

Big Time Hoops: Travel Tournament Checklist

1. Medical & Safety

- First Aid Kit (Athletic tape, pre-wrap, bandages)
- Ice Packs (Minimum of 5 instant packs)
- Heat Pads/Strips for muscle recovery

2. Documentation & Admin

- Player Eligibility Binder (Birth certs, report cards, ID)
- Team Group Chat (WhatsApp/GroupMe) for real-time updates
- Team Email Thread for itineraries and protocols

3. Media & Logistics

- Assigned Videographer (Parent/Staff)
- Live Stream Setup (Facebook/YouTube Live)
- Car Pool Assignments (Gym to Hotel transit)

4. Player Health & Energy

- Meal Schedule & Parent Food Assignments
- Recovery Footwear (Slides/Foam runners - no court shoes outside)
- Hydration Station (Cases of water/Gatorade)

5. The X-Factor

- Positive Energy & Loud Cheering!
- Notebook for scouting/notes