

Stevenson High School **Water Polo Team Policy**

All athletes are responsible and accountable to know and comply with the Stevenson H.S. "Athletic Code" and the rules and regulations of Stevenson H.S.

Physicals & Participation

The athletic office must clear all athletes before they participate in their first practice. Your physical and participation forms must be on file in order to participate.

There are no exceptions to this rule.

In the event of an injury or visit to the doctor, please provide a doctor's note giving clearance to participate and/or detailing which activities the athlete can and cannot participate in. If the athlete is injured during practice and visits the athletic trainer, the athlete needs to speak with the coach so he or she can find out what the trainer suggests.

Attendance

All athletes are expected to come to their designated practice(s) each day, unless a written note, phone call or text message has been received by one of the coaches in advance, notifying them of the circumstances which will cause the athlete to miss practice. Three unexcused absences (no call, no show, and no notification of any type to one of the coaches) will result in being cut from the team. In the event of an absence on the day of a competition (or the Friday before in the case of a Saturday game), please contact one of the coaches, informing them of your status.

Girls Coaches: Coach Wimer: 847-833-8767, Coach Woody: 847-302-0145, Coach Katie: 847-687-3363

Spring Break

All Practices are mandatory during spring break. We will have M-F practices this year. These practices are essential to building individual skills and our team concept. Players not attending the spring break practices can expect less playing time upon return. The players who attend the practices are putting in the time and developing within our team structure.

Travel & Dress Code

All athletes are expected to dress appropriately on the occasion of home games. For away games, athletes are expected to wear team colors, whether it is the team T-shirt or other apparel decided on by the team.

It is mandatory for all the athletes to ride the bus to and from the competition. The only exceptions to this policy must be cleared in advance, and a note must be given to the coach describing the circumstances. The athlete's safety is the school's responsibility. In any case, have your parents communicate with the coach.

Team Rules

1. Academics and Sportsmanship are first and foremost.
2. Unsportsman-like conduct will result in a minimum of a two game suspension and possibly cut from the team.

Always remember you are not only representing yourself; you're representing your family, the school, the coaches, and the water polo program as a whole. Always think before you act!

Varsity & Junior Varsity Status

There will be a 100-yard time trial used as a tool to determine rosters. Varsity athletes are expected to be 1:05 seconds or faster in the 100 freestyle.

There will be a safety swim for all athletes. You are expected to complete a 500-yard swim within 8:00 without stopping.

Rosters will be determined by using the following criteria: swimming ability, treading ability, passing/shooting, dribbling and other ball handling skills, comprehension of drills, experience, attitude, and general understanding/ knowledge base of the game.

Season Awards

In order to achieve a varsity or a junior varsity letter award, a player must have played in at least 70% of all games in their respective levels.

* Extenuating circumstances will be taken in consideration when applying the award status.

Coach Jeff Wimer
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