

FREEDOM HIGH SCHOOL
Water Polo 2018
Varsity & JV Boys Team Policies
Head Coach: Gina Vancil
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Remind: Text @b7k9fb to 81010

Practices: Mon-Fri: 3:15 – 5:30pm (JV & V) *Except Game Days*

Rules/Consequences

- a) Practice begins at 3:15pm. This means you are changed and ready to go BEFORE this time.
- b) Practice is MANDATORY. If you miss multiple practices it may result in loss of game play time and/or removal from the team.
- c) Assistance with the pool covers is mandatory.
- d) All players must participate until the end of practice unless:
 - I. A doctor's excuse is present.
 - II. An educational class conflict exists **and** either an email is sent or a note is presented.
 - III. Prior clearance by coach.
 - IV. A coach dismissal.
 - V. An extraordinary circumstance such as family troubles.
- e) Players are required to communicate with coaches regarding prior commitments that inhibit the ability to attend practice. This is done through an email from a parent or guardian.
- f) Tardiness or insolence (disruptive/disrespectful behavior) will not be tolerated and will result in removal from practice.
- g) Missing two games for behavioral/attendance reasons will result in severe disciplinary action and/or removal from the team.
- h) All social media should be handled with care. Do not post anything that will cause problems for you or the team. Inappropriate content may result in removal from the team and could result in disciplinary action.
- i) Use of alcohol and/or illegal drugs will not be permitted and will result in disciplinary action and removal from the team.

Games:

- a) GAMES ARE MANDATORY! This includes all games over fall break and weekend games.
- b) Participation in the pre-game warm-up is mandatory. Team captains will lead pre-game stretches and warm-up in the pool.
- c) **Players are expected to stay until the conclusion of all games.**
- d) Players are not permitted to wear jewelry of any type during practices and games.
- e) Players are expected to wear team suits for games.
- f) All players are expected to help set-up and clean-up after home games, which also includes pool covers.
- g) Good team behavior is expected, especially at away games. Bad language and bad attitudes WILL NOT BE TOLERATED.
- h) Ejection policy will be in effect at all games.

REMEMBER – we are ONE TEAM! Be encouraging to your teammates.
Work together to make this a great season.