

SETX Jr Grand Prix Tennis Tournament Series Policy & Procedure Handbook



A series of tournaments for local SETX juniors designed to offer additional competitive playing opportunities and help grow the game in our area

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Season

- Our season runs from January to December each year
- We do take pictures at our tournaments and love to showcase our kids by posting them on our Website and Facebook.
 - If you **DO NOT** want you or your child(ren)'s picture posted let us know by emailing setxgrandprix@gmail.com
- Registration
 - Will be announced on website, email, and Facebook
 - Will open 4 weeks before each event
 - Register at www.stealthtennis.com under the tournaments tab
 - Registration will close at 3:00pm the day before the event
 - Late entries will only be accepted based on need or the discretion of tournament staff
 - Payment can be made the day of the event or prepay on the website under the tournaments tab, tournament registration, scroll to bottom of the page
 - Entrants will be posted on the website under the tournaments tab (please allow 12-24 hours for your name to be updated)

Miscellaneous

- Do not leave the premises. If you need to leave for any reason:
- Inform the tournament desk and let them know if you are withdrawing or if you will be back and how long you will be.
- If you are not currently playing but decide to go watch, check back to the tournament desk from time to time.
- Listen for your name. It is a big facility and we need everyone to be on alert to hear their name
- Our events are designed PRIMARILY as additional playing/developmental opportunities in a tournament type setting.
- Play hard but play fair.

Divisions (Boys and Girls)

- 10 and under (singles only) – green dot ball's only
- 12's division (singles only)
- 14's division (singles only)
- 16's division (singles/doubles/mixed doubles)
- 18's division (singles/doubles/mixed doubles)

- 16s/18s may only play 2 out of the 3 events offered at each tournament

- **Players may play up 1-2 divisions but not below their age division.**
Example: 15 yr old's must play the 16's (or 18's)
Anyone 10 & under may play in the 12's divisions but will be playing w/regular balls and rules.

- **Doubles & Mixed Doubles**
 - 16's and 18's division only
 - Anyone 14 years old can play doubles but must be understood you will be playing with/against 15-18 year old's
 - If you and your partner sign up and want to be paired together there will be a place on the registration to note your partner
 - If you do not have a partner we will match you with someone

Things to consider for birthdays and age changes

- Because these events are aged division events, please see the following for age changing considerations based on SETX policy:

- If you have a birthday that will place you in another division sometime during the year you want to consider starting the season playing up in the division you will be moving to if you are interested in your points/ranking. If not then you may switch after your birthday

- Please note your **points will not go with you**. You will begin accumulating points for your new division.

- If you start the season at 18, it does not matter when you turn 19 you will be able to continue playing for that year. But you must have at least played 1 event at the age 18 for that year. You will be allowed to finish that season.

- **In order to play in the final event of the year in December you must have played at least one other Grand Prix tournament at some point during the season.**

Match Play

- All events are a Round Robin Format, meaning every player in their division will play each other unless we have to split the division. See split draws and game scenario for explanation.
- Participants will play a certain number of games not sets (Example if there are 6 players then they will play 5 rounds).
- Number of games are based upon the number of participants in their round robin. Subject to change due to weather, age division, etc.
- Singles
 - 2 players – 1 rd 13 games or 2 rds 7 games or 3 rds 5 games
Players unanimous choice. If an agreement can't be made, number of games played will be decided by the tournament official.
 - 3 players - 9 total games per round
 - 4 players - 9 total games per round
 - 5 players – 7 total games per round
 - 6 players – 5 total games per round
 - 7 or more players – 5 total games per round
- Doubles
 - 2 teams – 1 rd 13 games or 2 rds 7 games or 3 rds 5 games
Players unanimous choice. If an agreement can't be made, number of games played will be decided by the tournament official.
 - 3 teams - 7 total games per round
 - 4 teams - 7 total games per round
 - 5 teams – 7 total games per round
 - 6 teams – 5 total games per round
 - 7 or more players – 5 total games per round
- Draws may split at the discretion of the tournament officials based on the size of the draw, weather, extreme heat, etc.
- Scores are reported to the tournament desk immediately upon leaving the court.
- Leave the balls in center court by the net.
- All games are NO AD scoring. Next point wins the game at Deuce (40 all).
Receivers choice of side to take serve.

Match Play Cont.

