

POWAY HIGH SCHOOL WATER POLO

2019-2020

ATHLETE PACKET

WELCOME

Welcome to the 2019~2020 Poway High School Water Polo season! I wanted to let you know I am very excited about coaching you this season. Poway Aquatics has a long history of success and been regarded as an elite program for as long as it's been in existence and I expect this year to be no different. Without the hard work, positive attitude, and dedication of athletes like you none of this would have been possible. We will focus and build our team around excellence and accountability. We will always hold each other accountable for our actions in and out of the pool. As coaches, we will show up to practice prepared with imaginative workouts which will help develop the team along with challenging your own skills, mind and body. You, as the athlete, must show up with motivation, positive attitude and the willingness to train and work smart. Many things can be coached but effort and desire are up to you!

This packet must be read by all participants who are trying out for a team as well as any parents of the athletes trying out. If any information presented within this packet is unclear, please ask for clarification. Please complete, sign, and return the last page of the packet. We look forward to a successful season!

CONTACT INFORMATION

Head Varsity Coach: Crystal Patterson – titanpolo@yahoo.com (Cell-) 1-(858)-668-9003

Junior Varsity Coach:

Novice Coach: Leti Sanchez

Parent Booster Committee: VP of Girls Water Polo: Eric Davis – ericd74wp@gmail.com (Cell – (858) 204-4740

Team Website: www.phsaquatics.com

TEAM PHILOSOPHY

High school sports provide students with an opportunity to grow both within their sport and in their individual lives. Something valuable can be learned from each win, loss, accomplishment and setback challenging situations that arises during the course of a season. Athletes participating in sports should not only learn the sport, but also use their athletic experiences as a learning tool, in which athletes can gain beneficial skills and perspective that is applicable to other areas of life. Winning is and should be a goal of each team and individual. But, learning how to work and compete with teammates, coaches, opponents and officials successfully is the ultimate goal of this program.

TEAM RULES

1. **Be Respectful** – This includes respecting teammates, coaches, opponents, officials, the general public, and yourself.
2. **Be Ready** – This includes being on time and prepared to work hard and actively learn during practices and meets.
3. **Be Responsible** – Take accountability for your actions. Know what is expected of you and follow through with your commitments and obligations. Plan ahead with personal issues and occurrences as to not compromise the team's progress
4. **Be Committed** – You made the decision to try out for this team. Therefore, you are making a commitment to yourself, your teammates, your school, and your coach. It is imperative that you follow through with your commitments to the team for the entire season. This follow through will help preserve the integrity or your trustworthiness. Again, effort and desire are up to you.

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5. **Be Coachable** – This includes affectively interpreting corrections and constructive criticism while maintaining a positive attitude. Being coachable also includes following the rules, maintaining a good work ethic, and being open minded to new learning experiences.

ALL Athletes are held to the same rules and standards.

EXPECTED COMMITMENT

You are making a choice to try out for an athletic sports team. As part of making this choice; you are committing yourself to an entire winter season. This includes attending all practices, meets, fundraising events, and any team events that may arise. Any other outside commitments must not interfere with the team's progress. Outside commitments may include but are not limited to, other extracurricular activities, work schedules, vacations, etc. It is required for you to commit to the entire season without any outside interference. Athletes are expected to attend all practices and games regardless of rain, temperature, and other general weather conditions. This is a common part of participating in an aquatic sport. Never assume that practice is cancelled due to inclement weather. In such cases when a practice is cancelled, coaching staff will communicate such instances.

PRACTICE LOCATIONS/TIMES

Practices will be held at the Poway High School Aquatic Center. All practices are mandatory and attendance will be taken at each practice. Absences and tardiness may result in suspension and can lead to potential removal from the team. RAIN or SHINE practices will still take place. Please maintain constant reference to the online team calendar at www.phsaquatics.com to confirm practice and game times including any changes to the schedule. We use the SportsEngine app (available on your smart phone) to communicate any changes so please make sure you have it downloaded. Instruction are on the Girls Polo main webpage of the website.

ATTENDANCE/MISSING PRACTICE/TARDINESS

You are only as good as what you put into something. It doesn't matter if its homework in relation to test taking, or practices in relation to game. It will always hold true. If one doesn't practice, then one doesn't progress and get better. Because of this, attendance at practice are a must and vital part of the success of this team and games. Please refer to practices schedule for times and days. **PRACTICES ARE MANDATORY AT ALL LEVELS.** If you know that you will need to miss a practice or will be tardy, please let your coach know ahead of time. A parent note or teacher note (email is fine) is required for all tardiness and absences. If missed practices and tardiness impact your commitment level to the team, as determined by your coach, you risk your spot for competition participation and risk being removed from the team.

PRACTICE GROUPS

Athletes will be placed into practice groups based on skill level, learning rate, attendance, attitude, and work ethic. The placement is solely at the discretion of the coaches. Athletes can be moved between groups at various points in the season, as well as moved between novice, junior varsity, and varsity.

TICKET TO PLAY

All athletes must turn in a ticket to play prior to participation. No students will be allowed to participate without having a ticket to play. No exceptions.

HAZING

No hazing of any kind will be tolerated. Participation in hazing will result in immediate dismissal from

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the team, as well as disciplinary actions as outlined in the Athletic Handbook and CIF rules.

