

Westview Water Polo

Team Policies and Rules 2009-2010

Mission Statement:

The mission of Westview Girl's water polo program is to develop winning teams. To provide a high quality of education to our athletes and to promote the values of exemplary citizenship among all team members. The establishment of a high standard of excellence is essential in order for the team to achieve this mission. The team is dedicated to maximizing the potential of all members while keeping sports life and academics in proper balance. If we can achieve this balance while winning and having fun, we will accomplish our mission.

General Rules of Conduct:

- ◆ Team members must always be aware of the important role they play in enhancing the prestige and awareness of Westview Water Polo. Consequently, all student athletes will strive to behave morally, respectfully, ethically and politely in all of their athletic associations.
- ◆ Membership on the team is an honor and an earned privilege. Participation is based solely at the discretion of the head coach. The criteria of membership are developing athletic ability, good citizenship and a strong work ethic.
- ◆ Team members will regard each other with mutual respect, cooperation and dignity. All team members will support the overall Westview Water Polo program.
- ◆ Senior members of the team will accept a special responsibility for teaching and orienting younger players to the ways of Westview women's water polo.
- ◆ All members of the team are expected to participate in team functions such as fund-raisers, recruiting, team socials, group activities and the end-of-season banquet. Each team member will contribute equally and with enthusiasm.
- ◆ Coaches have the last word. No exceptions.

Practice Rules:

- ◆ Every practice is important. All players are required to come prepared to work out everyday.
- ◆ Westview team practices will include team members and coaches. If visitors are expected, they may observe practices from a designated spectator area with prior approval from the coaching staff.
- ◆ Generally, academic excuses such as tests, class, and special study sessions are considered legitimate reasons for missing practice. If you have made a commitment to attend a game or tournament, there are no excuses for not being there. We expect our athletes to be organized enough to schedule their school, work and athletic commitments in such a way that conflicts are minimized.
- ◆ Make every attempt to not schedule any appointments (dentist, teacher/mentor, doctor, etc....) during water polo time, failure to do so shows a lack of commitment to the team.
- ◆ Punctuality means being IN the water at the scheduled start of practice. Tardiness without prior notification is treated as an absence. Habitual tardiness will affect playing time.

- ◆ If you are sick or injured you must: 1) report to the coaching staff immediately; 2) see a physician if necessary and follow their recommendations; 3) report back to coaching staff regarding the physician's recommendations.
- ◆ Any sickness that keeps you out of the water for more than one day requires a doctor's note. Take care of yourselves.
- ◆ Attendance at Practice/Games is mandatory; failure to comply will result in loss of playing time in the next game if your coach did not receive notice prior to the absence.
- ◆ Each team member is allowed a max of 10 missed practice days. Missed days are for illness, vacation and emergency. If a player misses their 11th day of practice, that player is cut from the team. Only JV and Novice will be allowed to make up missed days by attending the Varsity morning workouts.

Game, Tournament and Travel Code of Conduct:

- ◆ Players will uphold the highest standards of sportsmanship and will engage in competition with appropriate maturity and composure.
- ◆ Players will treat all opponents, coaches, water polo officials and fans with courtesy and respect while representing Westview Water Polo at games and tournaments both at home and away.
- ◆ Players must obey all meeting time and/or departure time commitments and curfews determined by the coaching staff.
- ◆ If significant others (parents, friends, relatives) attend games or tournaments, players must limit interactions that may result in mental distraction from competition. After competition, players may interact with significant others.
- ◆ Players will not deviate in any way from the established team agenda or schedule unless permission is obtained from the coaching staff.
- ◆ Players must wear appropriate team attire when required and may not wear clothing that makes any reference to gangs, drugs, alcohol, illicit substances or offensive images while attending any official team functions.

Individual Conduct:

- ◆ No profanity is allowed at any time for any reason.
- ◆ No illegal drug use of any kind will be tolerated. Adherence to NCAA drug-use policy is required.
- ◆ Players are expected to use mature restraint when social events have the potential to hinder their academic work, practice and/or game performance.
- ◆ No alcohol will be consumed at any official team function.
- ◆ Players are expected to maintain a positive and enthusiastic attitude toward each other and the coaching staff. If players become discouraged, frustrated or angered over water polo activities in a way that is damaging to team morale, could affect playing time.

Captain's Duties

Duly selected captains will have responsibilities for maintaining team unity and facilitating communication between the team and the coaching staff. Team captains are responsible for enforcing team policies and taking a leadership role in organizing the team for travel, games, and team social functions. Team captains must ensure that the interaction between team members adhere to the General Rules of Conduct.

Parental Code of Conduct:

- ◆ Membership on the team is an honor and an earned privilege. Participation is based solely at the discretion of the head coach.
- ◆ The coaching staff for Westview Water Polo collectively has a vast wealth of knowledge and experience playing and coaching in the sport of water polo. Thus, parents will respect the decisions of the coaching staff.
- ◆ Parents will treat all coaches, participants, opponents, water polo officials and fans with courtesy and respect while representing Westview Water Polo at games and tournaments both at home and away.
- ◆ Should a problem arise, parents will call the head coach to set up a meeting. The meeting will be conducted with the principal parties, head coach if not involved originally and a neutral third person to facilitate the communication between all parties.

Failure to follow any of the Westview Water Polo Policies and Procedures and CIF Rules and Guidelines will result in suspension from practice, and/or competition and depending on the severity of the offense, may result in removal from the team. If you do not clearly understand the policies outlined in this document it is your responsibility to seek clarification from a member of the coaching staff.

Note: CIF Rules and Guidelines can be found at www.cifeds.org

CUT HERE AND RETURN BOTTOM HALF TO COACH

I understand the Westview Water Polo Team Policies and Rules 2009-2010, and agree to follow them. In addition, I have shared them with my parents.

Player Name(s) _____

Player Signature _____

Date _____

Parent Name _____

Parent Signature _____

Date _____