



TRAVELING TOURNAMENT CHECKLIST and RULES

The following is a general guideline of materials players may need for attendance at different tournaments.

1. Athletic Bag
2. Uniforms - bring all that you have from this year, black spandex
3. Team Sweatshirts Sweat pants
4. Knee Pads (extra pair, if you have it) Ankle braces if you wear them.
5. Volleyball Shoes
6. Clothing for several days . Either put your name or # on all of your items that you are going to wash as socks and underwear look the same after a while.
7. Extra socks
8. Bring an air/smell tight dirty cloths bag that you can put your stinky cloths in as 3 stinky girls make for a very stinky room
9. Water jug/ big H2O bottle that can be filled up for a entire match with your name or number on it
10. Cooler with healthy snacks (Team cooler may provide for meals and tourney snack)
11. Personal Needs (Advil/Motrin, tampons, brush/comb, toiletries)
12. Extra shoes / sandals for off court
13. Appropriate outerwear for season. Always bring a nylon pull over for cool or cold nights
14. Appropriate amount of \$\$ for food and small amount of spending money (opt)
15. If you have any type of injury (Long term or recent) YOU must take care of it with Ice after every match. Long tourneys will Kill you if you do not take the proper care of yourself for your team

Nice to have:

16. Cell Phone
17. Books--- If you bring homework, do homework.
18. Swimsuit

Do NOT over pack- We are not going to the Prom. There will be few if any boys there to impress. Each player can/will only bring 1 cloths bag and 1 Athletic/ day bag as there is limited space in rooms with 3-4 people.

Traveling rules

1. When there is a set time to be somewhere, be there 5 min early.
 - This means that you will be doing some waiting, but if everyone is early we will leave once everyone is there.
 - Make sure when you are at the meeting place and time that you are ready to go. This means no bathroom runs, food runs, talking to someone away from the meeting area.
 - Every time before we leave the hotel or playing site make sure that you have your unis, shoes, kneepads and water bottle and that the ball and training kit people have the balls and kit.
2. Each of you need to be responsible for each other to be on time.
3. At big tourneys the hotel elevators tend to back up with all of the teams leaving at around the same time. So plan accordingly, or take the stairs.
4. Once you get to the hotel your coach will have a meeting to discuss your specific team details and go over any additional information.
5. **Very Important---** NO FOOD – OR COFFEE ARE ALLOWED IN ANY FACILITIES. TEAMS WILL BE HARSHLY PUNISHED

Hotel Safety rules.

1. Do not put your name on your room door.
2. Do not prop the door open unless you are within eye contact of your room.
3. Anywhere you go in the hotel you go in a pair. If you are going outside the hotel you must be in a group of 3 and let the team parent know **in writing** where you are going and when you are coming back.
4. Do not leave valuables out to be seen by someone walking by. Keep your money and valuables in your clothes bag.
5. Know who and what your team parents' room # is.
6. There are to be **NO** boys in any players room at any time. This includes families, cousins, brothers or friends.
7. No player or players should ever tell anyone that they do not know, what hotel, room or floor they are staying on.
8. Do not get into an elevator with more than 15 people in the elevator already. It will break the elevator.
9. **Curfew----** Is when you and your roommates are in your room. This does not mean 5 minutes after the set time, it does not mean going to your room, **it means in your room!!!!** **Lights out**—Is when you are in your room and the lights and TV are out and it is time to get to bed and sleep.