



Seahawk Boy's Water Polo 2018 Season

Player Expectations

Philosophy

Water Polo is a very difficult sport that requires you to be very physically fit, be able to communicate and have awareness of all your surroundings. Only with hard training and focus on the basics will a team ever be able to succeed in this sport.

My philosophy is that the only way to win is to be experts at doing the basics: swimming agility, passing under pressure, shooting accurately, communication, and whole pool awareness. These are the keys to a winning team and it is what the focus of our training will be.

Most importantly, have fun.

Personal/Professional Conduct

As a Peninsula High School athlete we expect high standards of behavior. We expect players to work hard to execute drills and play to the best of their ability. It is not expected you be perfect on the first try but expect continued effort to learn and perform. Players are expected to respect their teammates, coaches and referees and be a positive influence to everyone. In turn, coaches will give respect to players and parents. We expect good sportsmanship during practice and games.

We will work with players to help them reach their potential. However, in cases where a player causes consistent distractions, bullying or disruption with the team atmosphere the discipline procedure is as follows:

1. Verbal warning
2. Temporary time out of practice
3. Removed from current practice
4. Banned from a determined number of practices
5. Expulsion from program

Physically fighting will not be tolerated in this program in both practice and games. If you are in a fight during practice you will be asked to leave and a lasting punishment will be applied depending on the severity; up to expulsion from the program. The minimum punishment will be sitting out two games and 1 week of practice. We understand Water Polo can be an aggressive sport but we expect our players to be able to keep their emotions under control and come to the coaches in the event of an issue with another player.

It is expected you will not talk back to the referees. If you have an issue or question about a specific "call" you will let the coaches or captains know and we will bring it up to the referees. If you talk back to them you will likely get ejected.

Use appropriate verbal and body language in all settings. Cheer for your teammates, not against the opposing team. No heckling or swearing. No hazing or horseplay.

Practices

You are expected to show up 15 minutes early for practice so you can get changed and into the pool at the scheduled start time. Practice is very important for your improvement of skills as a player and as a team. Only practice will help grow the team and it is expected you be at every practice and put forth full effort. Please bring required equipment to each practice including suit, goggles, towel & water.

If you are sick and are unable to practice, please let the coaches know: Carter Gilmore 253-312-5872. It is preferred you be at practice but not in the pool so you can still learn but if you are contagious or very ill please stay at home.

Other

1. The use of alcohol, tobacco and any other drug will not be tolerated and if caught will result in expulsion of this program and be subject to the Peninsula High School Student Handbook policy.
2. Lettering: A letter is earned when a player has suited up for all varsity games and has played in at least 50% of them.
3. Be coachable: keep an open mind and listen to positive and negative criticism.
4. Take care of your health and well being in and out of the pool.
5. You must maintain at least a 2.0 GPA and have completed a physical exam.
6. You must participate in 10 practices before you can play in a game.
7. No Phone usage in the locker rooms at any time.