

COSTA MESA HIGH SCHOOL

Water Polo

Costa Mesa High School Water Polo
Code of Conduct, Rules and Guidelines
2014-2015

The goal of the Costa Mesa High School water polo team is to develop the entire student athlete. A CMHS water polo player excels in the classroom, in the pool and in our community. Our athletes will learn the value of hard work, dedication, goal setting and teamwork. Our athletes will be successful in all aspects of life because of their family support and the values they learn while participating on this team. The lessons these students learn on the water polo team will transfer later in life to college, family and career.

I. Attendance

All team members are expected to attend all practices. This includes morning and afternoon practices, games, competitions, and team events that are associated with the water polo team. If you cannot attend a practice or event, you must notify your coach at least 24 hours prior to practice. Excused absences include illness, death in the family, family emergency, and approved academic events. Doctors/Dentist/PT/Ortho appointments will be considered excused absences but if these appointments become issues (day before a game or repeated appointments during practice time), they will affect student athletes' playing time. All excused absences may still affect student athletes' playing time, but will not affect their grade. All other absences will be considered as unexcused. The attendance records will be kept as permanent records should a conflict arise.

Each athlete is given three allowed absences per year. However, these absences cannot be taken during the practice immediately prior to a game. If a fourth unexcused absence is taken, the athlete will sit out a game.

All water polo athletes must attend all games and competitions. Missing or not showing up to a game/competition may result in sitting out a game. When checking out of school due to illness, the athlete/parent must call the coach immediately to let them know that they are unable to attend practice that day. Missing practices due to injuries will be handled on a case-by-case basis. If possible, let the coaches know ahead of time. Rearranging the schedule may be possible if appropriate notice is given.

* During offseason all attendance rules still apply if the student athlete is still enrolled in class.

II. Tardiness

It is the responsibility of the athlete to attend all practices, games, and other related events on time. If tardiness becomes an issue, the coaches will handle the punishment as they see fit. Repeated tardiness may result in the athlete sitting out, and may gradually lead to termination from the team.

III. Appearance

Appropriate attire is extremely important. As a water polo athlete, you are an ambassador representing Costa Mesa High School in our community. Everyone on the team is expected to dress appropriately at practices, games, and events. The coach will decide what uniforms are to be worn to the above events and the athlete is expected to comply. Failure to dress out in full attire may result in sitting out of the practice, game, or event. The water polo uniform must be clean and neat, demonstrating care for your appearance, therefore you must plan ahead and be prepared.

IV. Team Positions

All athletes will be assigned a specific position on either a Junior varsity or varsity team. This decision will be made by the team coach and/or by the coaching staff. All athletes will be treated equally no matter their talent level or grade status. Player that displays the most effort at practice and in school will play, and players giving little effort and negative attitudes will see little-to-no playing time. Decisions about playing time and other water polo related matters are made exclusively by the coaching staff and are not open to debate. A player should feel free to discuss his/her status with the coach at an appropriate time. We want the athlete to talk to us about playing time rather than the parent. Each athlete will be taught and reviewed during practice and everyone will be taught/instructed for a specific position that is best suited for them individually, keeping safety highest in importance. Water Polo is a sport that involves teamwork. All team members are considered important and therefore their position must be taken seriously. Please communicate with your coach if you feel your position is unsafe.

V. Travel and Transportation

When traveling to off-site locations including games, camp, and community events, transportation may or may not be provided. When players travel by bus, they will be required to return to school by bus unless the coach releases him/her to their own parent. No athlete may leave with another parent or another student.

VI. Attitude and Discipline

A positive, respectful attitude is to be shown at all times toward peers, adults, teammates, and coaches. If a school faculty member reports a poor attitude or a discipline problem about an athlete, the coach will place the athlete on a behavioral contract. The behavioral contract will consist of a written weekly report that will be given to the coach. During the term of the behavioral contract, if the athlete is unable to bring about a change in behavior, suspension from the team may result.

If a conflict occurs between team members, the athlete is expected to inform the coach of the conflict and avoid any further contact with the other party until it is resolved. The coach will advise the athlete how to handle the situation. Talking back, yelling or disrespectful language will not be tolerated in or out of school.

While in uniform, you are a representative of the school. Your behavior and actions will remain at the highest level of respect for the school, your team, and most importantly, yourself. Therefore, there will not be any fraternization while in uniform.

There is a zero tolerance policy pertaining to smoking, drugs and alcohol. Any occurrence of smoking, drugs or alcohol usage is grounds for discipline including termination from the team.

Communication is essential to having a successful team that will work well together. Respect your teammates and coaches, and they will return the same level of respect. If the coach detects a negative attitude more than once, the coach will speak to the athlete and ask that a change in attitude be made. Continuing negative attitude will result in a warning. If the undesirable attitude continues, the parent of the athlete will be informed and the athlete will sit out until an improvement is made. If the poor

attitude continues, the athlete may be removed from the team for the remainder of the season.

VII. Grades

Every Athlete is expected to maintain a minimum 2.5 grade point average (GPA). If an athlete's grades drop during the polo season, they are expected to communicate this information to the coach. The coach will work with the athlete and their teachers to decide on a course of action. When possible, weekly progress reports will be initiated and the athlete will show the report to the coach until the grades have improved. If the coach elects and feels it would be beneficial, the athlete may be required to work with a tutor to remain on the team while the grade is improved. If the GPA drops below a 2.0 GPA, immediate removal may occur. Coaches will be checking school loop and zeros are unacceptable. There will be a three-strike system. After a player has received their 3rd "0" there may be a one-game suspension unless the student-athlete has a note from their teacher marking the zero as a mistake, or noting that they have made progress on making up their zeroes.

