



Stars Etiquette for Away Tournaments

Away tournaments are fun and provide an opportunity for a team to bond, act as ambassadors for the city, the team, the club and our home community. It is important to also adhere to respectful behaviour both on and off the court in another city. Here are a few reminders/rules:

- Make sure you are ready to leave the hotel with all your equipment to play for the day.
- Healthy food will be purchased by the chaperones for players to make their own lunches and snacks for each day. This is one of our Stars traditions, and is intended to help increase responsibility of players for your own well-being. Assistance will be available from parent chaperones and coaches to ensure players are preparing and packing healthy food for the day.
- Bring/prepare healthy food/snacks for nourishment during tournament. Avoid fried fatty foods, carbonated/caffeinated beverages, excessive sweets and sugary foods during and before the tournament.
- While music is important in our lives, please leave iPods and other gadgets that are not required for the tournament at home. The idea is to bond and connect with each other, not be plugged into your iPod listening to music by yourself.
- **No cellphones** allowed on the trip. Leave cellphone at home. Coaches will have their phones in the event of an emergency.
- Players will be assigned a chaperone. Please check with your chaperone for any activities you would like to do.
- Players are expected to abide by curfews and regulations set out by the coach and chaperones for the trip.
- Respect the property, accommodations, other teams and the host city.
- Players may not leave the designated areas either at the tournament or at the accommodation unless accompanied by chaperone or coach, unless previous arrangement has been made.
- Use of alcohol or drugs will not be tolerated. Any player using alcohol or drugs will be sent home at the parent's expense. And it will jeopardize any chance of playing for the Stars again.