



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Team Manager's One-Day Tournament Handbook

We live this game.



Contents

Introduction	4
Section 1 Role of the Tournament Team Manager	5
» One-Day or Part-Day Tournaments	
Section 2 Pre-Tournament Planning	6
» Coach Meeting	
» Team Schedule	
» Team Schedule Planning Tips	
» Schedule - Team Information Example	
» Schedule - One Day Tournament Example	
» Team Finances	
» Duties	
» Family/Whānau and Playing Meeting	
» Team Uniforms	
» Equipment	
» Risk Management	
Section 3 During the Tournament	16
» Team Base	
» Competition	
» Team Health/Medical Information and Support	
» Recovery	
» Injury Management	
» Tournament Nutrition	
» Player Hydration	
» Player Well-being	
Section 4 Post Tournament	24
» Collection and Return of Equipment and Uniforms	
» Reconciliation of Team Finances	
» End-of-Tournament Debrief/Review	



NNZ would like to thank Cadbury for their generous support of our remarkable Netball volunteers. Cadbury as the Official Volunteer Partner of NNZ make it possible to deliver the NNZ volunteer strategy.

Introduction

How to use this Resource

The information included in this handbook is intended to build on the information included in Netball New Zealand Introduction to Team Managing and the Netball New Zealand Team Manager's Season Handbook. It may be helpful to read these other resources first to establish a foundation of understanding of the team manager's role. The season handbook has a suite of templates that are helpful to use during tournaments also.

Generally, a tournament team manager has been with a team for a regular competition season or at least for some length of time prior to a tournament, so communication pathways, expectations, relationships and team processes will have been established.

During a tournament, your role does not change dramatically from what is expected during a normal competition season. It does intensify as you remain with the team for a longer period of time with perhaps a higher level of pressure when there are multiple games in a day and more expectations around results. There is often more planning and organisation involved in the lead-up to the event as well.

NNZ would like to thank all team managers for their time, effort and contribution to Netball in New Zealand.

Having been in my role for 12 years now, I've learnt how diverse the tasks can be and how essential it is to be able to adjust and adapt on the go. Things don't always go to plan, no matter how well they have been organised, but your ability to adapt and be flexible will be what sets you apart from others.

I am very excited that these resources now exist to provide support and development in this space. Be sure to make the most of all the great tips and templates available.



Esther Molloy

Silver Ferns Team Manager



Check out these other resources for team managers:

- Introduction to Team Managing
- Team Manager's Season Handbook
- Team Manager's Multi-Day Tournament Handbook

Section 1

Role of the Tournament Team Manager

One-Day or Part-Day Tournaments

A team manager's role during a tournament grows as the usual administration and game-specific tasks, communication and planning combine with the need to take care of the team's well-being over the duration of your extended time together as a unit.

This may include being aware of their mental health, maximum playing time, illness and injuries and watching out for when they are fatigued.

Remember, you can always contact the school/club/Centre coordinator during a tournament to ask questions or to seek help.



Section 2 Pre-Tournament Planning

Coach Meeting

To start the tournament planning process, set up a meeting with the coach, just like a pre-season meeting.

This is the time for you to discuss the specifics for the tournament including what the coach would like the theme/direction and goals to be, as well as anything extra they might need for the day and to set expectations/define responsibilities for each other.

QUESTIONS FOR THE COACH

- **Team meetings** – how many/how often, how much time does the coach need with the team, what equipment is required e.g. pens, paper, games, prizes, anything the players need to prepare for these meetings?
- **Pre-game routines** – e.g. pre-game meeting duration, location of meeting, how much time do they need, what equipment is required (if any)?
- **Game routines (prehab time, warm-up time)** – talk to your coach to find out how much time is needed for each. For recommendations around how much time is required for warm-up, see the NetballSmart website (www.netballsmart.co.nz) for guidelines.
- **Game debrief/analysis** – when will this be completed post game, how much time does the coach need, what equipment is required e.g. pens and paper, statistics from the game?
- **Leisure time** – what will the players do to relax/rest between games?
- **Team leaders** – who will these be, what are their expectations and responsibilities?
- **Family/whānau** – discuss expectations and allowances for players and family/whānau to connect during the tournament as well as discussing acceptable sideline behaviour (this information should be communicated directly to family/whānau).

