



# PALOMAR WOMEN'S WATER POLO 2009

Welcome to Palomar College Women's Water Polo! We have come off of a very successful 2008 season and are looking forward to achieving the same success this upcoming season. Both Carla and I are very devoted and dedicated to your success as a student-athlete. I hope that each of you are coming to Palomar with the goal of transferring to a University to continue your athletic career and complete your bachelors degree. We are here to help you every step of the way. I want to see each of you succeed! Here is some important information for the Summer and Fall.

Please do not hesitate to contact us anytime!  
Love your Coaches,  
Carla Gilmore and Kelly Falcone

- **INCOMING FRESHMAN**
  - You must take your Reading, Writing, and Math assessment tests
    - It is important to do well in these assessments. Doing well on these tests means taking fewer courses while at Palomar. For example: Every student must take English 100 before they can transfer. If you test into English 100 that's great, but if you test into English 10, you will have to take English 10, then English 50, and then you will be able to take English 100. So by testing into English 100 you will not have to take English 10 and English 50, that's two less classes!
  
- **ALL 2009 TEAM MEMBERS:**
  - Academics are very important here at Palomar. Please make an appointment to meet with Steve white our athletic academic advisor, [swhite@palomar.edu](mailto:swhite@palomar.edu)
  - Be sure to check your eservices account for your registration date. It is important to register for your classes at your assigned time. Classes fill up very quick!
  - **SUMMER 2009**
    - **SUMMER TRAINING CLASS**
      - July 20<sup>th</sup>-August 17<sup>th</sup> Monday-Friday 8-11am, enroll in PE 214 section #50478. We will be doing dry-land and weight training from 8-9am and swim/water polo training from 9:30-11am. You are expected to commit to this training class. When we start school we only have two weeks of practice before our first tournament! We need to be in shape before school starts.
    - **PHYSICALS**
      - Physicals are scheduled for Monday August 10<sup>th</sup> at 6pm in the dome. All team members planning to play next season need to attend these FREE physicals. If you do not go to this FREE one offered for you then you will have to take the Palomar Physical Form and pay to go to your own doctor (we do not accept physicals from Chiropractors).
    - **ACS 50**
      - ACS 50, Introduction to Intercollegiate Athletics, is a requirement of ALL of our athletes. It must be taken prior to your second season of competition. It is best to take it the this class this summer prior to the start of the semester.
      - Enroll in ACS 50 section #50432 August 10<sup>th</sup>-13<sup>th</sup> 1-4:50pm

- **FALL 2009**
  - Here is a list of classes and times that you must take to be a part of the team. All practices and games are required, no exception. DO NOT schedule classes that conflict with team commitments.
    - TEAM PRACTICE
      - ACS 140, Intercollegiate Athletics- Women’s Water Polo, M-F 12-2pm.
      - Enroll in ACS 140 section #70002
    - MORNING SWIM CONDITIONING
      - PE 205, In Season Sports Conditioning, T/Th 8-9:15am
      - Enroll in PE 205 section #71529 (with Gilmore)
    - TEAM MEETING/STUDY HALL
      - PE 214, Professional Prep for Water Sports, M/W 2-2:50
    - GAMES/TOURNAMENTS
      - Our conference games are on Wednesday afternoons
      - We have 5 tournaments on Fridays and Saturdays
        - Try not to take Friday classes, you will have to miss too many days.
      - We travel to four overnight tournaments, hotel is paid for by the school and you will receive meal money. Only 13 athletes will travel with the team.
    - FUNDRAISING
      - Due to the extreme budget cuts, it is imperative that we raise money this year to cover our travel expenses. You will each be required to submit 10 names and addresses of friends/family/businesses that you think may donate to our program. Please have these ready for the first day of school.
    - SUITS AND APPAREL
      - The school pays for half the cost of your team suit. You are expected to pay \$30 for your team suit.
      - We will be ordering warm-ups and t-shirts, the cost will be approximately \$50.
      - Other than this \$80 you will not have to pay for anything else; all travel costs are paid for by the college and our fundraising

Here’s a look at the weekly time commitments to the team.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am					tournaments	tournaments
8am		PE 205 8-9:15		PE 205 8-9:15		
9am						
10am						
11am						
12pm	ACS 140, M-F 12-2pm					
1pm						
2pm	PE 214		PE 214		tournaments	
3pm			games			
4pm						
5pm						
6pm						
7pm						
8pm						

# PALOMAR WOMEN'S WATER POLO

## TEAM POLICIES

The goal of the Palomar women's water polo program is to develop winning players and attitudes, to provide a high quality education to our student-athletes, and to promote the values of exemplary citizenship among all team members. The establishment of high standards of excellence is essential in order for the team to achieve this goal.

