

2019 LTHS Girls Water Polo

Tryouts for ALL levels: Monday, February 25th at 5:30 am at South Campus Pool

Tryout Requirements: Complete the required eligibility paperwork with your student-athlete.

The form is available on the LTHS Athletics website to print. These must be signed prior to tryouts. **No paperwork = no tryouts!** A current physical must be on file. There will be **FREE** Physicals on Wednesday, February 27th, starting immediately after school.

Coaches Contact

Head Varsity: Lauren Burel, lburel@lths.net

Head Junior Varsity: Megan Jacobs, megjacobs10@gmail.com

We are using Remind to send important updates, assignments, and information for LTHS Girls Water Polo 2019. Please click on the link below to join our class. (For reference, our class code is @lthspolo)
<https://www.remind.com/join/lthspolo>

Season Information

All schedule information is available on the team website: <http://www.lths.net/girlsh2opolo>

Practice: Monday – Friday 3:30-5:30pm, all levels

Morning Practices will vary per week

Saturday 7:00-10:00, all levels

Games/Tournaments:

This season we have 30 regular season games, 1 freshman tournament, 3 JV tournaments and 5 varsity tournaments. We host 1 varsity tournament, 1 freshman tournament, conference and sectionals is TBD. The most up to date game schedule is available on the LT athletics website.

Program Philosophy

It is the goal of the LTHS Water Polo Program to provide every athlete with the opportunity to reach their highest individual potential while participating in the team environment. We stress technical efficiency while promoting the core values of teamwork, sportsmanship, and work ethic. If the athletes are willing to come to every practice and game and put in their best efforts there is no reason they cannot be the best they can be. Water polo demands hard work, concentration, and dedication.

Team Goals

Every water polo player may have a different goal. That may be to be a starter, make the varsity squad, perfect a shot, create new friendships, learn a new sport, get recognized at the state level, or stay in the best physical condition. While our individual goals may vary our team goals are unified. These goals are created at the beginning of the season in a collaborative effort between players and coaches.

Attendance

All team members are required to attend all practices throughout the course of the season. Other team functions such as team pasta parties, social gatherings, and team breakfasts are highly encouraged. The calendars are posted on the LTHS Girls Water Polo Page on the LTHS website

(<http://www.lths.net/GirlsH2OPolo>). The practice schedule is subject to change. Water polo is a team sport, it is important for each player to arrive 15 minutes before practice. All afternoon practices are mandatory at both levels. Any scheduled morning practice is required for Varsity and JV this season. Those days will vary per week – check the calendar on the website for the most up-to-date schedule.

Missing Practice: All athletes must e-mail the coaches if they are to miss practice or a game. The e-mails must be time stamped 1 hour before practice and 24 hours before a game. Missing a practice or failure to notify a coach will result in the player possibly not playing in the next game. The team has created their own consequence for missing practice—every practice missed will result in sitting out 1 quarter of a game.

Late to Practice: Players should bring a pass from the teacher if they are staying after school. Academics come first, so if extra help is needed, students are encouraged to seek it. The team has also created a consequence for being late to practice. For every 15 minutes you are late you will swim a 100 butterfly at the end of practice.

Busses to and from away games and tournaments

For all away games you are required to travel on the team bus to and from the game location.

Parents: if you must pick your player up in the event of a special circumstance you must call 24 HOURS IN ADVANCE (579-6393) or e-mail the Athletic Director John Grundke (jgrundke@lths.net). If the call is not made in advance, the athlete is required to return home on the bus per LTHS policy.

Behavior

By playing water polo at Lyons Township High School, the athletes are responsible for their behavior on and off the school grounds. Remember that the behavior of our student-athletes reflect our team, our school, and our community. Unsportsmanlike conduct will not be tolerated. By being a member of this team you are agreeing to the **Athletic/Activity Code of Conduct**: no drugs, alcohol, or tobacco use of any kind during the 4 years at LTHS. The IHSA tests for performance enhancing drugs.

Time Management

Please make sure the student-athletes are getting to bed at a reasonable hour. It is important we are keeping up with school work, but also getting the required rest and nutrition. It is important to establish a routine early in the season so problems can be avoided down the road!

Team Captains

The team captains will be chosen after the first week of practice. They will be chosen by the coaches with input from the athletes. The senior leaders will be chosen based on their ability to be successful in leading the team by creating a fun and positive environment through a great work ethic, leading team building exercises in and out of the pool, and communicating for the team with the coaches.

Levels

Varsity: Consists of the top 10-15 players of any grade. This team competes at a higher level. The players selected for varsity will be those who best serve the team and program, display the skills necessary at the varsity level, and put forth the highest effort at all times. Playing time will be determined on: the ability to execute skills and team strategy at game speed, decision making, effort, attitude, confidence, and opponent. Playing time is not equal.

Junior Varsity: Consists of 16-18 players that consist primarily of non-varsity players with previous experience and new players with little or no experience. Playing time is more evenly distributed and emphasis is placed on player development. Playing time is more equal during the course of the season, however it is not equal per game.

Uniform

All members of the team be required to purchase a team water polo suit that will be used primarily for games. The required suit for IHSA Water Polo is a zipper back. Additionally, at no cost to the player, they will receive a team "LTHS Water Polo" latex cap. Players will also receive a team shirt for \$15. Water bottles are recommended for both practices and games.

Fundraising

Fundraising is an important part of our team. This helps provide money for our equipment, banquet, etc. We are able to do this by selling \$10 blue restaurant cards, spirit wear and concessions. Parents play an active role in this process and we thank you for your efforts! Any fundraising done must be done to benefit the entire team. The use of funds will need to be discussed and cleared by the coaches.

Concussion Testing Protocol

This season the water polo team is required to take the concussion impact test that will be used to gather baseline data to use in the event of a concussion. The test will be taken in a quiet group setting with coaches and athletic trainer direction. This is not a diagnosis – those will be made by a qualified healthcare provider.

We take great care in preventing injury and ensuring the safety of our athletes. However, this is a contact sport and it must be understood that there is an inherent risk in participating in water polo. The athlete assumes this risk of injury, even death, through participation in this sport.