QUESTIONS FOR A PHYSIO (IF APPLICABLE) OR DISCUSS WITH YOUR COACH

- **Strapping time and process** – how much time is needed for pre-game strapping, what is the process for ensuring players are strapped and ready to go in time e.g. the strapping schedule?
- **Post-game routine/recovery** – walking/stretching on court, then what type (pool, walk, stretch session, ice baths etc.), what will be completed at match venue and what needs to be completed elsewhere, what venue is required, what is the timing post-game, who is responsible for monitoring the recovery?

Team Schedule

Creating the schedule should be a collaboration between you and the coach (also include a physio and/or a strength and conditioning coach if these are associated with the team).

Working together means that you can be sure to include everything they want/need, and you are adhering to best practice pre- and post-game performance routines.

Communication of the team schedule is often the responsibility of the team manager. Provide players (and family/whānau) with the details regarding team movements, responsibilities and information for the duration of the tournament.

To start compiling the team schedule, it may be helpful to consider the following:

- Begin by adding all the logistics information you have on hand.
 - » Travel details – known travel details and timings to and from the tournament location, team assembly time
 - » Game draw – your allocated game times
 - » Meals (base these around game times) – information around appropriate game-day meal timing can be found in the Nutrition section of this handbook
- Next, layer in the other team requirements – team meetings, pre-game routines, game routines, post-game routines etc.

NOTE: for the latter part of the tournament your game times and, if the team qualifies, for any semifinals/finals will likely be scheduled based on the team's performance. You will, however, know how many games per day you will have so you can base your schedule around that information.

Consider:

- Leaving the final games in the schedule with a blank time column. Once you know your draw you can populate times and communicate the schedule to the players and family/whānau.

Team Schedule Planning Tips

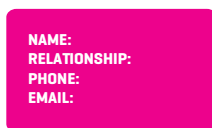
The team schedule is the key reference document for all team activities throughout the tournament.



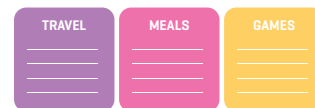
Write up the schedule so that if the team manager becomes unwell or cannot be there someone can take over and have all the details on hand.



Have two versions of the schedule – one that you can give to players and their family/whānau and a more detailed version for yourself.



Include the contact details for the team manager in case family/whānau need to get in touch.



Colour coding helps differentiate between each of the day's activities and makes the schedule easier to read – e.g. travel, meals, game, team meetings.

BOLD

Use **BOLD** to indicate key meeting times e.g. team assembly times, departure times, warm-up times.



Get players to take a photo of the team schedule so they have a copy with them at all times and can take responsibility for their own time management.

Consider:

- Googling "Minute to Win It" game show for ideas of fun, quick and easy-to-run games/activities. There are also platforms like Kahoot that you can use to build and run quizzes.



The following pages show an example of a team information schedule format, and the types of detail you can include in your team schedule. There are also blank templates you can use, they can be found in the **Managers Resource** area of the NNZ Website

Schedule - Team Information Example

	TEAM NAME
MATCH VENUE	Venue where will the tournament games will be held.
HOST CONTACT	Contact details of tournament coordinator, host venue contact information.

MANAGEMENT					
	Name:	Contact Number:		Name:	Contact Number:
COACH			ASSISTANT COACH		
TEAM MANAGER			PHYSIO		
S & C COACH			OTHER		

TEAM		
Player 1	Player 5	Player 9
Player 2	Player 6	Player 10
Player 3	Player 7	Player 11
Player 4	Player 8	Player 12

UNIFORM		
What players should wear at different times		
ON ARRIVAL	GAME	POST-GAME
For example:	For example:	For example:
Team Tracksuit Pants/Jacket	Team Dress, Spanx + Bra	Team T-shirt/polo
Team Polo/Shirt/T-shirt	Netball Shoes	Shoes and Socks [no slides]
Trainers/Sneakers	Plain Socks	Team Tracksuit
	Team Tracksuit	

WHAT TO BRING		
What players should pack for the tournament		
For example:		
Dress + Warm-up T-shirt	Team Book [for notes on analysis and team meeting]	Lunch and Snacks
Team Hoodie + Jacket	Spanx + Sports Bras	Water Bottles x2
Team Shorts + Tracksuit Pants	Netball Shoes [+ spares] + Socks [plain]	Sweat Towel for games trainings
		Roller / Bands / Massage Ball

