

# **Lincoln-Way Central Knights Boys Water Polo**

## **Coaches Contact Information**

**Email is the best way to get a hold of us during the day!**

**Head Coach Pat Shaughnessy**

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# Lincoln-Way Central Boys' Water Polo

## Rules and Expectations

### Academics

1. First and foremost, all athletes are students! Student athletes are required to hold a 2.0 GPA and must be passing 4 classes. The GPA that is used for returning players is the 2<sup>nd</sup> semester GPA from the previous year. All freshman come in eligible to swim, but must be passing 4 classes throughout the season.
2. We expect all players to take their academics seriously. No one should be failing classes! If you are having trouble with a class it is your responsibility to reach out and ask for help from your teacher. Please notify your coaches as well. We want to help!
3. We get weekly academic reports and if you are failing more than one class you are ineligible to play until you bring your grades up to passing.

### Practice

1. Practice is mandatory! You are not allowed more than 3 unexcused absences.

#### Excused

- If you are not at school that day, you **cannot** participate in extra-curricular activities for that day, therefore you are excused. Your parents **must** call the attendance office to report the absence. If this is not done, you are unexcused from school **and** practice. If you are sick and do stay home, an email to your coach would be appreciated so we know you are ok!
- If you go to the Dr. and bring in Dr.'s note as soon as you return, you are excused. Please arrange your Dr.'s appointments around practice.
- If there is a family emergency (death in family or hospitalization of a family member). Please bring in a note signed by your parent or guardian. An email would also be appreciated so we know you are ok! We will still need a signed note from your parent when you return.

#### Unexcused

- Missing practice/game without missing school.
- Missing practice/game without documentation (Dr's note).
- Missing practice because of homework (Manage your time well!)
- If you have an unexcused absence you may have to sit out of a game.

#### Late

- Don't be late! 3 lates = an unexcused
- You must be on deck (changed and ready to go) 10 minutes before morning practice starts. Anything later is considered late! You must be changed and ready to go by 3:10pm after school.
- If you need help from a teacher after school, make sure you bring a pass.
- If you have a school sponsored meeting after school bring a pass from your sponsor. You can only do this once a week!

- If we start practice after 3:15, we will stay later to make up for the time that we missed.
2. You must bring the appropriate equipment to practice.
    - Water bottle
    - Swim Suit
    - Gym shoes, socks, t-shirt, shorts(have these at ALL times)
    - An inhaler if applicable
  3. We expect everyone to put forth their best effort while at practice. If we feel you are not putting forth your best effort you and your parents/guardians will be notified. You are part of a team and EVERYONE is expected to work hard. NO EXCUSES!
  4. If you have an injury, we need to know about it. As a coach, it is our job to push you, but we do need to be aware of your limitations. We will be sending injured players to the trainer and will adapt the practices from what the trainer tells us. If you are seeing a Dr. outside of school, you must bring a note of what you can and cannot do. We do not want an injury to get worse, so please keep your coaches informed. We will be doing many dryland activities to help build strength and endurance to help prevent injuries.
  5. Everyone must help set up the pool for practice.

### **Games**

1. You are responsible to help set up and take down a game. Failure to do so will result in you being taken out of the line-up.
2. You will be told in advance if you will be participating in an invite or sectionals. These events have limited entries therefore everyone may not be able to participate.
3. **All members will travel to and from the contest on the bus.** If an emergency occurs a note must be submitted to our Athletic Director, Mr. Lyke, 24 hours prior to the meet. Mr. Lyke will let you know if it is approved. Traveling on the bus together is a good way to help bond the team.
4. Make sure you arrive in time to make the bus. Your coach will let you know when the bus will be leaving. If you are not on time, the bus will leave without you.
5. You are required to be on deck (in uniform) for the entirety of the meet to help support your teammates. You may not get dressed early or go into the stands. You are required to stay on deck.
6. You will be expected to wear dress pants, dress shoes, collared shirt and tie for away games days during the week. No jeans, t-shirts, or sweats will be allowed. You will not be allowed on the bus if you do not dress appropriately for the entire school day.
7. You will cheer on your teammates during the game when you are not playing. Doing homework, using a cell phone, or talking to people in the stands will not be tolerated.
8. You may not have any writing on your body or be wearing jewelry during a meet. You will be disqualified according to IHSA guidelines.

**Uniform**

1. Each player will be issued a warm-up that they must return at the end of the season. If the warm-up is not returned or is returned damaged, the player will be charged for the warm-up.
2. All player will need to order a team suit. They are to wear this team suit for games only!
3. Only LWN apparel should be worn on deck during meets.

**Other**

1. We encourage all swimmers to see their coach if they are having a problem. It is the players responsibility to address a problem as a young adult. We are more than willing to help the player come up with a solution.
2. We encourage all players to eat healthy foods. Fast food & soda should be limited. Try to eat non-fried foods and drink plenty of water in and out of practice.
3. Make sure you dress appropriately in cold weather to avoid getting sick. You should be wearing a hat on cold days.
4. Parents and friends are not allowed on deck or in the locker rooms. This area is for staff and student/athletes.
5. In order to receive a Varsity or JV letter you must be at 90% of the practices and games. Excused absences as set forth in the rules will not count against you.

**We are a team. We will create the best team possible if we all work together. This includes parents, swimmers, and coaches. When we all are supportive of each other, we will succeed. Respecting one another will help mold us as a team!**

**We are looking forward to a successful season!  
Go Knights!**