

## RMR Power Tournaments

There are five Power Tournaments during the 2012 Season. The Rocky Mountain Region hosts these tournaments and will post the assigned sites before Wednesday of the tournament week. The Sunday (and one Saturday) 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.

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 evidence is \$100 and will be levied by the Rocky Mountain Region. If your team is fined, the penalty will be the responsibility of said 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. Then click on 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 set (Power 1-4) or match (Power 1) 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. The winner of the first place crossover match is awarded the coveted RMR pins.

Recommendations for the Power Tournament:

1. Print out directions and 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 opt 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 no sign of your presence remain.
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 encompass entire families or just the athletes.
11. Bring warm clothes and blankets. 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@aol.com](mailto:flatironsvbc@aol.com) on Monday following the tournament. Do not call the Rocky Mountain Region Office!