Schedule - One Day Tournament Example

TOURNAMENT NAME _____ LOCATION _____ DATE _____

TIME	ACTIVITY + examples/tips of the details to include
BREAKFAST / PRE-MATCH MEAL	Suggest a time to eat breakfast based on game times
TEAM ASSEMBLY TIME	Can include location of team base, parking information, venue access information
PRE-GAME PREPARATION DETAIL	For example: physio strapping time, team meeting time
SUBMIT TEAM LIST	Important to highlight this time for your own planning – TIP: add a calendar reminder to submit this list before deadline
GAME PREPARATION DETAIL	For example: Nutrition top-up [30-60 mins prior to match starting] Prehab/activator start time Umpire nail check time Warm-up time [+ court if warm-up is not on match court] Time for coach's final team talk Time for starting 7 to take the court
GAME DETAILS	Details that can be included: opposition, which team bench, umpires
FINAL WHISTLE	Can include details of what is required straight after the final whistle e.g. clearing the bench for the next game
RECOVERY	Can include where this will take place and who is responsible e.g. physio, captain
TEAM TIME	Debrief, legs up, shoes off, rest, eat, leisure time
PRE-GAME PREPARATION DETAIL	For example: physio strapping time, team meeting time
SUBMIT TEAM LIST	Important to highlight this time for your own planning – TIP: add a calendar reminder to submit this list before deadline
GAME PREPARATION DETAIL	For example: Nutrition top-up [30-60 mins prior to match starting] Prehab/activator start time Umpire nail check time Warm-up time [+ court if warm-up is not on match court] Time for coach's final team talk Time for starting 7 to take the court
GAME DETAILS	Details that can be included: opposition, which team bench, umpires
FINAL WHISTLE	Can include details of what is required straight after the final whistle e.g. clearing the bench for the next game
RECOVERY	Can include where this will take place and who is responsible e.g. physio, captain
TEAM TIME	Debrief, legs up, shoes off, rest, eat, leisure time

Copy and paste Pre-Game Preparation Detail through to Team Time for each game you have scheduled.

After the final game, you can finish the day off with the following:

TEAM DEBRIEF	Time for the coach and players to wrap up the day
TEAM DEPARTURE TIME	Include details of departure, van leaving, family/whānau collection

Team's Finances

Sometimes tournament team managers will be given a budget for the team to use during the tournament. This is to pay for things like petrol, food, ice and any incidentals for the team.

Be sure to know what the budget is and to keep track of all expenditure for the tournament. Collect dated GST receipts for all purchases.



*An example of a Team Expense sheet can be found in the Tips and Templates section of the **NNZ Team Manager's Season Handbook**.*

Duties

Team duties are part of any tournament.

There is no need to complete everything yourself; in fact, it is encouraged for you to delegate tasks to players to aid in their personal development. One strategy is to divide the team into mini teams or duty groups and allocate duties to be completed.

Examples of duties to be completed:

- Equipment – responsibility for all team equipment for the day and bringing what is needed to each game
- Food and water – encouraging everyone to eat and have their drink bottles on them at all times

Family/Whānau and Player Meeting

Prior to a tournament you may want to hold a team meeting and invite family/whānau along.

This is a good chance to give everyone information about the tournament and answer any questions.

Consider covering the following information:

- Run through all the tournament information including the team schedule, packing list and rules/expectations.
- Discuss how family/whānau can help [e.g. setting up the team base, scoring/timing].

Consider:

- Sending the link or giving out the resource (if you have access to them) of the NetballSmart SmartParent booklet; this covers a range of information to help family/whānau support players and teams:
 - » [SmartParent](#)
 - » [SmartTraining](#)

Team Uniform

The team manager is responsible for overseeing the distribution of the team uniform.

After players (and management) have received their uniform for the season it is the team manager's responsibility to ensure that players know the appropriate use and expectations while wearing the uniform, including competition regulations around the uniform and the appearance standards for the team.

Consider:

- Request spare uniform items to keep in the team bag in case items get lost or damaged during the tournament or you need to change a dress during the game due to blood or other marks.



Equipment

Once you have received all the team equipment write a stocktake of what you have received so you can ensure you return it all at the end of the season. Make sure you let your school/club/Centre coordinator know if any of the equipment breaks or malfunctions during the tournament.