LOCKER ROOMS AND TEAM ROOMS:

Athletes may NOT ask any Poway High School staff to unlock the locker rooms with the exception of the coaches. Locker rooms may not be used without coach supervision. Coaches may open the locker rooms prior to a game for changing purposes for 10 minutes prior to warm ups/departure time of the bus; however, athletes should not store any items in the locker rooms as they will remain closed after the allotted 10 minutes. This is a privilege and requires that athletes are respectful of the team rooms and the items within them. **No deck changing is allowed.** Athletes may not hang out in the team room, nor utilize the gated area near the team shed. Athletes will not have access to team rooms during the day. They will be open when a coach is on deck and will be locked when no coach is present. It is suggested that valuables are not left in the team rooms.

DISCIPLINARY POLICIES

Disciplinary actions will be taken if an athlete violates team, pool, school, district, conference, or CIF rules. Misconduct, missing practices, and other actions deemed detrimental to the team or the athlete's progress will also result in disciplinary actions. Depending on the severity of the issue, steps may be skipped. In addition to school policy, disciplinary steps may include:

1. Verbal warning.
2. Alternate exercises assigned to the athlete.
3. Dismissal from practice. Athlete will exit the pool and may be asked to complete a reflective Essay regarding his/her behavior in order to rejoin team activities.
4. Suspension or dismissal from the team.
5. Stealing can lead to being cut from the team.
6. Drugs, Alcohol, or Vaping anything that can be under the influences can be suspension for 1 week or cut from the team.

GAME AND TOURNAMENTS

Game Days (between our school and another school) will be scheduled throughout the season. See game schedule at www.phsaquatics.com for specific dates/times. Please note that this schedule is subject to change and it is highly recommended to add the calendar to your personal calendar online. Participation in all Games and/or Tournaments for each athlete will be at the discretion of the athlete's coach. All Athletes are expected to attend all competitions unless they speak with a coach prior to the competition. Multiple Tournaments are listed on the game schedule and athletes are expected to keep these dates open. Athletes may not be asked to attend every tournament listed. Seniors may not compete at the JV level OR do not compete at all depending on open varsity spots. Being a senior does not guarantee a player a varsity spot. The decision is at the coach's discretion. Competing at the varsity level is earned through skill level, sportsmanship, work ethic, and attendance.

ELIGIBILITY

As a student-athlete, school studies are your priority. Make sure that you are maintaining your grades and can be organized enough to handle both your studies and participating in sports. Please refer to the Poway Athletics Handbook for specific eligibility requirements. If you have any questions, please feel free to contact the Athletic Director.

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CHAMPIONSHIP GAMES

QUALIFYING:

The San Diego CIF Girls' Water Polo playoffs will consist of four divisions. Open= 8 teams, Division I= 12 teams, Division II= 12 teams, and Division III= 12 teams. The Commissioner's Office will seed the teams (without regard to League Champions) after input from the Water Polo Pairings Committee and will determine all draws. The Pairings Committee Meeting will take place at CIFSDS Office. Each league champion shall be guaranteed entry into the first round, or play- in game of its respective division.

If a league champion is not seeded into the playoffs, the champion will host a play-in game versus the lowest-seeded team in that division. If more than one league champion is not seeded, the highest ranking league champion will play the lowest seeded team, the 2nd highest ranked league champion will play the 2nd lowest seeded team, etc. If your team is an automatic qualifier, your team schedule/results must be submitted via CIFSDS Home. More information go to: <http://www.cifsd.org/girls-water-polo.html>

VARSITY LETTERS

Varsity letters are earned and are given at the sole discretion of Varsity coach. The following are considered (but are not the only factor) when determining whether or not an athlete will receive a letter.

1. Attend at least 95% of practices.
2. Maintain eligibility throughout the season, and complete the varsity season in good standing (no Disciplinary issues).

TO PRACTICE

The following are items to bring to each practice:

1. Appropriate swim attire that will stay on the body while swimming and polo.
2. Water to stay hydrated.
3. Tennis shoes and workout clothes.
4. Towel.
5. Warm clothes to put on after practice as it will be cold when practice ends.

TRANSPORTATION

All athletes are expected to ride the bus to and from athletic events. Athletes who travel on the bus to an away games must ride the bus back to Poway. The only exception is if an Alternate Transportation Form is filled out and completed 48 hours prior to the event. No exceptions to this policy will be made.

For Tournaments and Games. On weekends, as well as CIF transportation will not be provided by Poway. Anyone receiving a ride from a parent/guardian of another student must fill out the appropriate transportation forms. Any parent driving a student that is not their own child must also complete transportation forms. Please refer to the Alternate Transportation forms on the Poway High School Website.

TRYOUTS:

Tryouts will be conducted during the first month of Practice. Everyone will be evaluated based on her current ability. These evaluations will be to place each player at the appropriate level in relation to the other girls in the program. We have three levels, Varsity, Junior Varsity and Novice. You will go through an interview process with coaching staff to determine your commitment in order to succeed at the Varsity Level. If you were on Varsity last year, I can't Promise that you will be on Varsity this year due to it being a new team. What I can Promise is that the best interest of the team will always be looked after in every situation.

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PARENT PARTICIPATION

Water Polo parents,
Games and tournament cannot be run without help. When our school is hosting a game or tournament, we must provide a scoreboard operator and scorekeeper. We will also need snack bar volunteers for the duration of games. Please sign up for shifts through Volunteer Spot by going to the Volunteer section of our website at www.phsaquatics.com. Parents are expected to volunteer at the games. We CANNOT run Games without help! Contact the Parent Volunteer Group with any questions at www.phsaquatics.com. Thank you for allowing your student to try out for Girls Water Polo team. The student athletes and coaches appreciate your support of the team and our goals. Please feel free to ask any questions.

Athlete Name & Date:

Athlete Signature:

Parent Signature and Date:

Coaches Signature:
