

WOODSIDE HIGH SCHOOL
GIRLS' WATER POLO
2016 SEASON RULES

1. **Respect Each Other and Communicate with Respect.** To build a unified team we must respect and encourage each other. No negative talk will be tolerated. If you have concerns about the team, practices, etc., communicate them respectfully. Come talk to one of your coaches. If you ask your parents to talk with me, I will ask you to be there also.
2. **Manage your Time.** It shows respect for yourself, your family and your team.
 - Academics come FIRST, water polo comes second -- BUT
 - We expect you to be able to balance both school and sports → PLAN AHEAD.
 - Being a student-athlete is a privilege - don't lose it because of poor planning.
3. **Be on Time and Ready To Go.** It shows respect for your team and your coach, and it is an important life skill.
4. **Practice is Mandatory.** It shows respect for your team.
 - TEXT Coach Laura **beforehand** (24 hours) if you cannot attend (650-454-0183). Provide your name in the text message.
 - If you don't attend practice/don't contact a coach, you will not play the next game.
 - The athlete, not the parent, not a teammate, must contact the coach.
5. **We Will Enforce District Rules.** Respect yourself!
 - You have signed documents stating you will not drink, smoke or use drugs.
 - Zero-Tolerance Policy → One infraction and you are off the team.
 - Your mind and body are your two most important assets. Do NOT abuse them.