

RedHawks Water Polo Athlete & Parent Handbook 2019



Contact Information

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If I do not answer your phone call, please **LEAVE A VOICEMAIL**. I also text and communicate through email often and quickly. I will generally respond to messages and emails within 24 hours.

Welcome to the Water Polo season. Water Polo is a sport that **anyone** can participate in, provide they can swim. After reading through this handbook, make sure that you understand the expectations and are willing to commit to achieving the goals of this program.

Coaching Philosophy

As a part of this team it is important to understand what our philosophy is. Water Polo is one of the most rewarding sports you can participate in. Water polo is not only incredibly challenging physically, this sport challenges the mind as well. Water Polo is a lifelong sport that teaches an individual not only about competition, but about life. We think that water polo teaches many things about discipline, dedication, and teamwork. Team policies and expectations are put into place to help you make good life decisions and put yourself in a better position to compete.

During practice, we believe that every activity counts. We will swim smart, play hard, and play fast. It is very important that players hold each other accountable for effort at all times.

Mission

This program strives to shape and mold athletes into better citizens and students, as well as promoting the development of lifelong swimmers.

Goals

- Be successful in the pool and in the classroom.
- To further the technical, psychological, and physical development of each individual player in order to achieve his/her full potential.
- Reach maximum potential of the team in competition.

Team Rules

In order to achieve the mission and goals of this program listed above the following team rules will be enforced:

Please consult the School Athletics and Activities Booklet handed out at the parent meeting and available at the school athletic office. Additional rules and expectations are as follows:

Game Expectations

It is expected that all SAHS players will sit in the team area and cheer for their teammates throughout the entire duration of the game. Players are expected to wait until **after the final handshake** before going into the locker rooms to change. Also, **all** players are expected to help with clean-up after each home game. Each player will have an assigned responsibility

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for clean-up after home games. Failure to comply may result in sitting on the bench during the next game.

Practice Expectations

Players are expected to be at every practice on time. Our individual and team success depends upon each and every team member's ability to attend all practices. Excused practices are those in which the player has notified the head coach ahead of a practice time. An unexcused absence is one in which the player is in school but does not attend practice or has an unexplained absence from school and misses practice. If a player misses a practice (unexcused) the day before a game, that player may not play in the game the next day, and will be expected to attend the game to cheer on teammates.

Attendance the day after a game is **MANDATORY**. If a player does not show up to practice the day after a game, they will be ineligible to play in the next game.

Consecutive days out of practice due to a medical reason will require a note from a doctor clearing the player to participate. Any icing that needs to be done must be done **BEFORE** practice begins to reduce the risk of further injury and reduce the time spent out of practice.

Homework is expected to be done before or after practice. Students on the Study Table list will be permitted to leave practice 30 minutes early. No other time will be taken from practice to do school work. Players may choose to have an unexcused absence and go home to do homework.

Players will not be permitted to sit and just "watch" practice or do homework on the bleachers at the pool. Players need to be in the water or not at the pool.

"Perfect attendance for all practices is the expectation for all South Albany student-athletes. If it is necessary for a student-athlete to miss a practice, the coach of that team shall be notified prior to the absence. Unexcused absences are unacceptable and may lead to the student-athlete's dismissal from the team (forfeiture of awards and no participation in another sport that season)." -- South Albany High School Athletic Coaches Handbook

Disciplinary Policy

Students participating in SAHS athletic programs are expected to adhere to our athletic code. The code includes:

- Refraining from the use of drugs, alcohol, and tobacco.
- Maintaining proper respect for others and their property.
- Exhibiting appropriate behavior at all times.

Failure to comply with the code will result in disciplinary action which could involve temporary or permanent suspension from participation.

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Minor offenses will result in dismissal from practice with no practice attendance credit. If you have 2 or more such dismissals, you will be expected to attend the next game, however you will not play.

Minor offenses include, but are not limited to:

- Profane language directed towards or about another individual
- Being disrespectful to another individual or the team
- Refusal to participate without a valid reason to be discussed with a coach BEFORE a practice or game.

Major offenses will result in a 1 week suspension for the first offense and dismissal from the team for the second offense.

Major offenses include, but are not limited to:

- Harassment (verbal, physical or sexual)
- Drug, alcohol or tobacco use
- Any other illegal activity
- Failure to communicate directly with a coach when you will not be able to participate in a meet.

