

## TOURNAMENTS

- Tournament Information
  - Dates for each Team will be posted on their team page
  - See Packing Guide for details of what to bring/pack
  - GEVA Tournaments: Location for GEVA run tournaments is also not known until the week before.
  - MULTIDAY TOURNAMENTS:
    - We will know the wave (meaning morning start or afternoon start) two or so weeks before. Actual full schedule – the Wednesday before
    - Arrive the day before (see Stay to Play info below)
    - Teams play in the morning wave or the afternoon. The first day teams will play all teams in their pool and be done for the day (morning goes 8am to 2pm and afternoon 2:30pm to 7pm estimated). Second day is the same and third day is win you move on and lose you go home.
  - SINGLE DAY TOURNAMENTS:
    - Schedule will be released the week of
    - Players typically arrive 1 hour prior to any event. Actual details sent via text and website.
    - Better to arrive early to get your spot – some facilities are small and tight seating areas.
    - Start time is either 8am or 9am and can go til 5-6pm depending on how fast/slow teams are winning/losing. Typical tournament format is each team plays each other and top 2 advance to playoff. Win you move on and lose go home.
  - GEVA Tournaments: Location for GEVA run tournaments is also not known until the week before.
  - See Packing Guide for details of what to bring/pack

## STAY TO PLAY

What is Stay and Play? Stay to Plays are for multiday tournaments that require a overnight stay. Each tournament has their own rules and regulations on teams travelling to their tournament. Some are and some are not Stay to Play.

Simply put, the tournament director (not Xtreme) requires teams to stay at an Approved Hotel with a reservation that is booked through their housing agent if your club is outside the 30 mile radius of the actual tournament. Teams will NOT be accepted unless a club follows their requirements.

- Club are required to book a minimum set of rooms per team through the tournaments housing department,
- Each housing department has their list of approved hotels we are permitted to choose from

- Xtreme will acquire the block of rooms for each team/each tournament and send details for reserving your room.
- Parents are required to make their reservation asap so our team can be accepted into the tournament.
- Most require a minimum of a two night stay

## WHAT TO PACK

We recommend that our athletes pack the following items for each tournament:

### VOLLEYBALL EQUIPMENT (REQUIRED)

- Sneakers
- Jerseys (Bring ALL jerseys to every tournament)
- Spandex (backup pair)
- Socks (2 pairs)
- Water Bottle
- Ankle Braces (if needed)
- Hair Clips/Elastics
- Sweatshirt/Sweatpants (it can get very cold in some of these gyms)
- Athletic Tape (if needed)

### PERSONAL - PLAYER & PARENTS

- Toiletry Bag (Toothbrush/Deodorant/etc.)
- Pillow (especially if you are allergic to hotel pillows)
- Pajamas (or whatever you sleep in)
- Jeans/T-Shirts (for after we play)
- Sneakers/Boots (depending on the winter weather)
- Socks
- Underwear (enough for 3 days of play and 3 nights of sleep)
- Bathing Suit (some hotels have indoor pools)
- Books/Homework (we will have free time after pool play)
- Makeup remover/baby wipes
- Small blankets (optional)
- Books/crossword puzzles/sudoku and a couple pens/pencils
- Laundry detergent (if driving and space allows). Especially important for uniforms but can help you save space in your bags too!
- Tripod to help with steady picture taking/filming (turn off that flash!)
- Camera (you'll make lots of memories on this trip! Bring your nice camera if you have one!)

- Backpack (much easier than carrying everything in your arms/stuffed into your purse. Every other parent at the tournament will think you are a genius).
- Bleacher seats or folding camp chairs. Check what is and isn't allowed in the facility ahead of time (it stinks to carry these through a huge parking lot in the cold, only to have to turn around and take it back to your car).

## FOOD

- Eat Breakfast (At overnight tournaments we will eat in the hotel before playing)
  1. Cereal
  2. Whole Fruit
  3. Granola Bars/Protein Bars
- Bring Snacks and/or Light Lunch (to eat between matches at the tournaments)
  1. Whole Fruit
  2. Granola Bars/Protein Bars
  3. Sandwiches
- Bring Money for Dinner at Overnight Tournaments
  1. Try to each lunch
  2. At overnight tournaments, the team typically has dinner together

CAMERA/PHONE: PICTURES!! We love pictures...please share!

## SUGGESTION FOR MULTI DAY TOURNAMENTS

Plan ahead...many teams/people attend these tournaments so it will be busy near the convention center.

- Once you know the wave (am/PM) your team is playing, plan some things to do while not playing.
- Team Bonding is the theme so plan around that.
- Breakfast if playing the afternoon wave
- Dinner if the morning wave
- Go Sightseeing and check out the town you are playing in
- Escape the Room or Dave & Busters (just naming options)
- Ice Cream...who doesn't like ice cream
- Don't forget to include the coach...they get hungry too and like to have fun
- Pictures, Pictures, Pictures...Please take some and share them with us!