

What should you expect from playing in outdoor volleyball tournaments?

- Pre-register for the tournament, and make sure you have filled out any liability waivers and/or membership forms
 - Parking – research locations to park, and where tournament registration is located
 - Tournament check-in starts early, don't be late or they WILL start without you!
 - Be sure to get there with plenty of time to get your chairs/tent/umbrella settled, and start warming up (at least 30min)
 - Stay hydrated!!! Always bring your own water/sports drinks, don't assume they will be provided, and don't assume you will have a designated lunch break.
 - If you have sensitive skin, make sure you are prepared to be in the sun all day (sunscreen/hat/towel/long sleeved shirt)
 - Be reasonable with your expectations, it generally takes 3-6 tournaments before one is use to playing and not be overwhelmed by the elements (deep sand, sun, wind, heat, and sometimes rain)
- All games are self-refereed by teams in the tournament and there will be bad calls. This is part of the game. It's a learning experience and independent growth opportunity for some. If there is a problem, find the tournament director!
- Beach tournaments can be a very laid back & stress free environment (very different than indoor tournaments)

MOST IMPORTANTLY...be prepared to have FUN! You can NEVER have a bad day on the beach!

Things to bring (food/snacks):

- Pack light**, remember, you will have to carry everything about a block or two to the playing site from parking
- Water –fill up a large cooler/jug with ice & water before arriving, you may refill from the boardwalk showers (it's the same as city tap water), some locations may have a water spigot
- Sports Drinks – cut down on weight you have to carry by packing powdered drink mixes
- Food – bring plenty of fruit, sandwiches, trail-mix and other nutritious options. Stay away from heavy/dense fried foods that are filling and take time to digest. If you over-eat, the heat and aerobic play will make you want to throw up.
- Energy bars – Cliff bars, Luna bars, Power bars etc are a quick and great way to regain lots of needed calories

Things to bring (for comfort):

- chairs (either beach chairs or camping chairs)
- Beach umbrella or canopy – always be prepared for windy or stormy conditions (i.e. anchor down your shade!)
- Poncho/rain jacket/long sleeved shirt & umbrella (weather can change dramatically in a few hours)

Necessary Items for the Outdoor player:

- a single change of clothes to play in (wardrobe malfunctions are VERY rare, but come prepared!)
- sunglasses (something sporty/snug that won't fall off, and doesn't have to be expensive – target/Walmart)
- suntan spray (spray sticks better than lotion in hot/humid conditions, and is more waterproof)
- hat/visor/bandana (girls tend to go with visors)
- beach towel(s) (bring one for laying in the sand or brushing off sand, and one for your face to keep clean)
- bug spray (mosquitos at practice courts – or beach if the wind blows from inland and carries sand/swamp flies)

Sand Socks:

By June, the beach & Greenwood Park sand will start to get very hot mid-day. Sand Socks are a must have! They sometimes sell sand socks at the tournament sites, but it won't be guaranteed they will have your correct size/style/color you might want. It's highly suggest ordering them online or buying them from RVC or Dicks Sporting Goods beforehand. Having blisters on your feet is not a fun experience for anyone! www.sandsocks.ne