

# VILLA PARK HIGH SCHOOL SPARTAN WATER POLO 2015

Century League Champions: 1977, 1978, 1980, 1986, 1988, 1989, 1990, 1991, 1998, 1999, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2011, 2013

C.I.F. Champions: 1981, 2007

## COMMUNICATION

Communication is an important factor to the success of the team. An athlete must communicate in advance with the coaches if he is going to miss practice for any reason. Call or e-mail coach Carcich if you are sick (714-532-8020 ext.6619, [jcarcich@orangeusd.org](mailto:jcarcich@orangeusd.org)). Please do not pass messages via teammates. Also, if you are looking for further information (announcements, schedules, records, etc.) related to VPHS aquatics, go to [villaparkaquatics.com](http://villaparkaquatics.com).

## LOMBARDI TIME

Be ready for workout 10 min. before workout time. Being ready means, geared up in water polo or lifting attire.

## TEAM GEAR

Team attire must be worn on game days (see schedule for specifics). Other important gear includes goggles, practice suits and team suits. Please I.D. all equipment with a pen.

## SICKNESS

If you attend school with an illness or an injury you must report at normal times for practice.

## TRANSPORTATION

Athletes are required to ride the bus to all events. Athletes may ride home with their parents after the event has ended, so long as they have communicated this in advance with coaches. There will be no buses on Saturdays. Athletes must ride with their parent or an adult that has been cleared to drive by the District.

## CONSEQUENCES

An unexcused absence from practice or a game, or being excused from practice early for discipline problems, may result in a strike. After an athlete receives their third strike, they will become equipment mangers for the remainder of the season. The highest grade that an athlete in this position may receive is a C. (Missing games due to demerits will count as a strike.)

## DRINKING AND DRUGS

Any athlete caught drinking or taking drugs will be suspended from the team.

## ACADEMICS

One of the goals of this program is to have 75% of our athletes with GPA's of 3.0 or better. Any student with less than a 2.5 GPA or on permanent academic probation should be turning in weekly progress reports to coaches and parents. A student athlete with multiple D's or an F on a progress report may be suspended from games and practices and attend study hall until those grades are improved.

## HEALTH AND EAR CARE

It is important during the season to eat healthy and get plenty of rest. For those with sensitive ears it is recommended that you use drops in the ears after each practice in order to dry out excess water and prevent infection. If you consistently take care of your ears, you shouldn't experience any pain or discomfort during the season.

## WORKOUT INFORMATION

Water Polo workouts are held Monday through Friday.

6:00 A.M. – 7:00 A.M. (M, W) Weight Room (V, JV, FS) [Beginning 8/31]

2:00 P.M. – 4:30 P.M. (M, T, W, TH, F) Pool (V, JV, FS, Nov)