



Aquatics
Girls Water Polo
Coach Jon Reichardt
Winter Season 2019 to 2020

Following is a required form for all student athletes in the Girls Water Polo Program.
Please read, complete, sign, date, and email to Patti Terry at costagirldwp@gmail.com by November 8th, 2019

Team Expectation Agreement

Welcome to the Mira Costa Girls 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; and 4) Respect your coaches, teammates, referees, parents and opponents.

Expectations – The program is designed to give you, the athlete, the best possible atmosphere to improve and achieve your goals and become the best player you possibly can. The expectation is that: 1) You must listen to your coaches and attend practices and games; 2) Take care of yourself by eating right and getting enough sleep; 3) Remember that water polo and school take priority over your social life; 4) Get your homework done during your free time; 5) Respect your teammates’ property - do not take anything from another player’s personal belongings without their knowledge (if this occurs – you will be immediately terminated from the team) and 6) Learn to budget your time effectively in order to get through the season.

Absence Policy – Each unexcused absence can result in a letter grade drop, as well as game suspensions. Three unexcused absences can result in being dropped from the team and the class (this includes holiday workout schedule). More than ten absences excused or unexcused can result in being dropped from the team and class. If you’re sick and are not at school, a phone call or email is requested to the head coach – Jon Reichardt (310) 318-7337 ext. 5276, jreichardt@mbusd.org.

Season Workout Schedule – Following are the workout schedules for all teams during GWP season...

- Frosh/Soph Monday-Friday 3:45-5:45pm, certain Saturdays 6:00-7:00am (TBD)
- JV Monday-Friday 3:45-5:45pm, certain Saturdays 6:00-7:00am (TBD)
- Varsity/JV Select Monday-Friday 5:45-6:45am, 2:00-4:00pm, certain Saturdays 6:00-8:00am

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

Student Name _____ Student Signature _____ Date _____

Alternate Practice Site/Location Permission

Due to facility constraints and scheduling conflicts, some of our teams will practice at alternate times or sites. We want you to be aware of these situations. When the sport does not meet during 6th period, athletes will have the option of going to Study Hall for Athletes, or go home with parent permission. It is the student athlete’s responsibility to return to school for their practice. Please initial one of these options:

Report to Study Hall until 2:45pm (parent initial) _____ Off Grounds Release (parent initial) _____

Parent Name _____ Parent Signature _____ Date _____

Alternate Transportation Permission

Bus transportation to most away events is usually provided by the Manhattan Beach Unified School District (paid for by the Girls Water Polo Booster Club) for students who participate in co-curricular activities at Mira Costa High School. Occasionally, alternate transportation may be necessary (i.e. carpooling). M.B.U.S.D. has stipulated the following guidelines for transportation to away events for all student athletes: 1) Students athletes are not allowed to drive other student athletes under any circumstances; 2) Student athletes must have parent permission to drive themselves; and 3) Student athletes must have parent permission to ride with another student’s parent.

Event: All MCHS Girls Water Polo Games & Events

Please check one or both of the following:

_____ I give permission for my daughter to drive herself to the above event alone.

_____ I give permission for my daughter to ride with _____

Name of Parent Driving (write “Any Team Parent” if appropriate)

Parent Name _____ Parent Signature _____ Date _____