

Pre-Planning for Weekend

Check on the NW Juniors website for the hotel your team is assigned to. Research if the hotel will provide breakfast for your team and if you have a kitchen/refrigerator etc. to possibly cook a meal or 2 for your team. You will also want to check the NW Juniors website for which wave (AM or PM) your team is assigned for tournament play. This will help you know how to plan your days for providing sack lunches. (Remember that the last day of tournament you will normally be in bracket play and will start in the AM for single or double elimination, which will tell you what you'll need to plan for as far as total meals for weekend.) Check tournament website for gym rules, food table set up/rules as well. (Some gyms only allow sack lunches, while other facilities allow food tables.)

Basic Shopping List

Once you know what meals you need to plan for, you can start your shopping list! (There is a basic shopping list on NW Juniors website for ideas. You can make it your own based on what your players enjoy but this list will give you a good starting point.) Remember to provide healthy choices! Ask team/parents for any general dietary restrictions for players. (Don't be afraid to ask parents to provide meals/snacks for special diets.)

Include your Coach!

Keep your coach(es) in the loop on your plans ahead of the trip. Most likely your coach will have traveled to the cities you are going and have excellent ideas on activities and favorite restaurants. They'll also have thoughts on how they want to plan the days as they put their travel information sheet together for team.

Dining Out/Order-In or Take-Out

On average, you will plan 2 meals out for a 3-day tourney and 1 meal out for a 2 day tourney. Invite parents too! Research restaurants near your hotel or the gym facility your team is playing. Call the concierge ahead of time for ideas of restaurants. Make sure to make reservations well in advance as the larger tournaments have many teams and the restaurants fill up quickly! If you are staying in, there are great options for ordering in for team (Thai, Mexican etc.) Check with hotel for take-out ideas.

Team Outings/Bonding Time

Plan an outing or two for team bonding. Laser Tag, Top Golf, Arcade or movie night are great places to start. Research locations and how far they are away from your locations/hotel in addition to pricing for outing. You'll want to check in with coaches during tourney weekend as the coach will have a good pulse on how the girls are feeling (tired or worn out?!) Be flexible if the team needs a night in☺. You can always have great team bonding time at the hotel with face masks, mani/pedis and even a movie and popcorn in one of the rooms. Sometimes it's nice to just relax a bit.

****For U14-18 teams, please make sure to include at least 1-2 hours of homework time at least 1 day!****

Collecting Money for Food & Activities

Generally, teams will collect roughly \$30 per day per player for meals and then the additional prices for the activities. You can collect this ahead of time from parents (plan to reimburse what you don't use week after tourney OR collect what you need for any overages) or pay for it on your own and collect after the tourney is done. Provide a spreadsheet or basic accounting of expenses for parents the week after tourney is done.