

**Survival Guide**

**For**

**Parents & Athletes**

**Traveling to away events?...**

**Visit** [**www.bciaa.org**](http://www.bciaa.org) **and click on the member schools on the left side for very specific directions to athletic facilities.**

**Examples:**

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**Away events outside of Berks County:**

Visit <http://www.tulpehocken.org/athletics.aspx> and click on the Directions drop down box at the bottom right hand side of the page

**Don’t see a school you are looking for or no internet access?**

Call the Athletic Office at:

610-488-6286 x1160 or x1105





* Athletes should pack a snack or light dinner for all away events. Concessions may also be available, bring money to purchase.
* For longer or full day trips, lunch or dinner may be provided. Please check with your coach for more information.
* Athletes should pack a change of dry clothes in the event of inclement weather. Please check the temperature, as warm clothes and jackets may also be needed.
* Athletes should hydrate often during practice and game days. Water is the best supplement for hydration.
* Admission may be charged at away events for spectators

**Schedules**

* Scheduling Site - <http://tulpyathletics.com/main/calendar>
* Sign-up for email alerts and receive notifications when changes occur - <http://tulpyathletics.com/auth/login>
* Visit individual team sites for current season schedules

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**Media Outlets**

* Important information is often posted on the following:
	+ Twitter – ([www.twitter.com](http://www.twitter.com))
		- @TulpySports
		- @tulpyjshs
		- @tulpytrack1
		- @TulpySportsMed
	+ Website – [www.tulpehocken.org](http://www.tulpehocken.org)
	+ Team App
		- Tulpehocken Girls Tennis
		- Tulpy XC
		- Field Hockey – <https://tulpyfh.teamapp.com>
		- Tulpehocken Girls Basketball
		- Tulpehocken Softball
	+ Facebook Pages
		- Field Hockey <https://www.facebook.com/TulpehockenFieldHockey/>
		- Cross Country
	+ Instagram
		- @tulpyjshs

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