



## General Tournament Tips & Tricks Document

- Coaches typically expect the girls to show up about 1 hour prior to any event. Some tournaments saw us being one of the first to show up, but this turned out to be a good thing for prime seating and local staging area for the coolers, backpacks & chairs. More importantly, this gives the girls some much needed warm up time. Plan your route accordingly the night before. Check Google Maps, or Waze for traffic before you leave. If you are delayed, please have your daughter let the coach know.
- Always bring “small”, foldable canvas type chairs with you. Some venues have good seating, others you will be sitting on the floor. You can always leave these in the car if there is proper seating.
- For day tournaments, bring a small cooler filled with ice and 8-12 bottles of water. A typical green Gatorade sports bottle is also a great choice for their backpacks since they hold more water, do not leak and are refillable. The girls want cold drinks and will likely yell at you if warm drinks are served. 😊 For overnight events, a case of water is always handy and you can keep that in your car.
- Food is typically available but we have found the quality suspect. Some places have concession stands, others you’ll need to travel outside the gym to get. One thing is for sure: Pretzels, Hot dogs & burgers don’t qualify for healthy energy food. We typically bring granola or some type of power bars, nuts, fruit and other healthier food for the girls to snack on. Plastic utensils and paper towels are handy as well.
- If you have a good book or tablet, bring it along with a charger and a cheap multi-plug extension cord. Tournaments are ALL DAY and some even extend into the early evening if the girls keep winning. Plan on being there a long time. There is also a ton of down-time. Typically, you play a match, work a match, rest for a match, then begin the cycle again.
- We always bring a blanket. The girls like to rest and even sleep when they are not working.
- The coach or the assistant coach always brings basic medical supplies for twisted ankles and cuts. We as parents can also bring extra sports tape, band-aids, scissors and other canvas wraps just in case. Advil is always a good idea for swelling. That’s up to you, but its best to over-prepare and never need it.
- Have a spare set of knee pads/socks/shoe laces in the car. Don’t ask how we know this...
- Girls should NOT wear jewelry to the games. If they have earrings on, the refs will pull them out of the game to make them take it off. We have seen that happen more than once.
- If the tournaments are close, try to car-pool with other families in your area. This helps save some money and gets the parents to interact. Again, this is entirely up to you and everyone has different schedules.
- Bring coins or small bills for vending machines. The girls somehow always want something you don’t bring 😊

- If you bring a camera and like to take videos, bring a tripod. Your arms will thank you for it later. Extra batteries and storage cards (SD) are nice to have since you will run out of space and battery at the most inopportune time.
- Collect at least \$100 from each family prior to any overnight tournament to be used for food and drink for the girls. Friday evening dinner is typically on your own as you commute to the event. Saturday night and Sunday night the girls usually eat together - Sat was usually pizza/salad brought into the Hotel and Sunday was a dinner out at a restaurant close to the Hotel. For breakfast, the girls usually like fruit or bagels, Panera or small café close to the Hotel. Sometimes we bring it to them, other times we'll let them walk to get it. Lunch is organized by the chaperones and parents who want to help. We sometimes brought in sandwiches if time was limited. Please ask the coaches for their food order since they rarely get time to go out since they are planning their next match, observing other teams, motivating ours etc.
- Have quarters handy for doing laundry for overnight tournaments.
- Bring a sports bottle filled with ice instead of each girl holding all the Gatorade/water bottles on the bench.
- Each parent should remind their daughter that they must clean up after themselves at each venue. The club could be fined by the governing body for \$50 possibly more. Pinnacle will come after each team for this money as required if an infraction was to occur.
- There will be no changing rooms during an overnight tournament. The coach sets up the rooms for the girls as they see fit. No exceptions.
- Girls should always do things with a partner at away venues. Ideally, the team is together, but certain times this isn't possible. Always tell the chaperones where you are going so they can keep track of you. It's for your own safety.
- Chaperones should always set a curfew for lights out. They should also do a bed check about 30 minutes after lights out to insure everyone is asleep and taken care of for the next day. Any problems should be reported to the coaching staff, then parents if needed. They also must get the girls up and ready for the next day's tournament, which can be a chore. Be persistent, some of our daughters can be BEARS in the morning. 😊