

U12 GIRLS TEAM EXPECTATIONS

1. I will always treat my teammates, coaches, opponents, club members and water polo officials with **respect**. I will demonstrate this with my words and actions on and off the pool deck.
2. I will arrive at practice **15 minutes early** with my Riptides swim cap, goggles, water bottle and positive attitude.
3. Our team's goal is to get better at every single practice and game. When I get better, my team gets better! This means that I will always give **110% effort, ask questions** if I am confused or need clarification, and **challenge myself** outside my comfort zone.
4. As a team we will put **equipment** away together before ending practice with a **team cheer**. I will give my coaches an **"Air High-5"** before leaving the pool deck.
5. I will attend a minimum of **60%** of the practices.
6. We are proud to be a part of the Riptides Water Polo Club, and will always wear **team gear** at tournaments to support and represent our club.
7. Win or lose, Riptides does it with dignity and respect.
8. I will be a good teammate and protect the health and safety of my team by respecting the Riptides **COVID-19 Health & Safety Guidelines** such as social distancing at practice, wearing my mask on the pool deck, completing my TeamSnap health check before each practice, and staying home if I am not feeling well.
9. At Riptides **we are a team**. When the team succeeds, we all succeed. When our teammates succeed, we celebrate together. When our teammates struggle, the entire team is there to pick them back up.
10. I will always make sure that I am **HAVING FUN!**



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2. I will arrive at practice **15 minutes early** with my goggles, water bottle and positive attitude. This time will be used to gather my things and do some stretches before getting into the water.
3. Our team's goal is to get better at every single practice and game. When I get better, my team gets better! This means that I will always give **110% effort**, set goals for myself, **ask questions** if I am confused or need clarification, listen to my coaches' feedback, and **challenge myself** outside my comfort zone.
4. As a team we will put **equipment** away together before ending practice with a **team cheer**. I will give my coaches an **"Air High-5"** before leaving the pool deck.
5. I will attend as many practices as possible or a minimum of **60%**. I will do my best to have all my work outside of water polo completed (ex. homework) in order to attend practice.
6. We are proud to be a part of the Riptides Water Polo Club, and will always wear **team gear** at tournaments to support and represent our club.
7. Win or lose, Riptides does it with dignity and respect.
8. I will be a good teammate and protect the health and safety of my team by respecting the Riptides **COVID-19 Health & Safety Guidelines** such as social distancing at practice, wearing my mask on the pool deck, completing my TeamSnap health check before each practice, and staying home if I am not feeling well.
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U14 GIRLS TEAM EXPECTATIONS

1. I will always treat my teammates, coaches, opponents, club members and water polo officials with **respect**. I will demonstrate this with my words and actions on and off the pool deck.
2. I will arrive at practice **15 minutes early** with my Riptides swim cap, goggles, water bottle and positive attitude.
3. Our team's goal is to get better at every single practice and game. When I get better, my team gets better! This means that I will always give **110% effort, ask questions** if I am confused or need clarification, and **challenge myself** outside my comfort zone.
4. As a team we will put **equipment** away together before ending practice with a **team cheer**. I will give my coaches an **"Air High-5"** before leaving the pool deck.
5. I will attend a minimum of **60%** of the practices.
6. We are proud to be a part of the Riptides Water Polo Club, and will always wear **team gear** at tournaments to support and represent our club.
7. Win or lose, Riptides does it with dignity and respect.
8. I will be a good teammate and protect the health and safety of my team by respecting the Riptides **COVID-19 Health & Safety Guidelines** such as social distancing at practice, wearing my mask on the pool deck, completing my TeamSnap health check before each practice, and staying home if I am not feeling well.
9. At Riptides **we are a team**. When the team succeeds, we all succeed. When our teammates succeed, we celebrate together. When our teammates struggle, the entire team is there to pick them back up.
10. I will always make sure that I am **HAVING FUN!**



U14 BOYS TEAM EXPECTATIONS

1. **Communication** will bring success for individuals and more importantly, our team this season. TeamSnap will be our central communication hub and athletes are responsible to keep up with announcements and ask questions when clarification is needed.
2. I will always treat my teammates, coaches, opponents, club members and water polo officials with **respect**. I will demonstrate this with my words and actions on and off the pool deck. Riptides has a **zero tolerance policy for bullying**.
3. I will arrive at practice **15 minutes early** with my goggles, water bottle and positive attitude.
4. Our team's goal is to get better at every single practice and game. When I get better, my team gets better! This means that I will always give **110% effort**, set **goals** for myself, **ask questions** if I am confused or need clarification, listen to my coaches' **feedback**, and **challenge myself** outside my comfort zone.
5. As a team we will put **equipment** away together before ending practice with a **team cheer**. I will give my coaches an **"Air High-5"** before leaving the pool deck.
6. Practice will be a key component for the success of our team. I will attend as many practices as possible or a minimum of **60%**. I will do my best to have all my work outside of water polo completed (ex. homework) in order to attend practice.
7. We are proud to be a part of the Riptides Water Polo Club and will wear **team gear** at tournaments to support and represent our club. I understand that I am an ambassador of Riptides and my words and actions will reflect upon the club.
8. Win or lose, Riptides does it with dignity and respect.
9. I will be a good teammate and protect the health and safety of my team by respecting the Riptides **COVID-19 Health & Safety Guidelines** such as social distancing at practice, wearing my mask on the pool deck, completing my TeamSnap health check before each practice, and staying home if I am not feeling well.
10. At Riptides **we are a team**. When the team succeeds, we all succeed. When our teammates succeed, we celebrate together. When our teammates struggle, the entire team is there to pick them back up.

