

LOS ANGELES WATER POLO CLUB

Club Guidelines

PRACTICE AND GAME TIMES

Please pay attention to the start and end time of practices. Practice start time is the time that the Coach will begin practice, so athletes are expected to arrive 10-15 minutes prior to posted practice start times. Athletes use this early arrival time for important dry land stretching, which helps to reduce the chance of injuries. Also, please be prompt when picking up your child, especially during the winter session. On occasion, practice can run over if a specific skill is being taught; however, for liability purposes, we must insist that all players are picked up promptly after practice.

IMPORTANT NOTE: All practices are mandatory. If an athlete is unable to attend practice, it is the athlete's responsibility to email, call or text their coach in advance.

Unless your coach communicates otherwise, game time arrival is one hour prior to posted game times. This applies for all games in a tournament as well, not just the first game of a tournament.

ADDITIONAL TRAINING AND CONDITIONING

Players are expected to train and condition beyond the 3 weekly training sessions. Swim conditioning is a requirement for players in the 14U age group and over. In addition to the once weekly conditioning currently being offered, players can participate in other local swim programs. Keep in mind that the swim only programs will not offer the water polo specific skills that are offered through our program.

WINTER CAMP

If you are not traveling over the winter break from school, we encourage you to enroll your child in Winter Water Polo Camp. This is a great opportunity to get one on one feedback from Club Technical Director and Head HS Boys Coach Litvak and the other coaches who will be running the camp. Flyers will be sent out in advance with date/time/location details.

PRIVATE COACHING

Many of our coaches are available for private lessons. Coaches available for lessons are indicated as 'available for private lessons' on their bios located on the 'Coaches' tab on our website. All fees for private coaching are paid directly to the coach and fees are set by each individual coach.

ROSTERS & PLAYING TIME

Athlete performance is constantly evaluated and therefore rosters are always subject to change. Coaches determine roster placement and playing time decisions based on several factors including: player's attitude, practice attendance and skill level and ability. Team coordinators are not involved in roster or playing time decisions.

If there is a question or concern about athlete team/roster placement or playing time, the following steps should be taken by the athlete:

1. The ATHLETE should approach his or her coach to discuss
2. If not resolved, the head coach of that age group and potentially the technical director, should be brought into the discussion between the athlete and the coach of that team.
3. If the issue remains unresolved between the player and the coach, parents can arrange a meeting time with the Coach.
 - a. Please do not surprise the coach with an impromptu meeting before or after practice or a game. Please respect the Coach's need to supervise players at these times and set up a mutually agreeable time in advance of a meeting.

We encourage all parents and family members to attend the games but we certainly cannot guarantee playing time as a result of family attendance. There will be competitions where everyone will get equal playing time and others where playing time will vary greatly between athletes. While we appreciate and applaud the sacrifices you make as a family to travel to the various competitions, we will never base playing time on whose family is there. We hope that you are there to support the entire team, not just your athlete.

POOL FACILITIES

We purchase pool time from local high schools and colleges and do our best to adhere to posted practice times. However, we are ultimately at the mercy of the institutions that we rent our facilities from and therefore subject to maintenance matters. While it doesn't happen often, pools do break down from time to time. When this happens, we will do our best to inform you as soon as an issue is brought to our attention.

As "renters" and guests, it is very important that the facilities we use are treated respectfully. All items brought to the pool deck (practices and games) by our players should leave with our players. All trash must be cleaned up and all equipment cleared. The space should always be left in better condition than we found it. Please make sure that athletes have all of their belongings when leaving the pool deck. Mistreatment of the facilities we use could result in our losing the right to rent in the future, so please be sure to adhere to this policy.

TRAVEL TOURNAMENTS

Some tournament fees are included in your session fees; however, as a competitive water polo club we participate in additional competitions that require travel and additional fees. When this occurs, players will be notified in advance and commitments will be solicited. Fees are equally distributed among all players on a team. Once a player commits to a tournament, the fee is non-refundable (see [Club Refund Policy](#)).

LAWPC ATTIRE

During competitions all players must strictly adhere to our LAWPC attire policy. Due to our sponsorship and subsequent contract with S&R Sport, the uniform policy must be strictly enforced. The following is a list of MANDATORY* gear:

- LAWPC Suit
- Navy and White T-shirts
- LAWPC Shorts
- LAWPC Polo Shirt

* LAWPC Warm Up – *while not mandatory, it is highly recommend for the Winter Session as no other sweats, sweatshirts or jackets are acceptable for wearing at games/tournaments*
Please make sure you have all of the appropriate gear before attending a game (i.e correct shirt color/type for that day). All game/tournament apparel must be LAWPC gear – NO HIGH SCHOOL GEAR ALLOWED!

