

Coach/Trainer Roles

1. Communicate with Manager on plans
2. Read Tournament/ Game Rules
 - a. Sub rules
 - b. Do you provide game balls?
 - c. How are you getting the equipment to the tournament? (flying)
3. Help Create Itinerary with Manager
 - a. Team dinner
 - b. Team breakfast?
 - c. Team Meetings
 - d. Team Activities
 - e. Team Stretches
 - f. What to eat– What not to eat to help your players play at their BEST
4. Recommend Colleges on Athlete Match for your players
5. Remind players to email coaches a week before games