



Tips for Tournaments

Find a partner (most tournaments have age groupings, 12U, 14U, 16U, 18U)

Identify the date and location both players are available (check with parents first!)

Review rules and schedule on the tournament website

Discuss strategies with A5 coaching staff at practice

Double check website for weather or other issues

Beach tournaments are typically officiated by one of the off teams.

Coaches are only allowed to talk to players during time outs or side changes
(Parents should not coach their players from the sidelines)

Athletes are responsible for turning in score sheets to the tournament desk

Hydrate the night before and drink plenty of water throughout the day, players are involved in every contact and rallies can be gruesome!

Purchase uniforms (USAV requires numbers, use tape if necessary)

Register and pay on the tournament's website (lookout for deadlines!)

Print registration confirmation

Find a hotel close to the tournament when traveling (check tournament website)

Double check website for weather or other issues

Bring a shade tent and chairs to keep cool!

Bring a cooler with plenty of water/fruit/snacks/etc.

Bring your own ball, sunscreen, chapstick, change of clothes, towel, hair ties, first aid kit

