

## Helpful Hints for New Water Polo Families

A few sophomore parents developed this list of helpful hints to hopefully ease you and your child into the water polo season.

### Communication is key to a successful season

- Boys should always communicate with coaches first. If any problems or issues arise let boys handle with coaches then if a resolution is not found please address with coaches' liaison (Chris Price), team moms and then coaches in that order.
- Check email regularly- this will be the primary means of communication between coaches and team moms with the parents.
- Check web site regularly for updates.

### Schedule for the season

- Although there is a published schedule things do change!! Please consult with your children, emails and website for updates.
- Most games are held on weekday evenings but there are a few weekend tournaments so please consult your calendars early to ensure your availability.
- Games are generally held locally but there are a few tournaments in the season that require some extended car travel (i.e. San Jose area).
- The freshman tournament is a fun tournament where they get additional play time and experience, please make sure you are available for those games.

### Practice

- Frosh/Soph practice is held from 7-9 pm Monday - Friday through Sept. and then they will practice from 5-7 pm for the remainder of the season.
- Coaches like the boys on deck 15 minutes prior to the start of practice (*do not be late!*) and boys will have to stay after practice (and games) to put the covers back on the pool. Although all the boys pitch in this has traditionally been something the freshman boys do.
- Practice is considered mandatory and boys need to put forth 110% at all times. Try to avoid scheduling appointments during practice times.
- If your child cannot attend practice they need to let the coach know in advance.

### Games

- Frosh/Soph boys are encouraged to attend the varsity games as this is a great opportunity to cheer your team on and learn from the more experienced players.
- Please let the coach know in advance if your child cannot attend a game.
- Often there are vending machines at away games that the boys like to use. If you would like to provide a couple of dollars your child would appreciate it.
- Please make sure your boys are prepared for the game with a towel, warm clothes and a spare suit (yes- occasionally they do get torn or misplaced!!).
- Cheering at games is always appreciated by the players. A player card (cheat sheet) will be provided for you to reference at games.

### **Nutrition**

- Obviously boys will perform better if they have a nutritious meal prior to games and practices. Opinions vary as to the best time to eat prior to a game but most boys like to eat a couple of hours in advance to allow time for their food to digest.
- Snacks and water are provided at games but if your child needs additional food please feel free to bring.

### **Transportation**

- Carpools are arranged for away games but parents are responsible for arranging transportation for the home games. If you have any problems with getting your child to a game please contact another parent to help.

### **Safety and Common Sense**

- There is absolutely no running on the pool deck or pushing into the pool.
- Do not leave backpacks and/or valuables in the locker room during practice or games as other people have access to the locker rooms and thefts have occurred in the past.
- During away games please have children leave their valuables with a parent to ensure their safe keeping.
- Make sure all suits, clothes, goggles are labeled to minimize the chances they get stolen or misplaced throughout the season.

### **Volunteer responsibilities**

- All parents are asked to assist with snacks, driving and working the desk, stats etc. All of these jobs are fairly easy to master so jump right in.

### **Spirit and Camaraderie**

- Throughout the season various events to promote spirit and camaraderie are held. Many of these are also combined with the girls water polo team. We encourage your child to attend these as they are very fun and help develop team spirit.
- Boys like to feel that they are part of the team so although purchasing team suits, warm-up sweats, etc. is not mandatory we encourage you to do so if possible.

### **Miscellaneous**

- Coaches determine play time. Although Frosh/Soph teams are developmental they also try to put forth the strongest line ups and “sub” in boys when appropriate.
- Participating in high school sports is a fantastic opportunity for boys to form lifelong friendships, develop exceptional work ethics and learn great time management techniques. However, it is also a time when boys are learning to forge their own way in life which sometimes involves minor teasing, pecking orders etc. We can't stress enough how important it is to let your children deal with issues on their own first before parents become involved.

***Enjoy the season and the great sport of waterpolo and feel free to call if questions arise.***