LINK: *LAWPC gear can be ordered through S&R Sport via the 'SHOP' link on our website. It is located towards the top of the homepage.*

SCHEDULING VACATIONS

Water polo is a year round sport. However, we do have breaks generally at the end of the year and always following Junior Olympics which is usually the last weekend in July or first weekend in August. In order to be available for all competitions, the best time to schedule a vacation is during the period immediately following Junior Olympics. The last 2 weeks of the year are also generally a quiet time, with few, if any competitions.

We understand that families have obligations or trips that require them to be away at other times of year. Please let your coordinator and coach know as soon as possible when a player will be out for a vacation or any other reason.

CLUB PRIDE

We encourage our players and coaches to attend the games of other teams whenever possible. It is always a good feeling for our players to receive the encouragement of other players from the various age groups as well as their friends and families. If you are at a tournament and are able to support another team, please do so.

Please also spread the word to other potential players about our club. If you have co-workers, neighbors, friends or family members who have children who may profit from the many benefits water polo has to offer, please invite them to a practice! The club offers two sessions at no charge for players interested in finding out more about the sport and whether or not they would like to continue.

ATHLETE BEHAVIOR/SPORTSMANSHIP

All players are expected to conduct themselves in a respectful and positive manner at all times; especially when dealing with coaches, referees, teammates and competitors. As representatives of the club, good sportsmanship is expected at all times, in and out of the pool. Players who violate these standards will be suspended and potentially removed from the club.

SPECTATOR BEHAVIOR

As a parent, you play a special role in contributing to the needs and development of your children. Through your encouragement and good example, you can help all athletes learn good sportsmanship and self-discipline. In sports, young people learn to work together, sacrifice for the good of the team, enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important. Teach your child that good sportsmanship, hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

Be a Positive Role Model

Parents should model behavior that is expected of athletes. Applaud good plays by your child's team and remain supportive through the ups and downs of the game. The athletes see and hear everything that happens "in the stands". Support all efforts to remove verbal and physical abuse from youth sports.

Encourage sportsmanship

Show respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or sporting event. Do not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.

Don't be a Sideline Coach or Referee

Refrain from coaching or refereeing your child or other players from the sidelines. Respect the officials and their authority during games. Never question, discuss, or confront coaches or officials. Under no circumstances is it ever acceptable for a spectator to approach a referee or the scoring table. If there is an issue that you feel needs to be addressed, please wait until after the game to address it with the Coach.

If parents choose to remain on site during practice, we ask that they sit in the stands rather than on deck and do not interfere with practice. Any parent interfering with practice will be asked to leave the deck.

ACTION: All athletes and parents are required to sign Code of Conduct forms in order to be placed on a competition team.

CLUB COMMUNICATION – CHECKING WEBSITE AND EMAIL

Most, if not all, communication from the club will be sent via email and through our website. We ask that parents and players make sure that their email information is current each season when registration occurs. It is the parents and player's responsibility to make sure that they read and respond to team emails. This is especially true when a request is sent for player availability. We cannot sign up for a tournament until we are certain that we will have enough players available to compete. It is a poor reflection on a team and our club if we sign up for a tournament and then have to forfeit because we do not have enough players. Please do not ignore coordinator emails – it is better to respond that you are uncertain at the time but will let us know when you can, than to ignore an email and force the coordinator to follow up frequently.

For HS players, we encourage their response over that of their parents. We find that doing so brings a level of ownership and responsibility to the athlete at a critical time in their development.

PARENT VOLUNTEERS

We are very grateful for our team coordinators who volunteer their time and energy to help with team communications. Additional parental involvement is needed in several more areas. If any of the areas appeal to you, please contact your parent Team Coordinator and let them know how you can help. The areas where help is needed most are:

- Drink/Snack Coordinator
- Media Liaison (submit game info/scores to newspapers)
- Carpool Coordinator
- Team Photographer

LOS ANGELES WATER POLO CLUB

Frequently Asked Questions

Can a player join in at any time?

A player can join in any session at any time. We welcome players of all levels, from novice to advanced. Registration fees will be prorated accordingly.

What if a player has never played water polo before and knows nothing about the game?

