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Tournament Day Checklist for Juniors

Print this. Stick it in the bag. Check things off.

NIGHT BEFORE

- [ ] Check draw: match time, courts, check-in -- screenshot it
- [ ] Pack the bag (see In the Bag)
- [ ] Lay out match clothes + a warm layer
- [ ] Charge phone - set two alarms
- [ ] Real dinner -- nothing new or experimental
- [ ] In bed on time

MORNING OF

- [ ] Up 2+ hours before first match
- [ ] Boring, familiar breakfast
- [ ] Leave early -- parking is always worse than you think
- [ ] Check in at tournament desk, confirm court

WARMUP (30-40 MIN BEFORE)

- [ ] 5-10 min movement: jog, jump rope, dynamic stretches
- [ ] Hit everything: groundstrokes, volleys, overheads
- [ ] Serves + returns -- end on good first serves
- [ ] Last bathroom stop

BETWEEN MATCHES

- [ ] Eat within 30 min of last point
- [ ] Water + electrolytes, not just water
- [ ] Rest in shade -- mental rest counts
- [ ] Check draw for next match time
- [ ] Re-grip / fresh shirt if needed

IN THE BAG

- [ ] 2+ racquets, strung and gripped
- [ ] Fresh can of balls
- [ ] 2+ water bottles + sports drink
- [ ] Snacks: bananas, granola bars, pretzels
- [ ] Towel + extra shirt and socks
- [ ] Hat/visor + sunscreen
- [ ] Extra overgrips
- [ ] Jump rope
- [ ] Band-aids + athletic tape
- [ ] Phone charger / power bank
- [ ] Cash or card

FOR PARENTS

- [ ] Be the calm one
- [ ] Cheer effort -- never coach from the fence
- [ ] No match talk right after a loss
- [ ] 'I love watching you play' covers almost everything
- [ ] Let them handle check-in and the desk

AFTER

- [ ] Log the result (try the UTR Impact calculator)
- [ ] One thing that went well, one thing to practice
- [ ] Rest -- the next one comes fast

TIP: Remember: drink before you're thirsty, eat small amounts often between matches, and skip the heavy concession-stand food until the day is done.