

University High School Water Polo Parent Policy

Respect to the coaches, the referees and the opponents

Parents should view themselves as 100% positive support for the players and the teams playing. No parent should be yelling derogatory remarks at players, coaches, or referees. The parents' role is to uplift the team with cheering and support, financially or volunteering through the Booster club, or emotionally with positive support to the team's athletes if they have a bad game or practice.

UNI Water Polo Parent Pledge

By signing up their children into Uni Water Polo, all parents are pledging to the following:

1. As a UNI Water Polo Parent, I will let players and coaches take responsibility for the first goal of winning. I will relentlessly focus on the second, more important goal of using sports to teach life lessons to my child and other youth.
2. I will use positive encouragement to fill the Emotional Tanks of my children, their teammates, and coaches. I understand that people do their best with full E-Tanks.
3. I will reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand a mastery approach will help my child be successful in sports and in life, I will encourage my child to • put in a high level of effort to get better, • cultivate a Teachable Spirit to continue to learn and improve, • use a Mistake Ritual (e.g., "flushing mistakes") to quickly rebound from mistakes.
4. I will set an example for my child by Honoring the Game and will encourage him/her to remember ROOTS – respect for the Rules, Opponents, Officials, Teammates, and Self. If the official makes a "bad" call against my team, I will Honor the Game and be silent!
5. I will use a self-control routine to avoid losing my composure when things go wrong. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (example: "I need to be a role model. I can rise above this.").
6. I will engage in No-Directions Cheering. I will limit my comments during the game to encouraging my child and other players (from both teams).
7. I will get my child to practice and games on time and will be on time picking my child up after games and practices.
8. I will refrain from making negative comments about my child's coach in my child's presence. I understand that this will help to avoid planting negative seeds in my child's head that can negatively influence my child's motivation and overall experience.

If you are not on the coaching staff, please do not act as if and advise the coaching staff or players that are not your own. If you have any feedback for the coaching staff, there is specific protocol to do so. This is explained below.

All parents in the bleachers should not be making derogatory remarks to other parents in the stands regarding athletes on either team, coaches on either team, or the referees. This reflects poorly on the organization and the sport, and does nothing to improve the situation/ issue you may have.

Addressing a Coach Regarding Issues with your Athlete

1. Have the athlete try to talk to the coach
2. If a parent feels they must be involved, send an email or phone message directly to the coach. The coach will either address the problem via electronic communication or set up an in person meeting or phone call if necessary.
3. If 1 or 2 is not an option or has been tried but is not resolving the situation, contact the Athletic Director to address the situation with the coach.

Do Not:

1. Do not approach the coach on the pool deck prior to setting up a meeting.
2. Do not approach a coach prior to, or after a game or practice.

Recommended:

1. Have your athlete address any issues with the coach directly. This is the best way to teach your athlete how to create a player coach relationship.
2. If a parent needs to be involved, the team mandates a 24 hour cooling off period after a specific incident or game when the incident occurs before contacting the coach.

If these policies are not followed, you and/or your athlete may be subject to suspension from games or team activity, or your athlete may be removed from the team entirely at the Head Coach's discretion.