As you will be based at the tournament location for the day it is important to ensure you have everything on hand that you might need. Check out the NNZ Team Manager's Season Handbook for the items you can include in your team manager's kit and what equipment is commonly issued to teams.

Additional requirements for one-day tournaments may include:



BluTac and extra stationary items

- for marking out courts



Coloured ribbons, hair ties and clips for hair

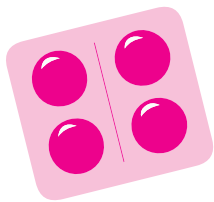


Extra rubbish bags

- for games and accommodation



Hand sanitiser



Vicks VapoRub and lozenges

- there will always be one sick person



Extra timers and/or stopwatches



Ball pump

- in case you can't access one at the courts



Umbrella

- most tournaments are outside and will take place rain, hail or shine



Thermals, gloves, blankets

- carry some spares for players who forget or get cold on the sideline



Snaplock bags

- for easy ice packs



Chilly bin

- for lunches and recovery food (it also provides a place to sit on the sideline if no benches are supplied)



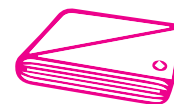
Gazebo



Chairs



Trolley



Tarpaulin, waterproof bag or container

- for keeping items dry courtside



Examples of equipment that can be included in a team manager's kit and additional team equipment can be found in the Tips and Templates section of the **NNZ Team Manager's Season Handbook**.

Risk Management

Ask the school/club/Centre coordinator about a Risk Management Plan to find out whether one will be provided for the team or if you will need to create this.

Once given or while creating one, it's a good idea to run through it with the coach, other team management and the school/club/Centre coordinator so everyone is on the same page regarding all potential risks for the team at the event.

A Risk Management Plan combines all the potential risks in one place and helps you consider the likelihood and impact of an incident, what could be done to reduce the likelihood of an incident occurring and what processes need to be followed if an incident does occur. It also allows you to formulate plans to minimise or mitigate any potential risks. Remember that the event starts from the time the team assembles before travel to the event, to the time they arrive home after the event.

Consider:

- Asking around for examples of what other teams have experienced in the past. Use these discussions to formulate a Risk Management Plan.

While at the tournament there are often risks and incidents that need to be reported to the event management and the school/club/Centre coordinator. This supports the safe running of the event and ensures all participants enjoy their experience. You should notify them of the following situations:

- Breaches of code of conduct, NNZ regulations and championship rules
- Illness [particularly anything that could be contagious]
- Serious harm or injuries [including concussion]
- Potential impact of COVID-19
- Unsafe environment; potential risks and hazards
- Media attention to any risks or incidents.

Notification can be done in person, by phone and should be done as soon as possible. Understand the chain of reporting if there were to be a serious incident, accident or Health and Safety concern; e.g. who to contact first at the school/club/Centre after the appropriate first response has taken place.

Below is a template that can be used for creating a Risk Management Plan for the team.

LIKELIHOOD

TITLE	SCORE	DESCRIPTION
Rare	1	Highly unlikely to occur; however, still needs to be monitored as certain circumstances could result in this risk becoming more likely to occur during the tournament
Unlikely	2	Unlikely to occur, based on current information, as the circumstances likely to trigger the risk are also unlikely to occur
Moderate	3	Likely to occur as it is clear that the risk will probably eventuate
Likely	4	Very likely to occur, based on the circumstances of the tournament
Almost Certain	5	Highly likely to occur as the circumstances that will cause this risk to eventuate are also very likely to be created

IMPACT

TITLE	SCORE	DESCRIPTION
Insignificant	1	Insignificant impact on the tournament. It is not possible to measure the impact on the team as it is minimal
Minor	2	Minor impact on the tournament and team, e.g. <5% deviation on schedule or performance of the team
Moderate	3	Measurable impact on the tournament and team, e.g. 5-10% deviation on schedule or performance of the team
Major	4	Significant impact on the tournament and team, e.g. 10-25% deviation on schedule or performance of the team
Catastrophic	5	Major impact on the tournament and team, e.g. >25% deviation on schedule or performance of the team

SUMMARY PRIORITY PROFILE

IMPACT	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
	0	1	2	3	4	5
	LIKELIHOOD					

PRIORITY

To work out the Priority for events/occurrences, you take the IMPACT and multiply by the LIKELIHOOD which gives you a Priority.