That's why we're here! Part of LAWPC's mission is to promote the sport of water polo. Our Intro to Water Polo program was specifically designed to introduce the basics of water polo while focusing on fun and development. For the newer player with basic swimming skills, the best way to learn the game is to just "jump in!" We have players of all levels. Coaches will help to get new players started, but water polo is one of those games that is best learned by playing! You just need a few basic skills which can be learned quickly.

When does the season start?

Club water polo is played all year round. We have four seasons, or "sessions" for club water polo: Spring, Summer, Fall and Winter.

High School athletes are not permitted to play club during their HS season, which for boys is the fall and for girls is the winter. Therefore, while the club operates year-round, there is no program offered for HS boys in the fall or HS girls in the winter.

What is Splash Ball?

Splash Ball is a non-contact kid friendly version of water polo played in a shallow pool. All the fundamentals of water polo will be taught in a fun and safe atmosphere. No experience is necessary to play.

For more information please contact Tammy Beaudine at tam.beaudine@gmail.com

Why do I have to join USA Water Polo as well as pay the LAWPC registration fees?

USA Water Polo is the national governing body for the sport of water polo. It is under the auspices of the United States Olympic Committee. In order to enter the water as a LAWPC member, your registration with USA Water Polo must be current for insurance purposes. In addition, a player cannot be rostered for any tournaments unless your USA Water Polo membership is valid.

About USA Water Polo

USA Water Polo, Inc. is the national governing body for water polo in America, overseeing our United States Olympic program as well as 20 different championship events annually, such as Junior Olympics and Masters Open Championships. With more than 35,000 members, USAWP is also the sanctioning authority for more than 400 tournaments nationwide. USAWP is committed to the development of the sport nationwide. It fosters grass-roots expansion of the sport, providing a national system of affiliated clubs, certified coaches and officials.

What are the “Age Groups” and when does a player move up?

Upon registration, players are placed into their proper age groups automatically. When you register, you do not need to worry about knowing which group to place your child in. The groups are made up of players from 2 consecutive birth years. Every year, on January 1st, the players with the older birth years will be moved up to the next age group. For example, if a player is “born in ‘94” and is playing in an age group that has ‘94’s and ‘95’s, on January 1st, the “born in ‘94” player will automatically move up to the next age group. Exact birthdates do not matter, only birth years.

What can a player do to maximize his or her potential?

Make sure to attend as many practices as possible. A player will develop skills, as in all sports, by working hard, having good attendance and really listening to the coaches. We have one of the best coaching staffs in the country – current and past Olympians, National Team players and collegiate players. They all know what they are talking about, so it is important to be coachable! If a player would like to take his or her game “up a notch,” one of the best things to do would be to join a swim team concurrently or do extra swim conditioning.

What kind of equipment do I need to start out?

Boys just need a Speedo and girls need a water polo suit and a swim cap and a towel to dry off. Mandatory apparel items for LAWPC athletes are:

- LAWPC Suit,
- Navy LAWPC t-shirt,
- White LAWPC t-shirt,
- Navy LAWPC shorts

Other items are available, but this is all you need to get started. Go to www.losangeleswaterpolo.com and click on “store” in the upper right hand corner to order from our team vendor, S & R Sport.

What if my son isn’t comfortable wearing a Speedo (brief)?

That’s OK, he can start out wearing a jammer, but will eventually have to make the transition to a regular water polo suit. Don’t worry, it will happen!

What are the “Red, White & Blue” teams?

We strive to give all players tournament opportunities and since we have players at all levels, we often have teams that are designated “Red, White or Blue”. Roster decisions are made solely by the coaches (not by the team coordinators or parents). If there are any questions with regard to rosters, players should discuss this with their coaches directly. Roster placement takes the following into consideration: practice attendance, skill & ability and attitude. Team assignments can change based on those areas as well; so athletes can always work hard to move up and likewise, athletes who aren’t giving 100% may be moved as well. Players should feel free to ask their coaches for feedback and ways to improve their game.

What if I have to miss a practice or tournament?

We all understand that life intrudes on water polo sometimes and that homework and family occasionally prevent attendance at practice! If you need to miss a tournament, let the coach and coordinator know immediately as there are other players who could potentially take your roster space. You will get as much out of the club as you put in. If you will be missing a practice, just let the coach know before or after.

What happens if there is a schedule change?

Water polo is a very fluid sport. Schedules tend to come out late and change frequently. The club does it's best to notify our members of any changes, but it is the player's responsibility to monitor the website for any changes. The final responsibility lies with the player!

