

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, a 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 - 4 weekly training sessions. Skills and Fundamentals is a requirement for players in the 14U age group and younger. In addition to the once-weekly fundamentals currently being offered, players can participate in other local swim programs. Keep in mind that the skills and fundamentals programs offer swimming & water polo specific skills through our program.

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 the 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.

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 rent 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
- Both Navy and White T-shirts

LAWPC Warm Up – while not mandatory, it is highly recommended 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! On-line flash store open at the beginning of each session.

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 the 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 HONOR & RESPECT

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.

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 the 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.