NORTHWOOD HIGH SCHOOL WATER POLO
CODE OF CONDUCT 2011

Tardiness/Missed Practice

- Tardiness and absence is unacceptable. If you are at school you are at practice. If you are unable to get in the water you will need a parent note/email with a phone number.
- You are tardy if you are not ready to be in the water at the time practice starts.
- If practice starts at 2, you must be in the water warming up at 2. Not allowed to get undressed, stretch, go to the bathroom, or apply sunscreen at 2.
- If you are going to be late/miss practice for any reason, you must notify and get approval from the coach at least 24 hours in advance.
- All punishments are to be served after the practice when it is given out of normal practice time, and are not to interfere with any Northwood Water Polo functions.

Punishments are as follows:

Unexcused Tardiness:
The following swim sets will be on an interval set by the coach. It can range from 1:30 to 1:10
1st Offense: 25 pushups, 5x100 free
2nd Offense: 50 pushups, 10x100 free
3rd Offense: 200 pushups, 100x100 free

Absence
Missing a whole practice will result in any punishment the coach sees fit, depending on situation. This includes being benched for a game(s).

Attitude/Behavior
While participating on the Northwood High School Boys Varsity Water Polo team, you will be expected to maintain a good attitude and level of professionalism. While on the team you represent the coach, the team, the high school, your family, and yourself. It is important to represent all of those in a positive way. We hope to earn and regain the good name for Northwood's water polo team.

Code of conduct*: As a Player, I understand that I must follow these rules (and rules from previous pages) to stay in good standing.*

1. Respect the game, play fairly and follow its rules and regulations.
2. Show respect for authority to the officials of the game and of the league.
3. Demonstrate good sportsmanship before, during and after games.
4. Help parents and fans understand the league philosophy so they can watch and enjoy the game.

5	Be courteous to opposing teams and treat all players and coaches with respect.
6	Be modest when successful and be gracious in defeat.
7	Respect the privilege of the use of facilities.
8	Refrain from the use of drugs, tobacco, alcohol and abusive language.

Social Media

Players using social media will not use foul language under any circumstances, or post inappropriate pictures on Facebook, Myspace, Twitter, or any other social media. Players with pictures breaking any team rules, via the Internet, will result in punishment the coach sees fit.

Varsity Team

- Varsity squad will consist of no more than 15 players.
- Your age/grade level will not be a determinant in your place on the squad.
- To earn a varsity letter you must meet the following requirements by the end of the season:
    - 125+lbs max out bench press
    - 4x 50 on 40 sec
    - 3x100 on 1:15
    - 2x200 on 2:30
    - 50 free sprint of 25 seconds or below
    - 100 free sprint of 57 seconds or below
    - Hold a one-gallon milk jug above water for 1 minute

Playing Style

- Our main focus will be on defense. We must be an all around defensive minded team if we are to accomplish our goals. Our offense will be centered around the counter attack and 6 on 5.

Teamwork

- This is a team sport. We must rely upon each other to improve our skills. If anyone makes a suggestion to help you, do not ignore it. If you disagree ask your coach or team captains.
- If at any time you are confused about our plays or drills, do not be afraid to approach any other player on the team or your coach.
- We want to avoid conflict between players. Respect all of your teammates and take out your dislike of others by trying to surpass them in the pool, but not by fighting with them. If a conflict does arise that you can't settle, bring it up to the coach or a team captain and see if they can help.

Fighting/Brutality/Minor Act of Misconducts
Any kind of malicious acts will not be tolerated. Punishments will be given for any disrespectful acts in and out of the water. As players we must understand that we are playing a game, and that without our opponent, officials, and coaches the game cannot take place. The highest level of respect will be demonstrated to all opponents before, during, and after games, even if they do not share the same views.

- Minor act of misconduct (MAM): Will result in a 1 game suspension and 50x100 to be done in the morning on the day of your game suspension.
- Brutality: Will result in a 2 game suspension, and 100x100 to be done at once on the date of your 1st game suspension at 5am. In addition any punishment the administration sees fit.
- CIF states that 2 brutalities will result in sitting out the remainder of the season.

Any failure to act accordingly may result in punishment at the discretion of the coach. This applies not only while on the pool deck, but at any team event, and internet behavior.

Apparel
During morning weights and dry-land workouts the following apparel will be mandatory (if you purchased it):

- Northwood HS Water Polo t-shirts and sweatshirts (depending on weather).
- NHS workout shorts.
- Athletic shoes, with socks. Athletic shoes are NOT slippers or sandals.
- Have a separate bag other than school bag, for your polo gear.
- Take care of your apparel. Don't leave it on the deck or in locker room unattended.
- HOME GAMES Players will wear a shirt and tie.
- AWAY GAMES, Collared team shirts or team jersey (captains will let you know

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