

Mira Costa High School Water Polo Team Expectations

I want to welcome you to the Mira Costa High School water polo team. You have made the commitment to be a member of the program and with this comes some responsibilities and expectations that the coaching staff would like you to adhere to.

- 1. Attend ALL practices and games.**
- 2. Be on time to all practices and games.**
- 3. Put forth your best effort all of the time for you and your teammates.**
- 4. Respect your coaches, teammates, referees, parents and opponents.**

The Mira Costa Water Polo program is designed to give you, the athlete, the best possible atmosphere to improve, achieve your goals and become the best player you possibly can. You must listen to your coaches and attend practices and games in order for this to happen. Please take care of yourself by eating right and getting enough sleep and remember that water polo and school take priority over your social life. Get your homework done during your free time. You must learn to budget your time effectively in order to get through the season. We must have an alternate transportation form on file from each player if they are to go home with their parent or someone else's (just put whole team on space for name of parent driving). One form can be used for the whole year. Each unexcused absence can result in a letter grade drop, as well as game suspensions. 3 unexcused absences can result in being dropped from the team and class (this includes holidays!) More than 10 absences excused or unexcused can result in being dropped from the team and class. If you are sick and are not at school a phone call is requested to the head coach. If you simply cannot get in the water for a certain reason please discuss this your coach, we will work something out. In addition if you need extra time for schoolwork please see your coach (if missing practice because of schoolwork becomes a habit then we need to discuss your placement on the team).

I have read the above team expectations and will abide by them.

Player Name _____

Player Signature _____ Date _____

Parent Name _____

Parent Signature _____ Date _____