PRIORITY SCORE	PRIORITY RATING	ACTION REQUIRED
0-1	Very low	Recognise that risk exists but continue with activity
2-3	Low	Consequences are insignificant. Manage by regular monitoring
4-9	Medium	Consequences may be unacceptable and need management action to share and/or reduce likelihood/impact
10-16	High	Consequences are unacceptable and need immediate management action to share and/or reduce likelihood/impact
17-25	Very high	Consequences are too great. Continue only if there is a statutory duty or with approval of the Executive team



An example of a Risk Management Plan can be found in the **NNZ Team Manager's Multi-Day Tournament Handbook**.

Section 3 During the Tournament

Team Base

It can be helpful to arrive at the tournament venue early (unless travelling as a team) to secure a location for the team to set up a 'BASE'.

This could be a group of tables and chairs inside the venue or some space outside with a gazebo (if you have access to one). This allows the team to have a place to store team gear during and between games as well as having a place to go back to for eating and resting during the breaks.

Consider:

- Asking family/whānau to help with equipment and set-up of the team areas – many hands do make light work.

Competition

Make sure you familiarise yourself with all the details surrounding the competition prior to the tournament – e.g. competition format and draw, venue and facilities, rules and process for protests/appeals, points allocation, finals format, team list process.

Aim to attend the team manager's meeting/briefing for the tournament. This is a great chance to meet the tournament organisers, get all the relevant information and to ask any questions you may have.

Team Health/Medical Information and Support

Some teams (depending on the level of competition and support provided for the team) may have a physio attend the tournament with them. If this is not the case, most tournament venues will have a physio on site to assist players/teams.

Regardless of whether you have a physio with the team or not, you should always ensure the following:

- Regular monitoring of any players with a recent injury or illness and whose well-being is in doubt.
- Knowing the symptoms and treatment method for any players who have ongoing medical problems such as asthma, allergies, diabetes.
- Knowing the name, address and phone number of the local medical centre and dentist.

Consider:

- Completing a first-aid course or refresh your first-aid certificate as required.

Recovery

With a tournament having multiple games on the same day and very little time between each game it is important to be aware of what types of recovery are appropriate.

THE BENEFITS OF RECOVERY

- Aids the removal of waste products
- Returns the body to near resting levels
- Sets the body up for the next round of exercise
- Allows the player to continue to perform at high levels
- May help reduce the injury rate
- May help reduce muscle soreness

STEPS TO RECOVERY

Post-game cool-down

Cool-down is compulsory!



It should never be left out, no matter what age group. Players should start with a 5-minute active cool-down – a light jog slowing to a walk, keeping moving for 5 minutes. Follow up with static stretching – hold each stretch for 30 seconds each side, include stretches for calves, quads, hamstrings, hip flexors, glutes, arms etc.

Hydration



During warm-down and stretching, players should begin hydrating.

Nutrition



To speed up the recovery time between games it is important to eat as soon as possible after finishing exercise. This will help replenish muscle fuel and improve energy for the next game.

Post-game snacks or recovery food should have a focus on carbohydrates; e.g. a filled roll, creamed rice, banana and sandwiches. Many players lack appetite after games and may need to be offered small, palatable options (such as sushi or crackers) and fluids, which will improve both their hydration and carbohydrate status (such as 500ml flavoured milk). Do not try new foods on game days as this could lead to stomach upsets.

Hot/cold regime



This may not be an option for one-day or part-day tournaments. However, if the team can complete this regime post tournament it should be conducted and monitored by an adult.

Pool recovery sessions



If available (budget or facility), active recovery in a pool or at a nearby beach can assist with post-tournament recovery.

Injury Management

Injuries at tournaments are tough for players, but no matter how important the game is, it is never bigger than the welfare of an individual.

Use the flow chart below to understand the injury management process that the coach will work through when returning a player to the court after an injury.



DOING THE SIMPLE THINGS WELL WILL MAKE A DIFFERENCE TO ANY INJURY:

- P.R.I.C.E.D (see diagram below) will help with the early management of any acute injury. It is a simple process which assists in the early care and to minimise excessive swelling and the secondary effects of injury. If the team does not have a physio, ensuring that initial first aid is administered is key, then source appropriate treatment e.g. a local physio or doctor.
- Help the player understand that playing with an injury is counter-productive and can prolong or worsen an injury.

