

WATER POLO

Lake Forest is an up and coming program with an unlimited potential for success. Hard work and dedication to the team will allow us to achieve this success and eventually become state champions. In order for us to have a chance at this goal, we all need to be on the same page with the rules and expectations. Bear in mind that these rules do not cover everything, but they will be used as a framework for how the team is to conduct itself.

Coaching Philosophy

Varsity

After tryouts there will be 13-14 varsity boys players selected. Some players may not receive as much playing time as others. However, each of you play an important role on the team. Our team's success depends not on one superstar but the ability for us all to work and play together.

JV

JV players and will dress for all the games. This team is going to be centered on development. You will be building the skills and endurance that you will need to be an effective member of the varsity squad. Coaches will try to give all players quality playing time during regular season.

Practice

You are expected you to be on time and ready to be in the water by the start of practice. **ON TIME DOES NOT MEAN IN THE LOCKER ROOM! YOU MUST BE ON DECK AND READY TO GO.** If you do happen to be late you must bring a signed pass from a teacher or parent. Retroactive passes will not be accepted. After the first week of the season if you come late unexcused you will not be allowed to practice.

- **ALL Varsity and Seniors must make the mandatory morning practices.**
- **JV players must attend Moring Scrimmages, all other mornings are option for JV.**

Missing practice and Games

If you miss a practice and are unexcused you will be benched from one full game. If you miss too many practices (excused or not) you may be missing out on valuable team strategies. You may not be able to play in games until the coach feels you have caught up with the rest of the team. **Bottom line: you miss practice; you will not play in the games. Water polo is a team sport. What we do at practice, we do in the games. You can not expect to play well if you are not at practice with you teammates.**

After an athlete misses a total of 5 practices or games, that athlete will be removed from the team. This includes both excused and unexcused absences.

- *All practices over spring break = 2 missed*
- *½ of spring break missed = 1 missed*
- *Missing first week due to swimming = 1 missed*
- *Missing first two or more weeks due to swimming = 2 missed*

If you need to miss a practice please call or email me before you miss.
(847) 234-3600 ext 5224 or Kschues@d115.org

Some examples of unexcused absences might be

- School work (You are a student/athlete! Schoolwork comes first but you will need to balance practice time, games, and homework. Seek out your teachers or me if you feel that you are in danger of becoming ineligible.)
- ACT
- Vacations
- Doctors appointments

Missing Games (unexcused)

For each game that you miss, you will be benched for one full game. If you miss a game you will not be allowed to play in the next game. A missed game will count as 2 unexcused practices.

Injuries

Injuries are taken very seriously. You are the best judge of your body. Pain is a normal part of working out and pushing your body to the limit. You need to be the one who determines the good pain from the bad pain. If you encounter an injury and need to sit out of practice please do so and take the time you need to heal. Practices are designed not only to teach and build new skills but also as a tool for player evaluation. Players plagued with injury are difficult to evaluate and often miss out on building needed skills.

Respect and Teamwork

As a member of Lake Forest Water Polo, you will conduct yourself in an appropriate manner. As a member of the team, you reflect on your school and coaches. Let us be proud of you. Conduct yourself with class and integrity at all times. Show respect for yourselves, teammates, and opponents.

Player's signature

X

Parent's/Guardian's signature

X

E-Mail Address _____

Suit size _____

Shirt Size _____ **Short size** _____