- 10 and under singles division
 - Will get 3 serve chances to start a point
 - Can serve from the blue line if they want
 - Play with green dot balls
- 12s, 14s, 16s, & 18s singles divisions
 - Will get 2 serve chances to start a point
 - Will serve behind the baseline
 - Must have one foot stationary behind the baseline before making contact on the serve. (no walking serves allowed)
 - Play with regulation balls
- Doubles/Mixed Doubles
 - 16's and 18's only
 - Anyone 14 years old can play doubles but must be understood you will be playing with/against 15-18 year old's
 - Will get 2 serve chances to start a point
 - Will serve behind the baseline
 - Must have one foot stationary behind the baseline before making contact on the serve. (no walking serves allowed)
 - Play with regulation balls
- Warm-up and game start
 - First match only
 - Hit a few rally shots, a few volleys at the net, hit a few overheads, hit a few serves
 - Second and beyond matches spin and start
 - Only exception is if one player was on a bye before playing then hit a few rallies and start
 - Spin the racquet for serve
 - Spinning the racquet determines who serves/returns
 - The winner chooses whether to serve/receive to start match
 - Or the winner can defer to the other person the serve on return & chose what side of the court to start on
 - You will have 15 minutes after check-in time to check-in or you will be considered no show/default if you do not reach out to let someone know you are running late. (409) 791-7980 or email setxgrandprix@gmail.com
 - Should any thing happen on/off the court that requires emergency medical personnel, call 911 immediately – 6475 College St, Beaumont, TX 77707 Please have someone else notify the desk immediately.

Scoring/Ranking

→ Singles

- Medals for each event are based on total number of games won for that event
- We will medal 1st, 2nd, and 3rd place for each event
- Points are accrued for the total amount of games won in each player's round robin division.
- One point is earned for participation (in addition to any points earned)
- Bonus points are earned for 1st, 2nd, and 3rd place
 - First place – 15 bonus points
 - Second place – 10 bonus points
 - Third place – 5 bonus points
- All points throughout the year are cumulative for end of year ranking
-

***MEDALS FOR EACH EVENT ONLY INCLUDE GAMES WON FOR THAT EVENT. BONUS AND PARTICIPATION POINTS ARE ADDED TO THE TOTAL SCORE AFTER THE EVENT FOR RANKING PURPOSES.

Split Draw:

- Points will be accrued based on number of games won by a player in their round robin matches

Combined Draw, points will be assessed as follows:

- Points will be accrued based on number of wins in their round robin game play but will be applied to their age division they would normally play.
- Medals will be given based on division they would normally play in.
- Medals will be determined by the total number of games won (not just against others in their age division)
- Anyone who **chooses** to play up will only receive points for that division and be able to receive a medal for that division

Scoring/Ranking Cont.

→ **Doubles/Mixed Doubles**

→ **Because you have different partners throughout the season, any points you win as a team will go personally with you for doubles ranking.**

- Medals for each event are based on total number of games won for that event
- We will medal 1st, 2nd, and 3rd place for each event
- Points are accrued for the total amount of games won in each player's round robin division.
- One point is earned for participation (in addition to any points earned)
- Bonus points are earned for 1st, 2nd, and 3rd place
 - First place – 15 points
 - Second place – 10 points
 - Third place – 5 points

Example: Total games won 12
 Participation 1
 2nd place 10
 Total 23 points earned for that event

- Each player will take 23 points for their doubles points.
- When they play again, even if it is with a different player, those points will individually be added to their doubles ranking points.

*****MEDALS FOR EACH EVENT ONLY INCLUDE GAMES WON FOR THAT EVENT. BONUS AND PARTICIPATION ARE ADDED TO THE TOTAL SCORE AFTER THE EVENT FOR RANKING PURPOSES.**

- All points throughout the year are cumulative for end of year ranking
- Anyone who plays **both singles and doubles** will have 2 sets of points, one for singles and one for doubles or mixed doubles. They will not combine with each other.
- Points/Rankings will be updated on the website within the week following an event.

Scoring/Ranking Cont.

- All ties will be broken by head to head match-up first
- 3 way tie
 - A 1 game round robin shoot out for the 3 winners will ensue if:
 - Time is allotted
 - Weather permitted
 - Players are not exhausted
 - If this is not possible , then
 - All 3 players will win that place and be awarded the same medal and bonus points earned.

For the Grand Prix Championship event only

- We will be boosting the bonus points for December event only
 - 1st place – 20 bonus points
 - 2nd place – 15 bonus points
 - 3rd place – 10 bonus points
- Bonus points will be added to award overall Champion and Runner-up point/rank for the season, which a trophy will be awarded.

