



Tournament and Traveling Rules

1. When you get to your hotel let your parent rep know what room number you are in. This way they will know you made it safely. The room # will also let me know where you are staying for curfew. If you are not staying at a hotel still let them know that you made it safely to your destination.
2. Be respectful of the hotel, it's guests, and employees that work there. If you hang out in the commons area please pick up after yourself, throw your trash away, towels in the bin, etc. The same goes for the tournament site, their director and the other teams/coaches at the tournament. We do not want to be the team that is asked not to return because we were disrespectful! It not only makes our team look bad, but also the club.
3. You MAY swim but absolutely **NO HOT TUB** the day before the tournament. Not even your toes. Your muscles will be jello the day after and we need those muscles...even your toes! 😊
4. Curfew/Bedtime is 10PM on tournament nights...please be in your room to wind down and go to sleep at a descent hour. You are in charge of your bedtime once in your room, but please do not stay up to late. I will be able to tell by your energy levels the next day and this can effect playing time.
5. Please do NOT under any circumstances leave any valuables at your campsite. Leave them with your parents, so we can make sure they are safe.
6. Proper demeanor is expected of all members of the Club (athletes, parents and supporters) at all tournaments. This includes treating members of the officiating crew and opposing team with respect! Let the fans be fans, refs be refs, coaches be coaches, and players be players. We all have our own role!
7. At tournaments, if our team is all finished, and we have a game to ref the entire team **MUST** stay until the end. Everyone will have a role during our reffing.

8. The coach will be creating a tournament reffing schedule with assigned roles for each player for each tournament. Everyone will be taking turns with each position, so make sure you know the duties of each.
9. At tournaments **STAY TOGETHER AS A TEAM**. Between matches it is a good way to reconnect with each other and talk through how to improve the game. You can hang out at the campsite or watch other teams play, but **PLEASE** don't hang out with boyfriends or by yourself. Between games is a great time to reflect on the past match and then plan for the next.
10. In regards to your campsite, keep it clean and out of the way of people walking by. Take home everything you came with and pick up after yourself. We do not want you leaving trash laying around for the hosting team (or coach) to pick up. We want to keep our club's reputations in high regards!!