Types of injury

There are two types of injury:

- Acute or contact injuries can be difficult to avoid.
- Non-contact or overuse injuries can be reduced through performing key movements well and managing player's loading.



REMOVE FROM THE COURT

APPLY P.R.I.C.E.D AS SOON AS YOU CAN



Consider:

- Giving an injured player some important jobs (stats etc.) to keep them engaged and part of the team.



Smart Tournament - The following page is a handy resource that can be handed to players and family/whānau in the lead-up to tournaments.

Smart Tournament - 10 Top Tips

Prepare - Play - Recover - Repeat

Be tournament ready with these 10 Top Tips

1

Hydrate



Drink 500ml in the hour before the game. Plus drink during and after each game.

2

Eat



ENERGY IN = ENERGY OUT
Eat well to play well

Have a full breakfast, two hours before first game. Protein, Carbohydrates, Fats

3

Sleep



Minimum 8 hours, aim 9 - 10 hours technology goes away 30min before sleep time.

4

Prepare



Shoes with tread,
Warm clothes towel,
Sunscreen

Do not get cold between games!

5

Warm Up

NetballSmart Dynamic Warm Up to start the day.
Power Warm Up thereafter



6

Share The Load



Coaches: play all team members, share the load, share the fatigue

=

Improved overall performance of your players and team

7

Manage Injuries

Remember **P.R.I.C.E.D**

Do not return player to court unless they can comfortably do the full NetballSmart Dynamic Warm-Up



8

Snacks

Eat healthy snacks within 30min of game finishing & 30 min prior to next game



8

Cool Down

Jog or Walk



Layer-Up



Hydrate



Stretch



10

Team Spirit

Celebrate Successes



Have fun and play fair



Tournament Nutrition

Eating right on game day is a player's secret weapon. Healthy food is the priority during any tournament. Doing simple nutrition well will provide the best results. However, a sudden change from a player's everyday diet may not help them during a tournament.

Focus on carbs for energy. Muscles use carbohydrates for energy. Recommend whole-grain bread, crackers, cereal, pasta and potatoes for lasting energy. Between-game snacks like creamed rice, cereal bars and flavoured milks are beneficial.

Sports drinks only for elite levels. For elite-level teams, sports drinks can be used for an energy boost; however, these are not recommended for school-aged players and teams.

Spread out protein foods. Active bodies need protein to support growth and build and repair muscles. Protein is most beneficial for recovery after a tournament.

Use caution with fatty foods. Fatty foods slow digestion. Fats release energy slowly, which means this energy will not be able to be used during a game. Greasy and fried foods are filling but may leave the player feeling tired and sluggish especially when they need the energy the most.

Timing is everything. When players eat is just as important as what they eat. Players should eat their main meal 2 to 4 hours before the first game. During a one-day or part-day tournament, time can be very tight so small snacks can be eaten 30 to 60 minutes in advance. Post-game eating within 30 to 45 minutes is optimal for energy restoration and muscle recovery.

Topping it off with milk. Just one cup of milk packs 8 grams of protein per serving. This is great for post-game muscle recovery. Alternatives to milk you can recommend are smoothies and diluted fruit juice as these help replenish carbohydrates and fluids also.

IDEAS FOR POST-GAME RECOVERY FOOD

CARBOHYDRATE-RICH SNACKS	CARBOHYDRATE AND PROTEIN-RICH SNACKS
Fruit juice	Creamed rice
2 slices of toast	Low-fat milk [with or without flavouring]
Banana	Cereal and milk
Vegetable soup	Bread roll with cheese and meat filling
Cereal-covered muesli bars	Sushi
	Fruit smoothie
	Fruit yoghurt

Consider:

- Talking to players and family/whānau about the importance of a healthy breakfast to set them up for the day [e.g. whole-grain cereal, toast, spaghetti, or baked beans]. Eating breakfast throughout the week [and not just on game days] is advisable.
- Encouraging players to bring carbohydrate-rich lunch and snacks and a refillable drink bottle. Advise players where they can top up their bottles.
- Asking family/whānau to contribute fruit for between games and during game breaks.

