

## **PHS Aquatics: All Water Polo, Swim & Dive Teams**

### General Team Rules:

1. All team members must abide by both the Practice and Game/Meet Rules.
2. Use of drugs, performance enhancing or other, will result in immediate removal from team.
3. Use of alcohol while representing the team will result in immediate removal from team.
4. Smoking is unacceptable at anytime during the year.
5. Disrespectful, indiscreet, or destructive behavior will not be tolerated. It is also the responsibility of each athlete to make every effort to avoid guilt by association with any such activities at any time during the year.
6. All participants and their parents have a responsibility to do their best to ensure that these rules are adhered to, and to help ensure the safety of all participants.

### Practice Rules:

1. Athletes are expected to be at the pool 10 to 15 minutes before practice start time.
2. Be properly prepared to start ON TIME (i.e. w/suit on ready to go, goggles & caps on, etc., as appropriate per sport). When in the weight room, you must wear proper clothing: shirts, athletic shorts or pants, and always wear shoes. If you are not wearing the proper clothing you may be asked to leave, resulting in an Unexcused Absence.
3. If you are present but are not properly prepared to start practice on time, you may be asked to leave practice and it will be an Unexcused Absence.
4. If you are late to practice, you must bring a note from your parent or teacher.
5. Without a note, you will not practice and it may result in an Unexcused Absence.
6. You are expected to attend all practices & complete every workout. If a coach thinks you're not practicing to your full-potential, &/or hindering others from reaching theirs (messing around/goofing off), you may be asked to leave resulting in an Unexcused Absence.
7. The coaches reserve the right to make changes for any special circumstances.
8. Club swim participants are required to fill out a club swim team form and attend one workout per week (dry land or water).
9. You must have a "Ticket to Play" on file in order to try-out, practice, & play. You WILL be asked to leave immediately if you don't have your Ticket on day one of try-outs. No Ticket, No Play; NO EXCEPTIONS!

### Game/Meet Rules:

1. You are expected to be at the pool 20-30 minutes prior to the game/meet start time.
2. You must provide a "Green Slip" to the coaching staff if you are providing your own transportation to or from an away team event; this is obtained through the Athletic Department prior to the game/meet (\*refer to PHS Athletics home page for details).
3. Failure to attend school the day of the game/meet means you cannot participate in the game/meet for that day.
4. Inappropriate or unsportsmanlike conduct at any game/meet or other team event will result in a suspension from the team and possible further action from the school or district.
5. Unless written notice is provided to the coaching staff prior to the game/meet, you are required to stay on deck until the completion of all events.

### Attendance Policy (If you are absent):

1. 1st Unexcused Absence will result in no penalty (unless it falls on a game/meet day then you will be not be allowed to participate in that game/meet).
2. 2nd Unexcused Absence will result in a phone call home.
3. 3rd Unexcused Absence will result in being suspended for the rest of the season.
4. Excused or Unexcused, you will need to bring a written note from your parent or teacher, stating why you missed practice or a game/meet.

Athlete signature \_\_\_\_\_

Date \_\_\_\_\_