- Is your salary **net**? (That means after taxes)
- What’s the **payment schedule**?
- Does "housing included" mean you get your own spot, or are you bunking with a guy who chews with his mouth open?
- Are **flights** covered? Round-trip?
- **Meals** or a stipend?
- Can they cut you at any time with no payout?

If you don’t understand a sentence, *ask*. If they say, “That’s standard,” push back. Get it translated if it’s not in English. Don’t just trust your gut, trust the paperwork.

Asking the Right Questions (Before You Say Yes)

Think of it like buying a used car from a stranger. You wouldn’t just take the keys and drive off.

So ask:

- Who are the imports this year?
- Who was there last year?
- What’s the team’s goal this season?
- Who pays for laundry, cell phone, gym access?

You’re not being annoying. You’re being smart. You’re the product. They’re buying your services. Make sure the store isn’t selling broken promises.

Getting it in Writing: Always, Always, Always

Here's the golden rule: *If it's not in the contract, it doesn't exist.*

You can't pull up a WhatsApp convo in a court. You can't fight a "verbal agreement" when your coach swears he never said that.

Everything you're promised, money, housing, bonuses, meals, flights, massages, damn near anything, should be spelled out in writing. If they say no? Big red flag. Period.

Teams will test you. Don't let them test your bank account.

3. Before You Go: Pre-Departure Essentials

Packing for the Apocalypse...or at Least a 9-Month Stint in Eastern Europe

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So you've signed the deal. Flights are booked. You're about to dip. This is the part where it gets real. The excitement. The nerves. The "wait, what the hell do I even bring?" panic.

Don't worry, we've all been there.

Your overseas journey doesn't start when you land. It starts now. The way you prep before takeoff can make or break your entire first month abroad. So let's get your mind (and your bags) right.

The Documents No One Reminds You About

You might be thinking, "I got my passport. I'm good."

Nah. You need backups. Digital *and* physical. Because one missing document in a random airport = a full-blown meltdown.

Here's the essentials:

- Passport + a printed photocopy
- Visa papers (if required)
- Flight itinerary with confirmations
- Address of where you're staying
- Contact for your team, agent, and someone back home

Organize this stuff. Don't shove it in your bag last minute like you're leaving for a sleepover.

What to Pack (That You'll Actually Use)

You're not moving to space. But still…you don't want to show up unprepared.

Bring:

- Basketball gear for *all* weather (indoor and outdoor)
- Two pairs of your go-to shoes; you'll blow through one by December
- Workout bands, foam roller, lacrosse ball; your body will thank you
- Travel adapters for outlets (every country is different…research)

- Basic meds you rely on (Advil, allergy stuff, prescriptions)
- Your own damn pillow (no explanation needed…you'll get it after week one)

Don't bring:

- Your entire sneaker collection
- Every hoodie you own
- Bulky coats unless you're heading to Estonia.
- Stuff you "might" wear. You won't. Save the space.

Think tactically. Think efficiently. Think like someone who's about to carry two large bags and two carry-ons up five flights of stairs with no elevator.

Tech Prep: Don't Count on Wi-Fi

You land. You turn your phone on. No signal. Now what?

- Make sure your phone is **unlocked** (so you can swap SIM cards)
- Download WhatsApp…it's the overseas standard
- Bring a backup power bank
- Get a VPN for secure banking and watching Netflix without getting bootleg subtitles
- Download offline maps of the city you're flying to

Tech keeps you connected, but only if you plan ahead.

Health, Recovery, and the "What If I Get Hurt" Problem

Here's the truth: overseas medical care is a coin flip. Some teams have full trainers. Some hand you an ice bag and say "good luck."

Bring:

- Your own first aid kit
- Stretching and rehab tools
- Enough medication to last the season
- A written list of any allergies or conditions (in the local language if possible)

Ask your agent or team who the local doctor is. And don't assume insurance is handled unless it's in writing.

Money: How to Not Be Broke Before Your First Check

Don’t count on getting paid the day you land. Sometimes it takes weeks. You’ll need to survive until then.

Do this:

- Open a bank account with **no foreign transaction fees** (Charles Schwab, Revolut, etc.)
- Bring cash for arrival…currency exchange booths can be trash
- Set up PayPal, Wise, or Venmo for flexibility
- Have a spreadsheet or budget app to track spending. (no joke)

You’re a pro now. That means learning how to handle your money like one.