Early Withdraw

- If you must withdraw for any reason , notify the tournament desk. Do not just leave.
- In the event a player withdraws for injury, overheating, illness etc.
 - The player who withdraws will receive 0 points for the remainder of the games missed but, will get to keep the points earned up to that point.
 - The players who have yet to play the withdrawn player will be on a BYE for that round and will receive credit points based on the number of games in that round robin (see below)
 - These points will be added to their total.
 - 5 game matches = 3 games point credit
 - 7 game matches = 4 games credit points
 - 9 game matches = 5 game credit points
 - 11 game matches = 6 game credit points
 - 13 game matches = 7 games credit points

Split Draw

- In the event we have an excessive amount of players in one division we will determine if that division needs to be split into 2 or more groups (red group/blue group/etc). Splitting of the division will be based on player level of play for those players we have knowledge of and points accumulated from other SETX Jr Grand Prix events. The other players will be placed by drawing.
 - The red group will play each player in their group in round robin format.
 - The blue group will play each other in their group in round robin format.
 - If needed – other color (white, green, yellow, and purple) groups will play each other in their color group in round robin format.
- For a 2 group split
 - The first place players from each group will play each other for overall 1st and 2nd place for the division (1st place to win 4 games wins the match)
 - The second place players from each group will play each other for 3rd place for the division (1st place to win 4 games wins the match)
 - Head to head breaks ties
- For a 3 group split
 - The first place players from each group will play each other in a round robin for 1st 2nd and 3rd place for the division (total of 5 game matches. Total games won determine 1st, 2nd, 3rd place)
 - Head to head breaks ties
- For a 4 or more group split
 - The first place players from each group will play each other in a draw format for 1st 2nd and 3rd place for the division
 - Head to head breaks ties
- See Game splay scenario for other options

Combined Draw

- In the event we have a small number of players in one division we will determine if that division needs to be combined with an adjacent division.
- Players will still follow the round robin format, however medals will be based on the following:
 - 1st, 2nd, and 3rd place medals will be given to each individual division that was combined.
 - Example: If 12's and 14's are combined to maximize play time – 12's division will get 1st, 2nd, & 3rd place and 14's division will get 1st, 2nd, & 3rd place respective to their age division.
 -
 - Medals and Points will be assessed based on the total number of games won not just the games they played against the players in their age division.

Playoff Deferment

- For a 3 group split - If a player has to leave after one round of the round robin they will automatically be placed in 3rd place and the remaining 2 players will play for 1st & 2nd
- For a 4 or more group split - If a player defers after one round of the draw/round robin they will automatically be out of contention and the remaining players will continue to play for 1st, 2nd, 3rd place
- See game scenario's for options
- Points will be assessed based on the regular scoring for each division. (see points/scoring)

Players Input

- There will be times when we will meet with the players and determine combining or playoff match during smaller draws to see what they would like to do to maximize play time for each participant.
- Must all be in agreement based on the recommendations of the tournament staff.

Game Etiquette

- All divisions
 - No AD scoring (receivers choice of side at deuce – 40/40)
 - A serve toss will only count as a serve chance if contact is made with the ball.
 - A swing and miss will not count as a serve chance.
 - Be sure your opponent is ready for the serve return.
 - Hold your hand up if you are not ready to return a serve or communicate with the server you are not ready.
 - Put your hand down when ready to receive serve or communicate with the server you are ready.
 - Be sure to clearly call the ball out and/or put your index finger up the second it hits the court.
 - Do not call out balls before it touches the ground, bounces, or after you have returned it, etc.
 - Players can't change or make a call after thinking about it for a few seconds or by hearing chatter from bystanders.
- In doubles/mixed doubles either player can make a call.
- Visitors never make calls. A player shall not ask a visitor with help in making a call. Seek the assistance of a tournament official.
- Touching or hitting a ball before it crosses net, invasion of opponent's court, double hits, and double bounces are considered the opponents point.
- Any blatant bad calls seen by the Grand Prix staff will be addressed as a warning first and will subsequently be dealt with if continues at the discretion of the tournament staff. (a 1 event suspension is possible)
- Sometimes it's hard to tell where the ball is going when it is close to the line. If it's that's close it's best to play the ball. Remember a ball that is 99% out is considered 100% in
 - No need to get in an argument. It's is customary to ask the opponent "are you sure"? If they were not 100% sure then the point will be replayed.
 - If you feel you are getting unfair line calls: stop play, look for Pat, another tournament official or notify the tournament desk & we will get someone to your court to monitor the match.

