

## RMR Power Tournaments

There are six Power Tournaments during the 2016 Season. The Rocky Mountain Region hosts these tournaments and will post the assigned sites no later than the Wednesday before the tournament. The Sunday Power Tournaments will find Flatiron's teams in gyms from Colorado Springs to Ft. Morgan to Greeley. All match play begins at 8:00 am. Your coach will let you know what time to arrive.

To locate your tournament site, login to the RMR website ([www.rmrvolleyball.org](http://www.rmrvolleyball.org)) on click on Juniors at the top of the home page. Scroll down to and click on "Powers" to find where your team will play.

Each gym has their own set of rules and restrictions based on the size of the site and history of participant behavior. In the "Directions" section of the RMR web site, the gym rules and the directions to the gyms are posted.

Most tournament sites have assigned areas for each team. Some sites allow food, others do not. It's very important all rules are followed and all messes are completely cleaned up. The fine for leaving any kind of trash or mess is \$100 and will be levied by the Rocky Mountain Region. If your team is fined, the penalty will be the responsibility of all members of your team.

Teams are seeded into the Power structure based on their finish the prior season and as determined by the Seeding Committee.

The goal is to win your pool at the Power Tournament and move up in rankings to play higher level teams. Usually, if a team wins their pool, they move up a division. One exception is when teams seeded higher opt not to compete in a Power Tournament then reenter the structure one place from where they left. To learn all the details of the Power structure, go to the RMR website ([www.rmrvolleyball.org](http://www.rmrvolleyball.org)) and click on Juniors. Click on Club Directors then click on 2016 Junior Handbook.

Most pool play consists of four team pools but some are five team pools. Prepare for a longer day if you are in a five team pool. If you are in a four team pool, the structure will be:

<u>Match</u>	<u>Teams</u>	<u>Ref Team</u>
1. 8:00 AM	1 vs 3	2
2.	2 vs 4	1
3.	1 vs 4	3
4.	2 vs 3	1
5.	3 vs 4	2
6.	1 vs 2	4

All teams will play a crossover/playoff match (Power 1 & 2) or set (Power 3-5) against the team with the corresponding finish from another pool. The set is one "game" to 25. The match will be the best two out of three games. This is to determine seeding for the next Power Tournament. Six team pools do not play a crossover set or match. There will not be a set played in the event of a tie. Ties will be determined by match and set percentages. The winner of the first place crossover match or set is awarded the coveted RMR pins.

Recommendations for the Power Tournament:

1. Allow plenty of time for travel to the tournament site. Directions and additional information is posted in the "Directions" section of the RMR website.
2. Get a good night sleep. If bad weather is predicted, you may want to travel on Saturday night and stay in a motel. Some teams choose this option as a group.
3. If your athlete is slow to wake in the morning, encourage her to stay awake during the drive to the tournament site.
4. Bring all uniform pieces and extra socks. Don't forget your court shoes, ankle braces & kneepads.
5. Zip your warm ups and all items of value in your backpack. There is very little theft at the tournaments but it does happen occasionally.
6. Bring plenty of healthy food and snacks. Most players tend to graze over the course of the day rather than eat one large meal. Avoid foods containing high amounts of sugar, salt and fats. No soft drinks/sodas.
7. Bring plenty of water and sports drinks (best if diluted).
8. Bring a chair with plastic covers on the legs and a stadium seat. Some gyms allow chairs while others have bleachers. And some gyms offer both.
9. Obey the rules of the facility. Never leave a mess – let there be no evidence that you were there.
10. You are strongly encouraged to organize an occasional pot luck. This is lots of fun for the girls and provides special foods that are enjoyed by all. Decide ahead of time if the quantity of food should include entire families or just the athletes.
11. Bring warm clothes and blankets. Most school gyms turn their heat down over the weekends and it can get quite cold.
12. This is a day for players to bond with each other and their coaches. Spectators need to cheer and support the athlete's efforts.
13. Playing time concerns may not be addressed on tournament day.
14. In the event of inappropriate spectator or parent behavior that could escalate, immediately inform the tournament site director.
15. If you have a complaint about the facility or the tournament, call or email Director Susan Cancilla at (303) 543-7605 or [flatironsvbc@gmail.com](mailto:flatironsvbc@gmail.com) on Monday following the tournament. Do not call the Rocky Mountain Region Office!
16. Most important: volleyball is a sport where players learn by making mistakes. Mistakes are a positive thing and need to be treated as such.