4. First 48 Hours: Landing, Language, and Looking Like a Pro

How Not to Immediately Get Robbed or Benched

You land. Jet lagged, hungry, head pounding. You've barely slept, your legs are jello, and you're trying to figure out why your name is spelled wrong on the cardboard sign some random dude is holding.

Welcome to your new life.

The first 48 hours overseas set the tone for your whole season. You only get one shot to make a good first impression…on your team, your coaches, and yourself. So let's walk through what really happens when the plane door opens and the dream suddenly feels very, very real.

The Pickup: Hope for a Translator, Prepare for Chaos

Sometimes there's a driver waiting. Sometimes it's a teammate. Sometimes...no one. Just you, standing in an airport trying to get Wi-Fi to send a "umm where u at?" text.

Always have the team's contact info saved *before* you leave. Have screenshots of your flight. Know where you're supposed to go. Don't count on your phone working immediately.

And if the guy picking you up doesn't speak English? Smile. Nod. Use your translator app. Welcome to the first test: adapt or get left behind.

The Arrival Tour: Meet, Greet, Don't Speak Too Much

You'll likely be taken straight to the apartment, the team office, or, if you're like me, practice.

Whatever the route, play it cool. You're tired. You're jet lagged. But this is your first impression.

Shake hands. Learn names. Don't try to be funny. Don't complain about the travel. Just be a professional who looks like he's done this before, even if you haven't.

Practice? Already? Yup.

Some teams give you a day. Others toss you into practice before you've even figured out how to flush the toilet.

You show up to the gym. The coach looks at you like, "Let's see what this American's about."

Don't try to dominate. Don't play hero ball. Play hard, be coachable, and most importantly, *listen*. These guys don't know you. You've got to earn trust before you earn touches.

Jet Lag & Culture Shock: The Invisible Opponents

You'll be fighting two things no coach prepares you for.

Jet lag will mess with your sleep, your energy, even your appetite. Drink water. Get sunlight. Stay awake until bedtime in your new time zone. Power through.

Culture shock is weirder. Different languages. Different smells. Weird traffic. No Target, no Chick-fil-A, and no clue what half the menu says.

Let it hit you. Don't resist it. Laugh at the weird stuff. Be curious, not judgmental. You'll adjust faster.

Making Sense of the Language Barrier

You might be the only English speaker in the room. And even when people speak *some* English, basketball slang doesn't always translate.

So:

- Learn a few basics in the local language (hello, thank you, good job)
- Use body language, gestures, and tone
- Don't talk fast or use slang

Smile. Show effort. People respect humility.

First Trip to the Grocery Store

You'll think it'll be easy. It won't be.

The labels are in a different language. The layout makes no sense. You grab what you *think* is milk and it turns out to be yogurt. You ask for chicken and someone hands you raw rabbit.

Pro tip: Use Google Translate's camera function. Stick to basics…rice, pasta, eggs, fruit, chicken. Don't experiment too early. Learn what stuff *looks* like. You'll figure it out fast.

This ain't a vacation. But it's a hell of a ride. Survive these first two days and you're already ahead of half the rookies out here.

5. Living Abroad: Daily Life Breakdown

Laundry Machines from Hell and Showers That Don’t Make Sense

Alright, you made it through the first two days. Now comes the hard part: actually *living* overseas.

This is where reality sets in. No more "new guy" excitement. The Wi-Fi sucks, your apartment smells weird, and the water pressure is an insult. It’s cold, you’re sore, and you can’t remember the last time you had a normal conversation that didn’t involve Google Translate.

Welcome to the grind.

Apartment Life: What’s Normal, What’s Sketchy

Your new place might come with floral bedsheets from 1987, one frying pan, and a heater that only works if you kick it. That’s standard.

Most apartments overseas are basic. You might share a place with another import. You might have a roommate who snores you into insomnia. You might get lucky with a decent setup…but as a rook, don’t count on it.

There’s no dryer. There’s always a mysterious draft. And the bathroom? You’ll learn to clean yourself with one hand, while holding the nozzle in the other..

Is it uncomfortable? Sure. Is it survivable? Absolutely.