Game Etiquette Cont.

→ Visitors:

- All are invited and welcomed to watch.
- Parents, relatives, and friends are to remain in the viewing areas during play (unless an emergency happens on the court). There is plenty of viewing space around each court for seating (or you may bring your own fold out chair)
- There is no coaching allowed during a game. You may speak with your player briefly during change overs only.
- The players are to make their own calls. Please do not yell out to either player during play regarding anything during game like line calls, let, etc. Parents are only encouraged to chime in to overturn a bad call made by THEIR child (immed. after a point).

Attitudes and behaviors:

****This includes all participants, parents, relatives, friends, visitors, etc****

- If accusations of cheating arise: Stop game play immediately and come find a tournament staff member to come help resolve/watch the match, etc.
- Any type of physical activity at all, you will be asked to leave the premises.
- Foul language will not be tolerated. This includes but not limited to:
 - Cursing/obscenities
 - Racial comments
 - Bad mouthing an opponent
 - Calling people names

Property:

- Throwing/tossing racquets and/or balls
- Hitting the net, fence, bleachers, etc.
- Vandalizing of the tennis facility in any capacity
- Frustrations will happen. After the match, take it off the court and to a private area. As long as no one can hear you, and you are not destroying property.
- Take your “cool down” moment however you need as long as you don’t bring it back to the court.
- Parents, if you need discipline your child, please take it somewhere private.

Game Etiquette Contin.

→ Customary Good Sportsmanship

- Saying “good shot” after a winning shot by your opponent
- Confirming that your opponents shot was in if they ask.
- Give all 3 balls back to your opponent when it’s their time to serve
- Balls that hit the boundary line, try to play back even if it is too close to call
- Clear all balls from the court before starting a point.
- Meet at center court after the match to congratulate each other after the match is over
- Server must call the score before each point starts
- In the event there is a discrepancy on the score
 - Politely talk to each other regarding how the game has played out this far
 - Do not seek the input of spectators
 - If it is still unclear, agree go back to the last score remembered
 - Seek the assistance of tournament officials
- Use the plinko boards available on each court for score keeping.
- When your match is over place the balls near the net for the next players playing on that court.

Actions for foul behaviors/attitude:

- During the same day tournament:
 - 1st offense – warning will be given.
 - 2nd offense (seen by tournament staff) – you may be defaulted from the tournament and asked to leave the premises.
- Continuous behavior warning throughout multiple tournaments:
 - 1st offense (2 different tournaments) – warning will be given
 - 2nd offense – (more than 2 tournaments) you may be asked to leave the premises immediately and will not be invited back to join any further events for the remainder of that year.
- If a player gets defaulted from any SETX Grand Prix event they will be subject to a 1 event suspension applied to the next event. (this will carry over to the next year if applicable)

We reserve the right to change policy/procedures upon circumstances that may arise during each event.

We reserve the right to change and make decisions based on the best interest of all involved

Thanks for helping the SETX Jr Grand Prix run smoothly as possible. Good luck in your matches.

Match Play Scenarios (For any division)

- 2 Entries
 - 1 (or 2) game match (a 3rd match will play if split matches)
 - 11 total games each round
 - OR
 - 1 rd 13 games or 2 rds 7 games or 3 rds 5 games
- 3 Entries
 - 1 group of 3
 - Play 2 rounds
 - One bye round
 - 9 total games each round
 - 1st, 2nd, and 3rd place determined by games won
 - Time/weather permitting - play each other player twice total
- 4 Entries
 - 1 group of 4
 - Play 3 rounds
 - 9 total games
 - 1st, 2nd, and 3rd place determined by games won
- 5 Entries
 - 1 group of 5
 - Play 4 rounds
 - One bye round
 - 7 total games
 - 1st, 2nd, and 3rd place determined by games won
- 6 Entries
 - 1 group of 6
 - Play 5 rounds
 - 5 total games
 - 1st, 2nd, and 3rd place determined by games won
- 7 Entries
 - 1 group of 7
 - Play 6 rounds
 - One bye round
 - 5 games total
 - 1st, 2nd, and 3rd place determined by games won
- × We reserve the right the split 7 entries draw if extreme weather conditions occur.

Match Play Scenarios

- 8 entries
 - 1 group of 8
Play 7 rounds
 - 5 games total
 - 1st, 2nd, and 3rd place determined by games won

*****OR*****

- 2 groups of 4 (red group & blue group)
 - Play 3 rounds
 - 7 total games (due to playoff round)
 - Player with most points from each group will play each other
for 1st & 2nd place in a playoff round
 - first player to win 4 games wins 1st place & opponent wins
2nd place.
 - Player second in points from each group will play each other
for 3rd place in a playoff round
 - first player to win 4 games wins 3rd place.

