

Travel Protocol for Archery Tournaments

Friday Evening (before the tournament)

- Good healthy dinner
- Pack lunch and fill a large water bottle
- Load up your travel bag/backpack*
- Get to bed early

Saturday Checklist

Wear team uniform

- Team Shirt
- Black skirt for girls; khaki pants or shorts for boys
- Comfortable sneakers
- Hat for sun protection (e.g. baseball cap)

Cold Weather Gear (Yes, even in Arizona!)

- Long-sleeved shirt with tight sleeves
- Sweatpants or tights for the girls
- Warm hat that covers the ears
- Warm heavy coat
- Warm gloves

Food & Drink

- Eat a protein-rich breakfast at home or after the 'Archer's Mass.'
- Pack:
 - Snack for the trip
 - Lunch
 - Snack for the ride home
- *** Do not send your archers off with any caffeine or soda drinks ***
- Water is essential (Electrolyte powder is also encouraged)
 - Bring a large refillable water bottle*

Other Essentials

- Lightweight camp or folding chair*
- Arrive early for pickup
- Be ready for a brief warm-up practice in the basement, if time
- Bus will leave at the scheduled departure time, no exceptions

After the Tournament

Parents will be contacted with an estimated arrival time at the Church for pickup.

* Please label with your name