VIII. Injuries

When an athlete is injured, it is their responsibility to inform the coach of the injury. When medical services are required, the athlete should call the coach and let them know the severity and extent of the injury. There are sports medicine trainers available at CMHS who can be very helpful to the injured athlete. Attending therapy after school will aid in the healing process and we ask that all athletes take part in this when needed.

IX. Cell Phone Use

Cell phones are not permitted from the time practice begins until it ends. Cell phones are also not permitted from the time you arrive at a function/game or arrive to get on the bus to go to a game, while you are on the bus, and during the game. If a cell phone is taken away, it will only be returned to a parent. At that time, the policy will be reviewed with both parent and athlete so that a full understanding is reached between all parties. If an athlete has an emergency during the game or a parent needs to get in touch with their student, you can call the coach's cell phone to reach the student.

X. Resignation

Should an athlete decide to quit the team for any reason, the athlete shall make the coach aware immediately. Resigning from the team should be the last resort. The athlete should communicate with the coach about any problems occurring that may be causing this decision to be made so that they may come up with a positive solution. Resigning from the team can deny you the privilege of trying out for CMHS Water polo in the future.

XI. Photo/Image Release

During the season, photos, videos, and recordings may be taken of the team/individuals to be used for social media, press and publicity. Images may appear in newspapers, magazines, television, films and radio, as well as posted on various social media sources. By signing this code of conduct you are agreeing that your image may be used in these various media sources. You are agreeing that the coaches of CMHS water polo may make the decision in regards to how images of the team/individuals may be used to publicize the school, team or community events.

XII. Parents Code of Conduct

CMHS Water Polo Parent Code of Conduct and Support

In order for CMHS Water Polo (CMHS WP) to train and compete at the highest level, it is essential to recognize that participation in CMHS WP is a commitment being made by the entire families, not just the athletes. Our goal is to create a positive environment where athletes can improve their game on a daily basis, both mentally and physically. Therefore, it is important that we outline our expectations for athletes as well as parents. Please read the following and return a signed copy.

Parents:

1. Parents are encouraged to attend practice and all games. However, parents are expected to remain at a distance and allow the coaches to work with the athletes. Coaches will be available following training to address any questions.
2. CMHS WP is first and foremost a team; we win as a team and lose as a team. Parents should refrain from making disparaging remarks at any of

our players, coaches, opponents, or officials. Parents must avoid physical and verbal confrontations before, during, and after all competitions and training sessions.

3. Parents are not coaches; the players will receive their instruction from the coaches on the pool deck, not the parents in the stands.

4. Parents are not permitted to coach from the side of the pool deck.

5. Parents are expected to cheer for and provide positive support to all CMHS WP players and coaching staff.

6. Parents are expected to have rides arranged for training and competition. On-time arrival and pick-up is essential for everyone. If you cannot be on time, arrive early.

7. Part of our mission at CMHS WP is to help the athletes develop into responsible, mature young men and women. Therefore, it is the responsibility of the athlete to communicate with the parents of any schedule changes announced at practices. As athletes progress in the age groups they will be asked to become more responsible for their performance and commitment.

8. Decisions about playing time, travel teams, and other water polo related matters are made exclusively by the coaching staff and are not open to debate. A player should feel free to discuss his/her status with the coach at an appropriate time.

9. CMHS WP success is contingent upon your support of the program.

I have read the guidelines above and agree to follow them.

Parents

Signature: _____ Date: _____

Parents

Signature: _____ Date: _____

Acknowledgment of Receipt of Water Polo Code of Conduct

Please sign this document and have your parent sign the Code of Conduct as well. Return this receipt acknowledgment to your coach and keep a copy of the Code of Conduct available for reference during the water polo season. You will not be permitted to practice or perform until this Code of Conduct has been received.

By signing below, I indicate that I have read this policy and will abide by the guidelines and code therein. I realize that my failure to follow this policy could result in my suspension/dismissal from the team.

Name of Athlete: _____

(Print Your Name)

Athlete's Signature & Date

Parent's Signature & Date

Water Polo Coach

Coach Cody Serrano

Phone: 714-321-6013

E-Mail: cody@costamesaaquatics.org

(Best way to communicate)

Coach Dustin Serrano

Phone: 714-321-6013

E-mail: dustin@costamesaaquatics.org

(Best way to communicate)

Coach Morgan Turner

Phone: 949-633-0626

E-mail: morgan@costamesaaquatics.org

(Best way to communicate)

Weekly Schedule:

Remember 15 mins early is on TIME!!!!!!

On time is 15 mins LATE !!!

A typical week would be the following:

MONDAY- Morning practice 6-7:30am 1:50-5pm

TUESDAY- Morning practice 6-7:30am 1:50-5pm

WEDNESDAY- No morning practice 1:50-5pm

THURSDAY- Morning practice 6-7:30am 1:50-5pm

FRIDAY- Morning practice 6-7:30am 1:50-5pm

This is not the summer schedule

The summer schedule will be discussed at the water polo parent/athlete meeting.

Morning practice will consist of either getting in the pool, dry land training, or reviewing film from previous games. Athletes are expected to be prepared for either dry land work out or getting in the pool on a daily basis.

This is going to be a great year and I hope you all are looking forward to it!