

RUSL Tournament Tips

Lacrosse parents have the joy of being outside in the snow, rain and heat for tournaments. Here are some helpful tips to make this experience a little easier!

Things to Bring:

- Sunscreen
- Chapstick
- Bug Spray
- Outdoor Chairs
- Blankets
- Umbrella: Sun/Rain
- Cooler
- Hand Sanitizer
- Travel Tissues
- Toilet Paper
- First Aid Kit
- Rain Gear: Umbrella, Poncho, Rain Coat, Rain Shoes, Extra Shoes...
- Cold Weather Gear: Hat, Gloves, Winter Jacket, Boots, Hand/Feet Warmers...
- Extra Socks
- Extra Socks
- Extra Socks
- Water
- Snacks for the sideline, car-ride, hotel room....
- Garbage Bags: Useful for more than trash, ground/bleacher/car seat cover, place your players bag into when it rains, place wet gear into, instant poncho...
- Paper Towels
- Newspapers: Great for drying wet gear or covering car floor mats
- Cell Phone, iPod, any electronic, wall charger and car charger
- Cash/Credit Cards/Limit on the number of mini-sticks and tourney swag your child can purchase
- Patience
- Sense of Humor

Things to Do Before the Tournament:

- Reconfirm your hotel reservation
- Download any tournament Apps on your phone

- Print out maps to hotel, tournament field, restaurants, etc.. as sometimes phones and navigation do not work.
- Print out your team roster so you know who to cheer for.
- Print out the tournament rules.
- Print out your teams game schedule with field location, keep one and give one to your player.
- Print out tournament field maps, if available, keep one and give one to your player.
- Print out your clubs Code of Conduct form, keep one and give one to your player.

Things to Remember

- You agreed to follow your clubs Code of Conduct.
- This is a youth sport.
- Referees, Coaches and Players are all human and will make mistakes.
- Your player is watching your behavior from the sideline.
- Pick up your trash.
- Have Fun