

# Trulaxin Tournament



## Tournament Information:

- Name: Turlaxin lacrosse tournament
- Date: November 3-4 2018
- Location: Al Ruschhaupt Park in McKinney
- Website: [http://mckinneylacrosse.com/news.php?news\\_id=1698418](http://mckinneylacrosse.com/news.php?news_id=1698418)
- Player Waiver: Coaches will send in roster.

## Tournament Schedule:

- **TBD**: Tournament schedule will not be released until closer to tournament date, possibly 1-2 weeks before. We will relay this information as soon as it is released.
- **Tournament App**: Tourney Machine, may check here for most recent updates.

SENTRY TOURNAMENT TEAM RULES	
Mind set:	Be Relentless and a team player at all times
Pregame:	Please be at the field 50 minutes before the 1st game and 40 minutes for the remaining games. Do whatever it takes to get mentally focused and ready to compete at a high level. Think about your role and what you need to do well in order for the team to be successful.
Equipment:	Players double and triple check to ensure you have all equipment (Helmet, gloves, elbow pads, shoulder pads, cleats, mouth guard, all uniform items, game/backup's stick, Water, mouthpiece, cup!) "It is not your parent's fault if you forget any of the items above!"
Game time:	Play smart, Play full speed, Play together, Play physical, Play to your ability, Play Fearless, and Be Relentless! No Palms up!
Playing time:	Our goal is to get everybody playing time, however, equal playing time is not guaranteed. We are a select program and in close games we are going to play to win.
Breakfast/Lunch/Dinner:	No cell phones! Talk and get to know your teammates better. Eat healthy and light before games. Big healthy dinner! Drink as much water as you can.
Bedtime:	All players must be in hotel rooms at 10:30. Before bed (Drink lots of water, stretch, ice bruises/injuries, say I love you to mom/dad, be thankful because you are truly blessed, and get a good night sleep.
Photos/Video:	Please text Coach DeBolt any quality photos of on or off the field events.
End of Tournament:	Say THANK YOU/I LOVE YOU to your parents for allowing you to play Lacrosse. Always remember that it is a privilege to play the game of Lacrosse and remember to be humble that you had an opportunity to improve as a team/individually
For Parents: 48 hour rule:	If for any reason you are upset with an on or off field situation, please take 48 hours evaluate the situation before contacting your coach or a Sentry Director. Immediately after a game is rarely the appropriate time.
Players and Parents Sportsmanship:	We do not condone any communication with the referees from either parents or players. It is the coach's' responsibility to communicate effectively with game officials. Please allow Sentry Coaches to do the coaching. We appreciate your enthusiasm and encourage you to positively cheer the team on, however instructions to players yelled from the spectator sidelines are not warranted.

