

Tournament Match Cheat Sheet

FOOD:

- *The Night Before:* Get a good night sleep, and eat things like pasta or chicken or rice and lots of veggies. Stay away from spicy food that can hurt your stomach the following day.
- *Morning of:* try to have a good meal 2-hours before you play with a little snack just before you play. Things good to eat like eggs, toast, yogurt, fresh fruit, juice and water will give you a good base for energy.
- *Snacks:* Keep stuff in your squash bag that can give you a quick energy boost like energy bars, dried fruit, bananas, nuts and Gatorade or other fluids in a water bootleg. No candy bars.

Before Your Match:

- Arrive at least 30 minutes before your scheduled match time to check in at the tournament desk and start your warm up. If you are more than 15 minutes late for your match -- you will be defaulted!
- Try to get on the squash court before hand to hit (if there is an open court).
- Check out where the water fountain is located and the locker room (bathroom) before hand.
- Break a sweat before you step on the court for your match. Wear your full sweats and either get on a bike, jump rope, jog up and down the hallway, whatever you do just get a sweat going so you can be better prepared. We do not want the first game to be the warm up to get you ready for the match.

During Your Match:

- You have 5-minutes to warm up on court before you start the match.
- Hit one or two shots in a row and then hit the ball back to your opponent. NO BALL HOGS – do not hit shot after shot to yourself before finally slamming the ball at you opponent.
- Warm up nice an easy. Do not strain your self. Hit shots off the double bounce to yourself or directly from your hand as if you are serving a rail shot or a crosscourt shot. Think about hitting each shot to a corner and think about good form.
- Do not waste yourself with nervous energy within the first three points. Remember you have a whole match to play and your opponent is also nervous. Take deep breaths and have fun.
- You have 90 seconds between games to get water, use the bathroom, and or get your coaching.
- Make sure you drink something between each game. You never know when you might go to 5 games and will need to be well hydrated and you cannot cram the water last minute, because you will then get a cramp.

After Your Match:

- Shake your opponent's hand and say "nice match".
- Make sure you thank and shake the hand of your referee and marker after your match.
- Win or loose you MUST referee the next match. You or your prior opponent will have to record the score on the score sheet and turn it into the tournament desk.
- Keep hydrated, eat as soon as you can, stretch, and keep warm so you can get ready for your next match.

Please thank the *Tournament Director* at the end of the tournament.