Transportation: Your Feet Will Hate You

Don’t expect Uber. Don’t expect a car. Most likely, you’ll be walking a lot, riding buses, or praying someone on the team with a license doesn’t mind giving you a lift.

Some teams provide a car. Most don’t. If they do, it’ll probably be a manual, and if you don’t know how to drive stick, you’ll spend most free time in a empty parking lot stalling out constantly.

Get familiar with local transit. Screenshot maps. Learn routes. Carry coins. And be ready to walk your ass off. It’s cardio whether you like it or not.

Food: Eat Like a Local, Stay Like a Pro

You'll be tempted to live off pasta and candy bars. You can't.

Start slow. Find a grocery store that feels manageable. Buy simple stuff you know how to cook. Rice, eggs, fruit, pasta, chicken. Once you figure out how the markets work, you can expand.

Cooking is your secret weapon. It saves money. Keeps you healthy. And gives you a sense of control when everything else feels foreign.

And team meals? Don't rely on them. Sometimes they're fire. Sometimes they're straight-up prison trays. Be ready either way.

Making Friends When You Don't Speak the Language

Some teammates will vibe with you right away. Others will keep their distance. Don't take it personally.

You're not there to be besties, you're there to win. But if you *do* make an effort to connect (learn a few words, be positive, respect the culture), people will respond.

Say yes to the invites. Even if you don't understand half the dinner conversation, just showing up matters.

Staying Connected Without Checking Out

It's easy to hide in your phone. Endless scroll. FaceTime. NBA highlights. It's comfort. But too much of it, and you'll mentally check out before you even settle in.

Set a time to call home. Use voice notes. Keep a journal. But also, look around. Be present. This is *your* experience. Don't waste it dreaming of being somewhere else.

Dating Abroad: Proceed With Caution

There's a lot of downtime. And loneliness. And yes, temptation.

Dating overseas can be fun, sure. But it can also get messy fast. You don't know the social norms. You might not even speak the same language. And not everyone is looking for the same thing.

Rule of thumb: don’t make drama part of your training schedule. If you’re going to link up with someone, be honest, be clear, and *don’t* get involved with teammates’ friends or family.

Trust us on that one.

6. On-Court Survival

Dealing With Coaches, Teammates, and Your Own Expectations

This is the part where you either become a pro or you don't.

Overseas hoops is not just basketball in a different time zone. It's a different world. The gym feels off. The pace is weird. The refs don't speak English. And suddenly, the game you've played your whole life doesn't feel like yours anymore.

Welcome to pro basketball, where nothing is handed to you, everything is earned, and every day is a test you didn't study for.

The Style of Play: Forget What You Knew

The game overseas is like that cousin who kinda looks like basketball but plays by his own rules.

The pace is slower. The floor is smaller. There's way more contact…and way less calls. Everyone flops. Everyone yells. The refs let it go. You'll get elbowed in the back, called for a foul, and then watch your coach shrug like, "That's normal."

You might play three positions one game and none the next. You might be expected to drop 25 or just set hard screens and shut up. Be ready for both.

Coaching Styles: Screams, Silences, and Stares

Coaches overseas don't coddle you. They don't care about your highlight tape or how many followers you've got. They care about wins. That's it.

Some scream every second. Some barely speak to you. Some only talk *about* you, in a language you can't understand.

You can't control how they coach. But you can control how you respond. Don't roll your eyes. Don't bark back. Just nod, play hard, and earn their respect through effort. Words won't save you here. Toughness will.

Earning Minutes: The Import Pressure

You're the foreigner. The American. The guy they flew in to make a difference.

That means pressure. That means expectations. That means everyone's watching every move you make. If you mess up, it's a *thing*. If you dominate, they'll act like that's what you're supposed to do.

So:

- Show up early. Stay late.
- Go hard in drills.
- Be loud. Be locked in.
- Don't pout. Don't act entitled.

You're not owed anything. You're here to take it.

Practice Culture: Chaos with a Whistle

You're used to structure. Reps. Details. Clarity.

Now you get three-hour practices with no music, two basketballs, and a coach who stops play every 18 seconds to lecture in a language you barely understand.

It's frustrating. It's slow. Sometimes it's downright pointless. But it's part of the job. Don't check out. Find your rhythm. Use the chaos to your advantage.

