



GIRLS WATER POLO TEAM RULES & EXPECTATIONS '23-'24

STUDENT ATHLETE BEHAVIOR

All athletes will treat teammates, coaches, officials, and opponents with dignity and respect. Inappropriate behavior will not be tolerated on or off the pool deck. Disrespecting teammates, coaches, officials and/or opponents will result in a game(s) suspension or removal from the team. To be clear, there is a zero tolerance of bullying, hazing, and discrimination of any kind.

- All athletes, regardless of ability and/or playing time, are equal members of the team.
- To represent Westview on this team is a privilege. No matter where you are, you are representing yourself, your teammates, the coaching staff, your parents, your school, and our aquatics program.

ATHLETIC ELIGIBILITY

- Academics
 - Maintain above a 2.0 GPA without an F grade. Grades will be assessed periodically throughout the season by the school administration. Athletes who fall below the standard will be placed on probation until their grades improve.
- Athletes must have a valid and current "Ticket to Play" at the time of tryouts.
- Moral Standing
 - Remain in good standing at Westview in regards to citizenship, behavior, and attendance.

ATTENDANCE

All practices, meetings and/or games are mandatory, and attendance records will be kept. This includes practices and games over breaks. Athletes are responsible for managing their time appropriately so they can participate in practices/games, while finding time to complete all necessary school work. Unexcused missed practices and tardiness will directly impact playing time and status as a student athlete.

- Exceptions for absences are rare and will be made at your coach's discretion. These must be communicated and confirmed with your head coach clearly and in advance *via written and verbal communication from the athlete*.
- If you are late to practice because of a teacher-student meeting, you must bring a signed note from your teacher to practice. You will make up the conditioning portion of practice before joining the rest of the team.

Excerpt from the Westview Athletic Handbook - Page 7

- *If an athlete has attended school they may not miss practice, unless cleared by coach.*
- *If an athlete is absent from school, they may not practice or compete.*
- *An athlete must attend 2/3 of their classes on the day of a contest in order to practice or play in any athletic contest at any level.*
- *Athletes are expected to be on time. Coaches will impose an appropriate penalty for tardiness.*

COMMUNICATION - TEAM WEBSITE & REMIND 101

- We now have a team website that hosts our game schedule, calendar, donation info & more! <https://westview2.godaddysites.com>
- Please join the appropriate text groups as listed below for reminders from the coaching staff. Remind 101 is an app but isn't necessary to download to receive messages. We will also periodically reach out over email.
 - All Athletes and Parents : text @wwpww23 to 81010
 - JV / Novice Athletes : text @wwpjvn to 81010
 - Varsity Athletes : text @wwpv to 81010



****Do not contact coaches on their personal phone numbers unless it's an emergency. Contacting coaches on social media is inappropriate and prohibited.**

INJURY & INJURY PREVENTION

Safety is a high priority. The coaching staff has built into practices proper warm up and cool down routines as well as will pay special attention to strengthening exercises in all aspects of the practice. It is the athletes responsibility to communicate injuries with the coaching staff and seek assistance with Westview's Athletic Trainers:

- Christina Scherr, cscherr@powayusd.com & Caitlin Saunders, csanders@powayusd.com

If injured, athletes are required to receive an evaluation from our Westview Athletic Trainers and must receive written clearance from the Athletic Trainers before they will be allowed to rejoin practices and games.

PLAYING TIME

Playing time is decided solely by the coaching staff. Parents are not allowed to discuss playing time with the coaching staff. If athletes would like to discuss playing time with the coaching staff, it must be done at the appropriate time (before or after practice).

EQUIPMENT

It is expected that athletes arrive to practice every day with their band, cap, goggles, water bottle and a water polo notebook. Coaching staff will provide all practice equipment. Team gear is available for purchase at the following link.

It is expected that each athlete has a new team suit, 1 cap of each color, and t-shirt.

If you would like to sponsor equipment for a teammate or request sponsorship for equipment, please fill out this form. This information will remain confidential with the coaching staff.

<https://forms.gle/D272cPPX6AvLU8TJ8> (also available on our team website)

CLOSED PRACTICES

A reminder that we will continue our policy of closed practices. As coaches for various groups, we've observed this policy to bring focus, build comradery, and comfort to our athletes as they learn new skills and work to build relationships with their teammates. Throughout the season we will invite parents and guardians to the pool deck for check-ins.

Coaching Staff

Lauren Boyer - (808) 388-3621 - kealaurena@gmail.com
Milo Johnson - (858) 722-8533 - emmejohnson@gmail.com
Reilly Gallagher - (916) 626-2394 - reillygallagher@gmail.com
Madi Tilley - (951) 388-8021 - madirae921@gmail.com

By signing this contract, I understand and agree to all expectations

Athlete Name: _____ Athlete Signature: _____

Athlete Email: _____ Date: _____

Guardian Name: _____ Guardian Signature: _____

Guardian Email: _____ Date: _____