*****OR*****

- Top 2 in points from each group will play each other in a draw or round robin
format for 1st, 2nd, and 3rd place (coordinator/players choice & time
consideration)
- Positions 1 – 4 will be determined placement of color rule
 - In the event of a tie among same color - 1 & 2 will be
determined by head to head match up w/the tied
players
- Playoff - 3 games total

Match Play Scenarios

→ 9 Entries

- Play 8 rounds
- One bye round
- 5 total games

OR

→ 1 group of 5 (4 rds) & 1 group of 4 (3 rds) – (red & blue group)

- 7 total games (due to playoffs)
- Drop lowest score in group of 5
- Players with most points from each group will play each other for 1st & 2nd place in a playoff round
- First player to win 4 games wins 1st place & opponent wins 2nd place.
- Players second in points from each group will play each other for 3rd place in a playoff round
- Playoff - first player to win 4 games wins the match

OR

- Top 2 in points from each group will play each other in a draw or round robin format for 1st, 2nd, and 3rd place (coordinator/players choice & time consideration)
- Positions 1 – 4 will be determined placement of color rule
- In the event of a tie among same color - 1 & 2 will be determined by head to head match up w/the tied players
- Playoff - 3 games total

Match Play Scenarios

→ 10 Entries

- 2 groups of 5 (red & blue group)
- Play 4 rounds
- 7 total games (due to playoffs)
- Player with most points from each group will play each other for 1st & 2nd place in a playoff round
- First player to win 4 games wins 1st place & opponent wins 2nd place.
- Player second in points from each group will play each other for 3rd place in a playoff round
- first player to win 4 games wins 3rd place.

*****OR*****

- Top 2 in points from each group will play each other in a draw or round robin format for 1st, 2nd, and 3rd place (coordinator/players choice & time consideration)
- Positions 1 – 4 will be determined placement of color rule
- In the event of a tie among same color - 1 & 2 will be determined by head to head match up w/the tied players
- Playoff - 3 games total

Match Play Scenarios

→ 11 Entries

- 1 group of 5 (4 rds) and 1 group of 6 (5 rds) (red & blue group)
- 7 total games (due to playoffs)
- Drop lowest score in group of 6
- Player with most points from each group will play each other for 1st & 2nd place in a playoff round
- first player to win 4 games wins 1st place & opponent wins 2nd place.
- Player second in points from each group will play each other for 3rd place in a playoff round
- first player to win 4 games wins 3rd place.

*****OR*****

- Top 2 in points from each group will play each other in a draw or round robin format for 1st, 2nd, and 3rd place (coordinator/players choice & time consideration)
- Positions 1 – 4 will be determined placement of color rule
- In the event of a tie among same color - 1 & 2 will be determined by head to head match up w/the tied players
- Playoff - 3 games total

Match Play Scenarios

→ 12 Entries

- 2 groups of 6 (red & blue group)
- Play 4 rounds
- 5 total games (due to playoffs)
- Player with most points from each group will play each other for 1st & 2nd place in a playoff round
- First player to win 4 games wins 1st place & opponent wins 2nd place.
- Player second in points from each group will play each other for 3rd place in a playoff round
- first player to win 4 games wins 3rd place.

*****OR*****

- Top 2 in points from each group will play each other in a draw or round robin format for 1st, 2nd, and 3rd place (coordinator/players choice & time consideration)
- Positions 1 – 4 will be determined placement of color rule
- In the event of a tie among same color - 1 & 2 will be determined by head to head match up w/the tied players
- Playoff - 3 games total

*****OR*****

- 3 groups of 4 – play 3 rounds (red, white, & blue group)
- 9 total games
- Players with most points from each group will play each other for 1st, 2nd & 3rd place in a round robin format
- Playoff - 5 total games

For 13 or more entries we will split as needed and follow these rules for match play

We reserve the right change draw format and scenario as needed

Draw Examples for Playoffs:

Placement of color codes

For any and all instances a color has been assigned to your group and playoff determines placement of play in draw a format the following will apply to the placement of your color. (this doesn't determine ranking order, just order of placement for play)