Game Day: Everything's the Same and Totally Different

You'll walk into some gyms and feel like you're in a movie. Packed stands. Drums. Flares. Flags.

Others? Empty bleachers, dim lights, and one angry fan yelling in your direction the whole time.

Either way…you play.

Don't expect pregame routines. Don't expect fair calls. Don't expect comfort. Just hoop.

And whatever you do, don't argue with refs. They don't care what you think. They won't understand you anyway. Let your game talk.

Recovery and Injuries: You’re the Training Staff Now

There might be a trainer. There might be a doctor. But odds are, you’re gonna have to take care of your body solo.

Bring what you need: bands, rollers, massage tools. Ice might be peas in a towel. Stretch before and after. Sleep when you can. Hydrate always.

And if you’re hurt? Speak up. Don’t be a hero. But also…don’t expect miracles. Your recovery is your responsibility.

7. Getting Paid and Protecting Yourself

The Part Where Shit Gets Real

This is where overseas basketball gets serious.

Getting buckets is only part of the job. Getting paid is the part that actually matters. And too often, that part falls apart.

No one tells you how often teams stall, delay, or "forget" payments. How many times you'll be told "next week" while you're staring at an empty fridge. This section is here to make sure you know what to expect, how to protect yourself, and what to do when the money doesn't show up.

Understanding How Payments Work (and Don't)

Most teams pay monthly. Some do it bi-weekly. Some hand you envelopes after games. Some wire it. And some? They act like they have a free trial promo code.

Here's the deal:

- Always track every payment.
- Keep copies of every contract and communication.
- Know what "net" means, (your take-home, after taxes).

A delayed check isn't rare. It's the norm in some places. What matters is how you handle it.

When Your Check Doesn't Show

First time it happens, you'll probably panic. Don't.

Step one: breathe. Step two: document it.

- Write down the date you were supposed to get paid.
- Screenshot messages. Save emails.
- Talk to your agent.

Then follow up with the team, but professionally. You're a pro, not a beggar. Ask when payment is coming. Be clear, calm, and firm.

And if the delay drags on? That's when you escalate.

Getting What You're Owed (Without Burning Everything Down)

When teams stop paying, your instinct might be to go scorched earth. Don't.

You need to play chess, not checkers.

- Loop your agent in…EARLY.
- Ask the team manager for an updated payment timeline.
- Keep all receipts…literally and figuratively.

Still no results? That's when you bring in legal support. Sometimes, just mentioning FIBA arbitration is enough to scare a team straight. Other times, you'll have to walk away.

Either way, the more receipts you have, the better shot you have at getting paid.

When It's Time to Bounce

There's a breaking point.

If the money's not coming, the food stipend stopped, and now they're asking you to sit out "until things stabilize," leave.

But leave smart.

- Ask for a letter of release.
- Demand payment before you step on a plane.
- Don't ghost. Don't rage-quit.

Document everything. Keep your name clean. It'll pay off down the line.

How OverseasX Helps

We've been there. That's why this platform exists.

- Payment dispute templates
- A list of reliable legal contacts
- A private network where players share real stories about real teams
- Access to mentors who've navigated these situations before

You're not alone in this. You've got people. You've got backup.

8. Mindset & Mental Health

Surviving the Highs and the Holy-Fuck Lows

Everyone talks about the grind. No one talks about how the grind messes with your head.

This life is isolating. You're far from home, surrounded by people who don't speak your language, trying to perform at a high level every single day while dealing with loneliness, culture shock, pressure, and the constant uncertainty of whether you'll still be on the roster next week.

Here's the truth: even the strongest overseas athletes break down. The ones who make it learn how to manage the mental game just as much as the physical one.

Loneliness, Homesickness & the Shit No One Sees

It creeps in.

You miss holidays. You miss birthdays. You're scrolling through Instagram watching your people back home living "normal" lives while you're eating gas station tuna at 10 p.m. in a country where no one knows your name.

You're not weak. You're not soft. You're just human. And this lifestyle wears on you if you don't check in with yourself.

Routine is Survival

You need structure. Especially when everything around you feels like chaos.

Wake up at the same time every day. Eat real meals. Move your body, lift, shoot, stretch, journal, meditate. Go for a walk without your phone. You don't need to be perfect. You just need rhythm.

