

COMMUNICATION

Communication is important 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. Message through Remind (<https://www.remind.com/join/vpgirlpolo>) or email Coach Carcich(icarcich@orangeusd.org) if you are sick or have any questions. Please do not pass messages via teammates. More information about VPHS aquatics is available at villaparkaquatics.com.

ATHLETIC CLEARANCE

All athletes MUST be cleared through the athletic clearance website (homecampus.com) prior to participation in regular practice or games. The [Blank Physical Form](#) is to be filled out by a physician and uploaded to your homecampus account.

TEAM GEAR

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

SICKNESS

If you plan to 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 the coaches. There will be no buses on Saturdays. Athletes must ride with their parents 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 managers 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 may be suspended or dismissed from the team.

ACADEMICS

One of the goals of this program is to have 75% of our athletes with a GPA 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 will be suspended from games and practice until those grades have improved.

HEALTH AND EAR CARE

It is important during the season to eat healthy, get plenty of rest, and stay warm. 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 on non game days.

Mondays: 3:00-4:45 P.M.

Tuesdays & Thursdays: 3:45-5:30P.M.

Wednesdays & Fridays: 2:00-3:45 P.M.