SUGGESTIONS FOR MEAL IDEAS TO SHARE WITH THE PLAYERS AND FAMILY/WHĀNAU

BREAKFAST	LUNCH
Poached eggs/scrambled eggs on toast	Wraps/sandwiches/rolls/bagel with salad and chicken/beef/ham
Muesli/cereal, fruit and yoghurt	Pumpkin or vegetable soup with buns
Porridge	Sushi
Toast	Leftover food from dinner which includes carbohydrates (e.g. potatoes, rice, taro)
Fruit smoothie	

Player Hydration

Water (H₂O) is the most appropriate drink during tournaments.

Carbohydrate (CHO) drinks [such as Powerade or other sports drinks] are more appropriate for very high-intensity activity greater than 60 minutes and should only be used at the very elite level. Discourage the use of CHO drinks, especially for school-aged players.

Good hydration should begin early in the day before players have even set foot out of bed. Stay hydrated by drinking plenty of water during the day leading up to a game.

Consider:





- Recommending to players that they start each day with a large glass of water as soon as they wake up to help with their hydration.

URINE COLOUR CHART

A good guide to hydration is a player's urine colour. Aim for urine which is pale [similar to the colour of weak tea without milk] and plentiful; anything darker than this means more hydration is required. Urine should not be crystal clear [like water] as this can lead to electrolyte imbalances.

This urine colour chart will give you an idea of whether a person is drinking enough or is dehydrated [lost too much water from the body].

ARE YOU DRINKING ENOUGH?

			
<ul style="list-style-type: none"> · Very Dehydrated · Drink a large bottle of water immediately 	<ul style="list-style-type: none"> · Dehydrated · Drink 2-3 glasses of water now 	<ul style="list-style-type: none"> · Somewhat dehydrated · Drink a large glass of water now 	<ul style="list-style-type: none"> · Hydrated - you are drinking enough · Keep drinking at the same rate

Be aware! If you are taking a single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.

GAME HYDRATION

- Promote hydration of 500ml of H2O in the hour prior to the game.
- Encourage players to drink during breaks. Some players will need to be encouraged to drink because they actually “forget to”.
- During warm-down and stretching, players should begin rehydrating.
- Each player should finish at least 500ml of H2O post game.

Cramping may be related to lack of hydration or an electrolyte imbalance especially if playing in warm conditions and a player sweats a lot. However, cramping can also be caused by the player being unaccustomed to the activity [i.e. training has not replicated the level of intensity of a game and their calves cannot cope, or they are not used to the court conditions or due to their lack of fitness]. Helping players to have sufficient fluid and carbohydrates can minimise the risk of cramp. A player who sweats profusely can a pinch of salt to their H2O.

Player Well-being

Along with the physical demands of a tournament, players may experience an increased stress on their mental well-being.

This could be due to the increased mental pressure of having multiple games in one day, changes to normal routines, internal or external stresses, personal issues outside of the team environment or even as a result of traffic congestion on the way to the tournament.

It is important to be aware of how players are feeling both physically and mentally. A simple way is to personally check on each player as they arrive at the tournament. Take a few moments to talk to them and ask how they are feeling, how they slept and if they are ready for the day ahead.

If you feel anything important arises from these conversations, it is a good idea to mention these to the coach. This then allows the team management to address any issues or concerns with the player, to ensure they get the most out of the tournament as well as contribute positively to the team.

Section 4 Post Tournament

Collection and Return of Equipment and Uniforms

If the tournament is a one-off or at the end of the season you will need to arrange and communicate a date where players and team management are to return all allocated uniforms and equipment. Ensure you check off against your stocktake records and then return all items to the school/club/Centre.

Reconciliation of Team Finances

Note all expenses clearly; include all dated GST receipts relevant to each expense. Balance all expenditure and give the Team Expense form, along with any remaining money, to the school/club/Centre.

End-of-Tournament Debrief/Review

Some teams may have multiple one-day or part-day tournaments during a season; therefore, it is worthwhile having a meeting with the coach to review how each event went and make changes for future tournaments as needed.





PO Box 99710, Newmarket, Auckland 1149 | Level 1, Windsor Court, 128 Parnell Road, Parnell, Auckland 1052

Telephone: +64 9 623 3200 | Email: info@netballnz.co.nz | NetballNZ.co.nz