Discipline gives you control when nothing else does.

How the Pros Stay Sane

The guys who stick around for years know the game is only part of it. They show up, stay professional, and handle everything that comes with it.

- They treat practice like therapy.
- They disconnect from social media when they need to.
- They FaceTime their circle.
- They get outside. Explore the city. Create habits that keep them grounded.
- They take courses and take time to foKus on life after the game.

You need to build something solid outside the court. Otherwise, the job eats you alive.

Talk to Somebody

Taking care of yourself doesn't make you dramatic, it means you're paying the fuck attention.

If you're struggling, TALK. OverseasX gives you access to mental health professionals who *get it*. You can book a session, send a message, or just say, "I don't feel right."

No judgment. Just help.

You can also check in with teammates, your coach (if they're cool), or your people back home. Let someone know how you're really doing. You don't have to carry this alone.

9. Career Management

How to Build Instead of Just Survive

Some guys treat overseas like a pit stop. A break before they "get back on track." But the ones who thrive? The ones who make a real run out of this life? They treat it like a business.

Because it is.

You're a product, a brand, a one-person enterprise. The minute you stop thinking like an employee and start thinking like a pro in charge of their own career, everything changes.

Your Brand Is Your Resume

Before anyone checks your stats, they're checking your socials.

That's where people see you. The plays you make. The work you put in. The fact that you're still out here doing it.

You don't need to fake anything. Just document the truth:

- Post your game footage. Make it easy to find.
- Show the work you are putting in like early lifts, late shots, recovery days.
- Let people see you adjusting to life overseas. That adds value.
- Tag your team, trainers, and sponsors. It shows you understand the business.

If a coach Googles you and all he sees is silence or drama, you're not getting the callback. Keep your story clean, authentic, and visible.

Training Between Contracts: This Is Where You Win

Everyone talks about staying in shape. Few actually do it when the season ends.

You don't need to go full Rocky IV montage, but you *do* need a plan:

- Find a gym before you even get back home.
- Build a weekly routine that includes lifts, cardio, skill work, recovery.
- If money's tight, do the basics. Bodyweight circuits, track work, resistance bands.
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When your agent calls mid-June with a surprise opportunity, you better not be gasping after three suicides.

Be Proactive. Be Loud. Be Smart.

Too many guys sit and wait. They assume their agent is grinding behind the scenes.

Sometimes they are. Sometimes... they're not.

You should be:

- Messaging past teammates for openings.
- DMing coaches (respectfully) with your film and résumé.
- Watching other leagues and asking yourself, "Could I fit here?"

Also, BUILD! Start a camp. Sell training plans. Build a YouTube channel or podcast. Do something now that can help you later.

Use OverseasX to Plug the Gaps

We built this to:

- Help you find legit agents, coaches, and sponsors.
- Give you templates to pitch yourself.
- Offer workshops on taxes, visas, brand building, post-career life.
- Put you in rooms (real or virtual) with people who can change your future.

There are guys right now inside this community helping each other get gigs, solve problems, and stay in the game longer. Join them.

Think Beyond the Game While You're Still Playing It

You've got time. You've got energy. You've got access. Use all of that to start building whatever comes next.

Coaching. Training. Real estate. Marketing. Mental health. Whatever.

Pick a lane. Any lane. Just don't wait until your career's over to figure out what the hell you want to do.

Take a course. Follow someone doing it better than you. Screw something up and learn from it.

This is your window. Keep hooping. But stop pretending like that next chapter is just gonna write itself.

Because one day, the ball stops bouncing.

And if you wait until that day to start thinking about what's next, you're already behind.

10. The Exit Strategy

What Happens When the Season Ends…or Doesn't

Negotiating Extensions or Releases

Sometimes the season ends and you think, you know what... I could do this again. Other times, you've been packed for two weeks and are praying nobody calls a team meeting.

Either way, it's a moment where you've got to be clear.

If you want to stay, say something early. Not at your exit meeting. Not after the playoffs. Tell them while there's still time to talk money and make moves. Because if you wait, they're already looking at your replacement.

And if you're not sure? Figure it out. Talk to your agent. Look at the money. The locker room. The coach. The role. The life. Be honest about what you're walking back into.

If the team wants you back, they'll usually tell you before the season ends. But don't mistake a "we like you" for a new deal. None of it counts until the contract hits your inbox.

