

# Tips on Tournaments

## Tournament Days

There are 1-day to 3-day tournaments. During matches, the team will either be playing, officiating or on a break. Typically, the mornings comprise of pool play and bracket play in the afternoon (1 day tournaments). The end time of the tournament day varies depending on your team's wins or losses. The day can last approximately 6-8 hours, not including travel time.

Be prepared!

## Seating/Chairs

Depending on the tournament, limited seating varies. Big tournaments (ex: Capitol Hill Classic) provide spectator chairs. It is advisable to bring your own foldable chair for most tournaments. Your player can sit on the floor, but we recommend to bring an extra chair for your athlete. Research your venue!

## Food and Drinks

The night before the tournament day, eat a nutritious dinner. On the morning of the tournament, if your athlete's first game is within two hours, consider a small breakfast with easy-to-digest carbohydrates, low fat, and lean protein.

Some venues state "No outside food or drinks". Often times, this does not apply to players. Options vary for lunch and snacks. Some parents bring their own lunch and snacks for their own kids. Others coordinate with the Team Parent to provide a well stocked variety of nutritious foods to share with the team. Some tournaments also have concessions available. Ask experienced parents what their experience has been for that venue. They may have the inside scoop of what to bring or not bring!

Remember, provide **labeled bottled water** and a few extras, nutritious **lunch** and **snacks** that can last throughout the day.

## Team "Camping" Area

It is common practice for teams to set up small areas of floor space using small blankets at the venue where they all convene, store items, and hang out during down time. At some tournaments, this is an organized system where the host will designate space for your team. At others, it is less formalized and teams just find their own space. Coordinate who will arrive first at the venue to "reserve" a spot, then have players and parents communicate where the area will be.

# Tournament Schedule

The team's play schedule usually gets posted 3 days before the tournament day. Your coach will communicate the time to meet at the tournament location. Arrive on time!

At every tournament there are pools and playoffs. Typically, your team will be assigned to a pool with three (3) other teams. You will play 2 sets against each team. Your team's performance in pools will determine their ranking in playoffs.

Be advised:

\*Allow plenty of time for travel (map out the location).

\*Games can be quick or run longer than usual (usually a game has to be won by 2 points.) Your match starting time is also dependent on others using the same court.

\*Normally, teams arrive a half-hour to an hour before the start of your first game. Your first game may be to work or play on court. Again, your coach will determine meeting time.

## Working Teams

Players are required to help officiate and track score for another team's match. The coach and players will coordinate the work assignment prior to tournament day. Obtaining a [Junior Referee Certification](#) for the player is highly recommended. More information will be given from your coach.

## Jerseys

Your player will be provided with 2 jerseys. Make sure to bring the extra jersey.

## First Aid

Each team will carry a basic first aid kit at every tournament. The facility may offer bare minimum first aid materials, but do not count on it. Consider bringing a compilation of your own first aid kit which includes any medications you may need (ie: aspirin, ibuprofen).

## Tournament Apparel

Tournaments sell a variety of commemorative clothing and accessories. All purchases are optional. Purchasing items early on the day is suggested to get the correct size for your player.

Other

Resource:

18 Things You Need  
For Tourneys