Red – 1	White – 2	Blue – 3	Green – 4
Yellow – 5	Purple – 6	Orange – 7	Teal – 8

- For a 4 team split draw
 - The 2 teams that move on to round 2 will play for 1st and 2nd place
 - The other 2 teams will play for 3rd place
 - 5 total games
 - In the event a player gets to 3 games won before the match is finished you may quit and report your score



Draw Examples for Playoffs: (draw example on next page)

- For a 5 group draw split
 - The top 3 players in total points will get a bye
 - In the event of a tie, then we will go by color number order.
 - For example white & green were tied, then white would get the bye because it is numbered 2 and green is numbered 4
 - The winners from round 2 will play for 1st and 2nd place
 - The other 2 from round 2 will play for 3rd place
 - 5 total games
 - In the event a player gets to 3 games won before the match is finished you may quit and report your score

- For a 6 group draw split
 - The top 2 in total points will get a bye
 - In the event of a tie, then we will go by color number order.
 - For example white & green were tied, then white would get the bye because it is numbered 2 and green is numbered 4
 - The winners from round 2 will play for 1st and 2nd place
 - The other 2 from round 2 will play for 3rd place
 - 5 total games
 - In the event a player gets to 3 games won before the match is finished you may quit and report your score

- For a 7 group draw split
 - The top player in total points will get a bye
 - In the event of a tie, then we will go by color number order.
 - For example white & green were tied, then white would get the bye because it is numbered 2 and green is numbered 4
 - The winners from round 2 will play for 1st and 2nd place
 - The other 2 from round 2 will play for 3rd place
 - 5 total games
 - In the event a player gets to 3 games won before the match is finished you may quit and report your score

- For a 8 group draw split
 - All players will play in the order shown (by color number)
 - Round one 2 players will be eliminated
 - The winners from round 2 will play for 1st and 2nd place
 - The other 2 from round 2 will play for 3rd place
 - 5 total games
 - In the event a player gets to 3 games won before the match is finished you may quit and report your score

Draw Examples for Playoffs for 5-8 players:

- Red – 1

White – 2

Blue – 3

Green – 4
- Yellow – 5

Purple – 6

Orange – 7

Teal – 8



Round Robin Examples for Playoffs:

- For a 3 group split draw round robin
- Number player will be placed will coincide with the number of the color they were assigned.
 - 5 total games
 - All 5 games must be played to report score

Team	Wins	Losses
1.		
2.		
3.		

Round 1	Round 2	Round 3
1 vs 2	2 vs 3	3 vs 1
3 Bye	1 Bye	2 Bye

- For a 4 group split draw round robin
- Number player will be placed will coincide with the number of the color they were assigned.
 - 5 total games
 - All 5 games must be played to report score

Team	Wins	Losses
1.		
2.		
3.		
4.		

Round 1	Round 2	Round 3
2 vs 1	4 vs 2	4 vs 1
3 vs 4	1 vs 3	2 vs 3

First Aid Tips:

- ✓ **Hydrate, Hydrate, Hydrate – Drink plenty of water!!! (including the days/week leading up to the event)**
- ✓ **Its okay to drink Gatorade, Power-ade, etc but it important to drink plenty of water.**
- ✓ **Bring a small cooler, put a wash cloth (or ice pack) in it so as the ice melts you can wipe your face down with the cool cloth.**
- ✓ **Take breaks often, especially in the summer heat. If the court provides covered seating for players, sit under the covering in the shade for your break.**
- ✓ **Use sunscreen**
- ✓ **Prepare the days before by drinking water and eating carb rich foods. Refrain from eating a lot of salt, drinking soda and things that will dehydrate you.**
- ✓ **Make sure you eat a good healthy meal the night before and breakfast the morning before the match.**
- ✓ **Wear cool clothing**
- ✓ **Consider wearing a hat/sweatband to keep sweat out of your eyes**
- ✓ **Bring a towel and a change of clothes**
- ✓ **Stretch before and after a match**

*****In the event of an emergency or emergency personnel is needed call 911 immediately (everyone has cell phones now)**

If a cell phone is not easily accessible please immediately send someone to the tournament desk to call.

DO NOT LET TIME GO BY IF YOU FEEL MEDICAL ATTENTION IS NEEDED.

It's impertinent to have rescue come and assess the situation.

6475 College St, Beaumont, TX 77707

Try to have someone reach out to Pat or Shelly if they are not in the area

To register for any of our events go to
www.stealthtennis.com
under the tournaments tab click event registration.

Visit us www.stealthtennis.com
Follow us on Facebook @ SETX Grand Prix
Email: setxgrandprix@gmail.com