



EDISON BOYS WATER POLO

PRACTICE, GAME, AND ACADEMIC EXPECTATIONS

Practice Rules:

- All players will be suited up and in the water at to the start of training
- The pool will be set up for the days practice plan prior to the start of training
- All players will bring the following to all training sessions:
 - o Gym Clothes, along with acceptable gym shoes.
 - o Swim suit, goggles, and water bottle
 - o Any requested item that the Coach has made.
- Players will respond to coaches in a respectful manner, and do as they are instructed.
- If you do not understand, ask questions.
- You have made a commitment to this team, attendance is part of that commitment, and you are expected to be at every training session. If you need to miss training for any reason it needs to be discussed with and approved by Coach Sean.

Game Rules:

- You will arrive no later than 1 hour prior to the start of game time, or as instructed.
- All players will wear collared shirts and ties to school and games on game day.
- Warm up will be led by captains, everyone will be in the water 35 minutes prior to game:
 - o 6 Laps stretch out freestyle
 - o 5 100s, 50-60-70-80-100%
 - o 6 laps legs: 2X Double Kick Breast Stroke, Vertical Eggbeater Hands Out, Up and Outs, Shot Blocking Base Position, Triple Fake Egg Beater
 - o Balls in: Passing in groups of 3-4, strong direction, crossface, entry pass to kickout, movement passing
 - o Shooting: 2/3/4, add shot blocker, add center, attack 2/3/4 to entry.
 - o At 2 minute whistle, sprint to opposite side and back to coach.
- No players will question any calls, or substitutions. The coach is in charge of communicating with the officials. Players are responsible for focusing on the game.
- Do not let your ego get in the way of your success, the team comes before the individual.

Academic Expectations:

- Athletes are expected to inform their coach if they are struggling academically.
- Each athlete learns and progresses academically in a different way and there are many options available to help you be successful in both the pool and classroom.
- As a CIF mandated rule those students who are academically ineligible (Under 2.0) will be unable to participate in games.
- If you are in danger of falling below a 2.0, please be upfront and communicate so that the coaching staff can help rather than us being blindsided.

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