The team is dedicated to maximizing the potential of all members while keeping sports, life, and academics in balance. If we can achieve this balance while winning and having fun, we have achieved our goal.

### **I. General Rules of Conduct:**

- A. You represent Palomar College! Behave morally, respectfully, ethically and politely.
- B. Participation on the team is an honor not a right! Each athlete must have superior athletic ability, maintain good citizenship, have a strong work ethic, and strive for academic achievement
- C. Treat others as you would want to be treated! Regard each other with mutual respect, cooperation and dignity. All team members must support the overall athletic program and goals of Palomar College.
- D. Sophomore members of the team will accept a special responsibility for teaching and orienting freshman players to the ways of Palomar women's water polo.
- E. All members of the team are expected to participate in team functions such as fundraisers, recruiting, team socials, group activities and the end-of-season banquet. Each team member will contribute equally and with enthusiasm (please).
- F. Coaches have the last word, No exceptions.
- G. Having fun, making good friends, and experiencing great water polo adventures are all priorities for the season, please recognize, however, that a winning record enhances all three.
- H. You need to be accountable for your actions in school, sports and life. Players need to be ready for each practice, keep up with homework and strive to succeed a balance between athletics and academics. No lame excuses (forgot my suit, got lost on the way to the pool, forgot to do homework, blah, blah, blah)

### **II. Practice rules:**

- A. Every practice is required. No exceptions.
- B. Generally, academic excuses such as tests, class, and special study sessions, are considered legitimate reasons for missing practice or games PROVIDING the player communicates clearly with the coaching staff as to the specific reasons for the absence IN ADVANCE. We expect our student-athletes to be organized enough to schedule their school, work, and athletic commitments in such a way that conflicts are minimized.
- C. Every athlete on this team must be in the water at 12pm when practice begins! Do not wait for the coaches to ask you to get in the water!
- A. If you are sick or injured please contact the Coaches ASAP.. Do not wait until practice begins. If injured or sore it is the athletes responsibility to go to the training room before and/or after practice. Missing practice to go to the trainers is NOT acceptable.
- B. Athletes are expected to give 100% at all practices. You must practice hard to play hard. We are training to win.

### **III. Game, Tournament and Travel Code of Conduct:**

- A. Players will uphold the highest standards of sportsmanship and will engage in competition with appropriate maturity and composure.
- B. Players will treat all opponents, coaches, water polo officials and fans with courtesy and respect while representing Palomar College at games and tournaments both at home and away. Profanity will not be tolerated.
- C. Players must obey all meeting time and/or departure time commitments and curfews determined by the coaching staff.
- D. Players will not allow any persons in their hotel rooms other than Palomar team members unless approved by the coaching staff.
- E. Coaching staff has the authority to inspect players' rooms at any time.
- F. If significant others (parents, friends, relatives) attend games or tournaments, players must limit interactions that may result in mental distraction from competition. After competition, players must first meet with the team, then they may interact with family member and friends.
- G. Players will not deviate in any way from the established team agenda or schedule unless permission is obtained from the coaching staff.
- H. The travel team will be limited to 12 athletes.

### **IV. Individual Conduct:**

- A. No profanity is allowed at any time for any reason.
- B. No illegal drugs of any kind will be tolerated.
- C. Players are expected to exercise mature restraint when social events have the potential to hinder their academic work, practice and/or game performance
- D. No alcohol will be consumed at any team functions.
- E. Players are expected to maintain a positive and enthusiastic attitude toward each other and the coaching staff. If players become discouraged, frustrated or angered over water polo activities in a way that is damaging to team morale, they need to talk to the coaching staff and actions will be taken.

### **V. Captain's Duties:**

- A. Duly selected captains will have responsibilities for maintaining team unity and facilitating communication between the team and the coaching staff.
- B. Team captains are responsible for enforcing team policies and taking a leadership role in organizing the team for travel, games and social functions.
- C. Team captains will ensure that interaction between and among team members adhere to the guidelines previously stated.
  - a. Most importantly, LEAD BY EXAMPLE.