If they move on? Keep it professional. Overseas is a small-ass world. People talk. Coaches talk. Teammates talk. That bridge you think you're burning? You might have to cross it again next season.

Booking Your Return

That stretch after the last game is weird. Your bag's half-packed, a few teammates already forgot you existed, and nobody really knows if you're flying out tomorrow or stuck for another two weeks. First thing you do is check your contract.

Does it say the team's covering your flight home? Was it booked round-trip at the start, or are they supposed to handle it now? Don't assume. Don't guess. If they're booking it, confirm everything. Flight time, airport, connections, all of it. Some teams will stick you with a 30-hour layover in Moldova just to save a few bucks.

Ask questions. Screenshot everything. Double check your name on the ticket. You do not want to be that guy standing at the counter, sweating, confused, trying to explain yourself in broken English with a backpack full of dirty clothes and no idea what's going on.

Don’t Leave Without Your Money!!

That includes bonuses, travel cash, and the deposit they said you’d get back but never mentioned again. Once you’re gone, good luck getting a reply. You’ll hit them up in July and get hit back with a ‘new phone who dis’.

Before you go, clean the apartment. Doesn’t have to be perfect, just not disgusting. Take pictures of everything. Send a message confirming you’re out and the place is fine.

If you had to buy anything they were supposed to provide, microwave, bedding, router, bring it up. Include receipts if you’ve got them.

Most guys don’t get everything back. But if you leave without asking, you’ll get nothing.

What to Do If You’re Cut Mid-Season

Let’s call it what it is. It fucking sucks.
Getting cut is a gut punch, even when you saw it coming.

But you’ve got to handle it like a pro.

First, don’t panic. Ask for an explanation. Sometimes it’s your play. Sometimes it’s money. Sometimes it’s just politics.

Then ***GET YOUR MONEY!*** Before you pack a single bag, make sure every dime is in your account. A lot of guys get released and trust the team to send the rest later. That usually doesn’t happen.

If you’re still overseas, don’t rush home. Call your agent. See what’s possible. You’ve got a better shot at landing something new when you’re still nearby. A cheaper flight and no visa hassle makes you more attractive than someone already back on their couch.

OverseasX can help. We’ve got resources, support, and sometimes emergency job leads. Tap into the network.

Getting cut isn’t the end of the story. It’s just another chapter in the grind.

Using the Offseason to Level Up

The offseason is where real pros separate themselves.

Don't just "rest." Reflect. What worked this season? What didn't? Where did you struggle? Where did you surprise yourself?

Take time to recover physically and mentally, but start preparing for what's next. Update your highlight reel. Tighten your résumé. Hit the gym with the purpose to improve. Work on the weaknesses you exposed. Rebuild the confidence you lost.

It's not all a vacation. Don't get me wrong…you need the break. Take two weeks and reset your head. Get back to feeling like yourself again. Then spend the next week chasing that same happiness while easing your body back into shape. After that, it's grind time. Lock in. Prep like the call is coming tomorrow. Because it might.

That's it…that's the Starter Kit. The real lessons? You'll learn them in the cold gyms, awkward team dinners, and late-night bus rides. But now, at least, you've got a guide. Something to reach for when the shit hits the fan and you're wondering what comes next.

You're not alone in this. You've got OverseasX.

Appendix: Quick Access Tools & Templates

Stuff You'll Actually Need

Phrasebook: The Absolute Basics

(Translate these into your country's language before you leave)

- Hello
- Thank you
- Where's the bathroom?
- Can I get this without meat?
- I'm a basketball player
- How much does this cost?
- I need help
- Do you speak English?

Emergency Info Template

Fill this out and keep it on your phone and in your wallet.

Name:
Team:
City/Country:
Home Address (U.S.):
Emergency Contact:
Team Contact:
Agent Contact:
Blood Type / Allergies:

Useful Apps for Life Overseas

- Google Translate (with camera tool)
- WhatsApp (messaging/calls)
- XE Currency (real-time exchange rates)
- Rome2Rio (transport planning)
- Splitwise (for shared expenses)
- Wise / Revolut (for sending & receiving money)
- Notion / Evernote (for journaling and tracking)
- VPN (for accessing U.S. content and secure connections)