

## **SLOWPC**

### **Athlete Code of Conduct**

The mission of the SLOWPC is to prioritize promotion of the sport of water polo in the San Luis Obispo Area, to develop *SLOWPC character traits* in our members and athletes and to achieve competitive excellence. To this effect, we kindly ask athletes to adhere to the principles of discipline, accountability, and teamwork as defined below.

#### Discipline

- Manage your time
  - Organize your time to complete other responsibilities so you do not have to miss practices and competitions.
  - Arrive to practice 15 minutes before time and be prepared to start on time.
  - Arrive at games on time (usually 1 hour before game starts) and be prepared to initiate warm-up routine upon your coach's instructions.
- Take advantage of every opportunity to play
  - Give your best effort and stay focused at every practice and competition.
  - Ensure that you get enough rest, nourishment, and hydration to perform at maximum capacity each time you step on the pool deck.
  - Visualize yourself executing skills and they will come to you more naturally when you step into the pool.
  - Some days you will perform better than others, but always give your best.
- Be a student of the game
  - Listen to your coaches, utilize online resources, observe others, and watch games. Actively observing from the bench during games/practice is one of the best ways to learn how to become a better player.
  - When questions arise, first think carefully to determine if you have the answer, and if not then don't hesitate to ask your teammate or coach.
  - Continuously evaluate, adjust, and perfect your water polo knowledge, abilities, and skills.

#### Accountability

- Listen and learn from constructive criticism.
- Own your actions
  - Your first reaction to criticism should not be an excuse (no "yea buts"). Excuses are obstacles to learning.
  - Be accountable to yourself first. When you make a mistake, ask
    - Did I give my best effort?
    - Was I distracted?
    - What do I need to do to perform better?
- Be confident that your teammates will own their own actions.

#### Teamwork

- Be both a leader and a supporter
  - Everyone is good at something. Identify those skills and share them with your teammates and coaches.

- Everyone needs to improve at something. Figure out what that is and learn how to get better at it utilizing your teammates and coaches.
- Know your role on the team and excel at it
  - Roles may evolve, but at any point in time, understand what you need to do for the team.
  - If your goal is to develop a different role, talk to your coaches about how you might achieve this change.
- Communicate effectively and positively.
  - Lead by example. Demonstrate correct execution of skills, tactics, and behaviors that promote positive team culture. This is more effective than just telling someone what to do.
  - Use positive language in all communications (don't demean or berate teammates).
  - Do not over-communicate. Choose your opportunities wisely (don't be bossy)
  - Encourage, respect, and show appreciation for your teammates.

## ACKNOWLEDGMENT

By signing below, each parent agrees to comply with and support the foregoing rules that constitute the SLOWPC Athlete's Code of Conduct. Athletes/Parents acknowledge that failure to abide by the aforementioned rules and guidelines subjects the Athlete to disciplinary action. If a athlete's conduct brings discredit or discord to SLOWPC, then the athlete voluntarily subjects himself or herself to disciplinary action that may include, but is not limited to the following:

- Verbal warning by official, coach, and/or officers of SLOWPC.
- Written warning by official, head coach, and/o officers of SLOWPC.
- Parental or player game suspension with written documentation of incident kept on file by organizations involved.
- Game forfeit through the official or coach.
- Suspension from the pool deck for a specified period of time.
- Parental or player season suspension.
- Revocation of any or all of SLOWPC privileges. In the case of suspensions or revocation, loss of all deposits or pay.

I will direct any concerns as follows:

1. My group coach

2. If the issue is not resolved at Step 1, contact Technical Director/Head Coach ([john.g.marsh4@gmail.com](mailto:john.g.marsh4@gmail.com))
3. If the issue is not resolved at Step 2, please contact the Board of directors at [admin@slowaterpolo.org](mailto:admin@slowaterpolo.org).

This acknowledgement will be in full force in perpetuity.

Athlete's Name(s) Printed: \_\_\_\_\_

Parent's name(s) Printed: \_\_\_\_\_

Athlete's signature: \_\_\_\_\_ Today's date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_ Today's date: \_\_\_\_\_