

One Day Tournament Packing List:

1. Wear your complete uniform to the tournament venue:

- warm-up pants and jacket
- jersey (color mandated by coach) but bring the other colored jersey in backpack
- White Knee pads
- spandex
- White Socks or Atlantic Valley logo socks
- Pack your court shoes to put on at the tournament venue

2. Essentials Bag (Keep this in your gym bag at all times!)

- deodorant
- extra hair-ties
- their brand of feminine products
- chapstick
- lotion
- cough drops
- pre-wrap (if used as a headband)
- a little container to hold jewelry
- any item you just can't function without

2. Food- Tournaments are long days. Bring plenty of food and water.

Think lunch plus 3-4 snacks Suggestions:

- Fresh fruit
- water
- Granola bars
- Water you get the idea
- Whole grains
- Yogurt
- Protein- low fat cheese, yogurt, cottage cheese, chicken, peanut butter
- Salad
- Cut veggies
- Sushi
- Money (most venues have drinks and food for sale)
- Feel free to think out of the box just keep food light with complex carbs paired with some protein. Stay away from processed carbs high in sugar and fat.

The goal is to feed your body throughout the day in small quantities so your body doesn't have to focus energy to metabolize a heavy meal with a high fat content. We need awake and alert athletes; not athletes needing to take a nap. We also don't want your blood sugar soaring and diving throughout the day. On that note be careful of Gatorade- it has a very high sugar content, and for athletes that only drink Gatorade, they have been known to get jittery.

3. Comfort- most teams “camp” on the floor, in bleachers, or a picnic bench. It depends on what is available at each venue. Therefore something for comfort is recommended.

Suggestions:

- Small Travel pillow
- Small throw for ground
- Cards, or a book
- Mp3 player
- Collapsible chair

Please remember that you are responsible for what you bring.