



Orlando Thunder Water Polo

Tournament FAQ's

Welcome to the Orlando Thunder Water Polo Club at South Lake. If this is your first tournament with our club, we are happy to have you! If you are a returning player, we are glad that you are back with us!

Below are some helpful guidelines for our tournaments to ensure you are prepared and successful.

Q: What do I need to do before game day?

A: Please ensure that you do the following prior to any game day as well as if this is the start of a new season:

- ✓ Upload photo to the USA Water Polo site. Coaches use these rosters and photos for game day checks.
- ✓ Cut your nails. Athletes are not allowed to play if their nails are too long.
- ✓ Hydrate with water or water/Gatorade.
- ✓ *PARENTS:* Please take a sharpie marker and put your child's initials on the inside of all gear. This will ensure t-shirts, etc. are not lost on deck.
- ✓ *PARENTS:* Check the Sign-up Genius for the tournament and volunteer to help, bring snacks, drinks or other needs. Needs will vary based on home vs. away tournaments.
- ✓ Eat a healthy meal the night before and the morning of (protein, vegetables, non-fried foods).
- ✓ Get a good night's sleep.

Q: What do I need to bring to the pool?

A: You will need a backpack or water polo bag with the following contents:

- ✓ *Sunscreen* - Please buy sunscreen with Zinc in it. Zinc is the key to successful water sunscreen. There are fun colors the kids like to wear on their face that can easily be found on Amazon.
- ✓ *Towel* – If you are playing multiple games or the weather is not in the best of conditions, have at least one towel with a second towel as backup.

- ✓ *Clothing* – Along with your club suit, bring a change of clothes to go over your suit between games or change if you are done for the day.
- ✓ *Water* - Athletes need water to drink during the games. We used to have Team water bottles that would squirt, and were easy to use, fill, and carry. However, with Covid, Athletes should have their own water bottles by the edge of the pool.
- ✓ *Gatorade* - If they won't drink water, fill their bottle with 50/50 Gatorade/water.
- *Snacks for quick turnaround between games* - oranges, bananas, PBJ sandwiches are great choices to throw in your backpack for ease.

Q: How long before game time do I need to be at the pool?

A: Please plan to arrive 45-60 minutes prior to your game time and be ready to jump in the pool 30 minutes ahead of game time. This allows for all players to warm up before the game starts.

Q: What should I have for lunch/dinner during tournaments?

A: Please do your best to stay away from fried, fast foods during game days.

Q: What happens if there is inclement weather?

A: Games will not be canceled due to rain unless there is lightning in the area. In the event, all Coaches will communicate to tournament players and parents as appropriate. Parents, if it is raining, please make sure that your player has an extra towel for when the first is wet.

Q: Can parents bring chairs, umbrellas, or other items to the pool deck?

A: For most tournaments, there is plenty of room for parents to bring their own chairs or stadium seats.

Q: Is there a team fair share for each tournament?

A: Yes. Each tournament has fees associated to pay for the pool, referees, and expenses. The fair share will vary based on the tournament and number of athletes attending. You will receive an invoice to pay the fair share prior to the tournament.