Transportation Policy

All players will be expected to travel to and from meets on the team bus or activity van, space permitting. All players will behave in an appropriate manner on team bus rides in accordance with the school code. Coaches have the right to assign seats on the bus during team trips. Infractions of bus rules will result in the parent being called to come and pick up their player from the game. If a player is found to be in violation of bus rules, they will not be allowed to travel to future games.

Players riding in private vehicles are subject to the same expectations as those riding on a bus or activity van. Players riding in personal vehicles must have a permission slip on file with the Head Coach. Drivers of personal vehicles are subject to the rules set forth by South Albany High School.

In order for a player to leave a game with a parent/guardian, the parent/guardian must check in with the Head Coach with athlete in tow. Under no circumstances will an athlete be released to any individual other than parent or guardian.

Parent Volunteers

Parents are essential to the success of our program. We need parents to help run the table for home games and to assist with transportation. Training will be provided for the game table.

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Team Apparel

Players are expected to have a black water polo suit (with no colored piping or design) for games. Players are encouraged to wear a different suit to practice which may be any color.

Game caps will be provided. One white and one dark latex cap will be provided to each player who needs one. Replacements are \$5.00 each. Numbered Water Polo caps will be provided.

Parkas may be checked out at the beginning of the season and worn to and from school on game days as well as to/from/at games. Parkas may not be worn at any other time. Parkas require both the athlete and a parent signature to check out. Athletes agree to follow team rules regarding the parka and return it in the same condition they receive it. Parents sign financial responsibility for repair/replacement as needed.

Fitness & Nutrition

Sore shoulders are very common in water polo. Soreness should go away within a few days. Make sure stretching becomes part of your daily routine, especially after a hard workout. If shoulder problems persist, please notify the coach and make an appointment with a doctor.

Players burn calories and use up water stores at a very quick rate. It is important that players eat healthy nutritious foods to re-fuel their bodies. Time is also important; players should eat at least a snack within an hour after practice. Bananas and some kind of protein are good after practice snacks. Players should **ALWAYS** eat a good breakfast and healthy lunch. It is important to fuel your body for practices and meets.

Communication with Coaches

If you have an issue of concern that you would like to discuss, then do the following:

- Speak to the head coach **after a practice session**, expressing your concerns.
- If the issue still exists after the conversation with the head coach, call the main office and make an appointment with the Athletic Director.

Lettering

- Attend all practices and have 3 or less unexcused absences.
- Contribute offensively – Must have a combination of 10 goals/assists during the season in varsity level games.
- Contribute defensively – Must have a combination of 10 blocks/steals during the season in varsity level games.

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Team Awards

The following awards will be given out at the end of the season:

- Most Valuable Player (male & female)
- Most Improved Player
- Offensive Player of the Year
- Defensive Player of the Year

The coaching staff reserves the right to make additions/deletions to the awards given out.

Captains Job Description / Expectations

Captains will be expected to fulfill the following roles and obligations. Failure to follow these expectations and obligations will result in replacement. Junior Captains (1 per team) will be elected by the team for a 2 year term. Replacement captains will be appointed by the Head Coach. Captains must have played at least 1 season at South Albany to be eligible. If there are no eligible Juniors, a Sophomore may be elected.

- Demonstrate effort at all times and in all practices.
- Assist with setting up the pool before all practices and home games (if available).
- Lead the team in cleaning up after games and practices.
- Ensure the cleanliness of the bus after traveling.
- Maintain minimum of "C" average while passing all classes.

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2019 REDHAWKS WATER POLO HANDBOOK SIGNATURE PAGE

My signature below certifies that I have read and understand the contents of this handbook. Athletes will not be permitted to practice after the first Friday practice of the season without this page on file with the Head Coach.

(Athlete printed name)

(Athlete signature)

(date)

(Parent/Guardian printed name)

(Parent/Guardian signature)

(date)

I am allowing my athlete to check out a parka. I understand that I assume responsibility for my athlete's compliance with team rules pertaining to the parka. I agree to reimburse the school \$150.00 for replacement of the parka if it is lost, stolen, or damaged beyond repair. I also agree to pay repair costs (up to \$150.00) for any damages.

(Parent/Guardian signature)

(date)

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