



LEGACY SOCCER CLUB



TOURNAMENT SURVIVAL GUIDE

The morning of tournaments can get pretty hectic. This checklist will make it easier:

- ☐ Directions/Schedules ☐ Game schedule ☐ Tournament rules ☐ Directions to tournament & game fields from home
☐ Team handouts ☐ _____

Uniform Items:

- ☐ Primary jersey ☐ Alternate jersey (put in plastic bag to keep clean) ☐ Uniform shorts ☐ Uniform socks (2 pairs)
☐ Shinguards ☐ Soccer cleats (bring a plastic bag for dirty cleats) ☐ Indoor soccer or gym shoes ☐ Sandals
☐ Soccer ball (with name on it) ☐ Water bottle (w/name on it) ☐ Large plastic trash bag (to keep bag dry in case of rain)

Goalies: ☐ Goalie gloves ☐ Goalie jersey

Different Items, just some suggestions:

Leisure Clothes: ☐ T-shirts and shorts ☐ White socks ☐ Sweatshirt & sweatpants

Drinks & Snacks: ☐ Water ☐ Cooler & ice ☐ Energy bars ☐ Fruit/Banana ☐ Cookies ☐ Lunch ☐ _____

Hot Weather Items: ☐ Sunglasses ☐ Hat/visor ☐ Suntan lotion ☐ Sunburn spray ☐ Bug spray ☐ _____

Rainy Weather Items: ☐ Rain coat & pants ☐ Umbrella ☐ Towel ☐ Rain Ponchos ☐ _____

Cold Weather Items: ☐ Sweatshirt/jacket ☐ Hat/headband ☐ Gloves ☐ Blanket ☐ _____

Leisure Items: ☐ Chairs ☐ Sleeping bag ☐ Pillows ☐ DS/I Pod touch ☐ Board games ☐ _____

Electronic Items: ☐ Camera ☐ Video camera ☐ Radio ☐ CD player ☐ Willkie talkies ☐ _____

Emergency Items: ☐ First aid kit/sting relief ☐ Ace bandages ☐ Moleskin (play 3-4 matches a weekend, blisters will happen)

Misc: ☐ Hand sanitizer ☐ Toilet paper (soccer fields have porta-pots) ☐ Kleenex/paper towels ☐ _____

TOURNAMENT PACKING CHECKLIST

This is designed to help make everyone's Tournament experience more enjoyable. Give this to your child and have them read it. The more prepared the kids are, the more helpful they are and the easier it will be for everyone.

The Day before the Tournament:

1. Use the "Tournament Packing Checklist" to make a list of things you will need to bring. Give the list to your child and have them pack their bag. Young kids need to learn how to be Responsible for themselves. Inspect their bag after they're done.
2. Make a copy of the schedule, directions and put it in your car.
3. Make sure your child eats an energetic dinner and is fully hydrated the night before the tournament.
4. Make sure your child gets a good night sleep. 10-11 hours would be ideal if possible.

The Morning of the Tournament:

1. Feed your child an energetic breakfast. Fruit is good. Avoid fattening foods, like bacon and fried foods.
2. Have them wear their uniform. Check their soccer bag to be sure their other jersey and soccer cleats are in their bag.
3. Leave on time & add extra time. **DON'T BE LATE. Please arrive 40 minutes before the first game, arriving late may cause us to forfeit for lack of players.**

During the Tournament:

It's the parents responsibility to manage your child in between games. It's the parent's responsibility to be sure your child:

- has gone to the bathroom before the team meeting starts
- has both shoe laces tied tightly
- is wearing our official uniform jersey, shorts, socks and cleats at game time
- isn't wearing any jewelry
- has been re-hydrated and has eaten at least one hour before the game starts. Did you know an 80 pound person exercising for one hour in extreme heat requires about 70 ounces of water in a day (water consumption calculator)? That is over two liters of water for your child/soccer player.
- has a water bottle and his alternate jersey
- has extra clothes to wear in between games
- has appropriate clothing in case of rain or cold weather
- listen to the coaches, behave, be a good teammate, sportsmanship and play to the best of their ability

It is the parents' responsibility to watch your child and ready to begin preparing for the game 40 minutes before the game starts.



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Game Day Nutrition

1. Avoid fattening foods - they take too long to digest and can cause digestive problems.
2. Avoid soft drinks (soft drinks can cause stomach cramps). WATER, WATER, WATER..... Bananas help prevent cramps.
3. Big meals should be completed 3 hours before game time.
4. About the only thing that is good to eat 30-60 minutes before the game starts is fruit or an energy bar.
5. Try to avoid eating anything other than fruit or an energy bar within 30 minutes of game time.
6. The best time for a big meal is immediately after a game within 30 minutes when the kid's muscles are most starved for food. This helps to reenergize their muscles. Carbohydrates are important (pasta, fruit, whole grains, or energy bars are best.)

Game Day Activities

1. Kids love to play in between games -- they more fun they have in between games the better.
2. Be sure the kids are playing safe and getting along well.
3. Have them avoid activities that may cause injuries, i.e. tackle football, wrestling, etc.
4. Bring games that kids can play and relax at the same time -- board games, DS, i-pod touch etc.
5. Bring a comfortable blanket and pillow so your child can rest comfortably in between games.
6. Begin looking for your child 45 minutes before the next game starts. Have them go to the bathroom.
7. Try to keep your child out of the hot sun as much as possible.

Hot Weather Survival Tips

1. Nothing will kill performance faster than an overheated, tired, or undernourished child.. This is a team game and most of the kids, coaches and parents want to have as successful of a tournament as possible.
2. Make sure your child drinks plenty of water, water, water. Start re-hydrating them immediately after every game. Make sure they continue to drink liquids all day.
3. Have your child go to the bathroom 35 minutes before every game.

During the Game

1. Cheer for them, encourage and motivate them during the game.
2. Represent our team and club well, by being friendly with the other team's parents and the ref.

After the Game

1. The coaches will have a short meeting right after the game. Wait until the meeting is over before you approach your child.
2. Make sure they have all their stuff. Tell them what time they need to start getting ready for the next game.
3. Make sure your child eats and drinks right after the game.
4. After the last game on each day, be sure you know what times the games are the next day.