

## TIBURON WATERPOLO CLUB



## Tiburon Waterpolo Teams - Player & Parent Handbook 2018-2019

### Mission

The Tiburon Waterpolo Club is a non-profit organization whose mission is to offer the boroughs in and around Montreal the opportunity to practice and compete in waterpolo in the ideal conditions for each individual athlete, of all ages. The Tiburon Waterpolo Club will teach the fundamentals of the game and promote good sportsmanship and respect for all participants, emphasizing:

- Fun
- Fundamental individual and team-based skills
- Sportsmanship
- Teamwork
- Leadership
- Age and skill appropriate competition

It is also the mission to develop the full potential of its members in terms of their fitness and their athletic and mental abilities, all while promoting waterpolo in the region of Montreal and its surroundings.

### Mandate

The Tiburon Waterpolo Club provides waterpolo training from September 24, 2018 to June 7, 2019 (to be confirmed) for its Fall & Winter season (total 34-38 weeks) and from June 29, 2019 to August 25, 2019 for its Summer season (total 8-10 weeks).

## Training

<b>Team</b>	<b>Coach</b>	<b>Recommended # Hours of Training Per Week</b>	<b>Games</b>
<b>Lessons</b>	Elie Vincent, Shelby Barecki	1	N
<b>10U</b>	Alex Arsenault, Jason O'Donnell, Gavin Williams	2	Y
<b>12U</b>	Jason O'Donnell, Max Schapowal, Alex Arsenault	2	Y
<b>14U</b>	Felix Sheedy Gosselin, Steph Valin	3	Y
<b>16U</b>	Robbie Dahl-Smith, Felix Sheedy Gosselin,	4	Y
<b>17U</b>	John O'Donnell, Steph Valin	2	Y
<b>19U</b>	John O'Donnell, Steph Valin	4	Y
<b>Senior</b>	Robbie Dahl-Smith John O'Donnell	2	Y/N

## Practice Schedule

Each age group has a recommended number of practices / hours of training per week, but a player can attend the other practices assigned for their age-group if they wish. The reason behind this structure is to allow for flexibility in scheduling & attendance.

In addition, if a player must miss a practice for whatever reason, e.g. for other commitments, to complete school work, etc, they can attend other practices that week to accommodate. That way the player would continue with the recommended number of hours of training per week.

The practice schedule may be modified through the season to adjust for the game and tournament schedule; efforts will be made to make these changes known as quickly as possible. Also time off may be taken after a tournament or weekend of games.

### Dryland Training

The 16U NCL and 19U NCL teams will have dryland training sessions. These sessions will include a variety of activities at a variety of locations, e.g. fitness training, yoga sessions, indoor rock climbing, trampoline workouts, grappling sessions, etc.

More information will be provided as the season starts.

### Holidays

There will be no practice or changes in practice schedule during the following holidays:

- August 25 to September 24      End of summer break, settle into school routine
- October 6-8                      Thanksgiving weekend
- October 31                        Halloween night
- December 22 to January 6      Christmas holiday break
- March 4-10                        March break
- April 19-22                        Easter weekend
- May 20                              Victoria Day

Please note that coaches may decide to cancel practice on the day following a tournament weekend.

### Important Dates

- Bathing Suit & Club T-shirt try-on  
At registration and during the first week of practice
- Player & Parents' Meeting  
Within the first month of practice
- Christmas Party  
December, 2018
- Year-End Party  
May or June, 2019
- August 31  
End of affiliation with Tiburon until registration for 2019-2020 season

## Registration Fees

The registration fees cover many different club expenses such as:

- **Club Uniform**  
Each player will receive a club t-shirt and club bathing suit. The female players will receive two bathing caps – one white and one black.
- **Waterpolo Canada Affiliation Fees**  
Each player is affiliated through Waterpolo Quebec with Waterpolo Canada. This provides the benefit of travel insurance while at Waterpolo events. The rate of the affiliation fee is based on the level of play
- **League Fees**  
Each team is entered into a league which manages the games and games schedule. The league entry fee is based on the level of play and divided by the number of players on the team
- **Pool Rental Fees**  
The rental of pool space is contracted through each municipality. All efforts are made to maximize the pool space we have while keeping the rental costs as low as possible.
- **Staff Expenses**  
This includes staff salaries for practices and games, staff training and development, and the staff uniform.
- **Administration Expenses**  
This includes purchase or repair of equipment, special events, book-keeping fees and other administrative costs.

All fees are non-refundable after January 15, 2019. Please see the Withdrawal & Refund Policy and Request for Refund document; available on the website.

Any late and returned payments (NSF) will be charged a \$25 administrative fee.

## Club Uniform

The 14U, 16U, 19U, and MLWP players are required to wear the club uniform at all times while on deck for games and/or tournaments. This includes the club t-shirt and club bathing suit, PLUS black shorts or leggings. The club can be fined for any player that is not in uniform; this fine will be passed to the player who did not comply. NCL fines are up to \$200 per incident.

The 8U, 10U, and 12U players are encouraged to wear the club bathing suit and club t-shirt to games and tournaments.

## Communication

Email is the main method of communication for sending information to players and parents, e.g. game schedule, practice changes, etc. A Team Management Application (e.g. Goaline, TeamSnap, etc.) will be used to aide in this communication.

Players are encouraged to talk to their coaches before and after practice for any issues or concerns. The Team Managers act as a liaison between the players, parents, and coaches. So, any issue or concern that cannot be discussed between the player and coach, or does not get resolved, should be brought to the Team Manager. The Team Manager will bring the concern to the coaching staff and/or Board of Directors depending on the issue. The Head Coach, John O'Donnell, can also be reached by telephone, email or on deck outside of practice times. John should be contacted for any concern that cannot be managed by the Coach and Team Manager. Lastly, players and parents can contact the board members. Some issues may not be able to be resolved through e-mail and may require a face-to-face meeting. Should this be necessary, please schedule a meeting with appropriate person via e-mail (team manager, age group coach, head coach, board member).

## Photographs

Consent to have photos taken and posted is obtained at the time of registration. Pictures may be used for marketing and club publicity.

Players and parents should be aware that Water Polo Canada, Water Polo Quebec, club members and players / parents from other teams may take photos of players during games. These photos may be posted on their websites and/or Facebook pages. Everyone is asked to ensure that any posted photos highlight the player and waterpolo.

## Ongoing Player Development

Tiburón Waterpolo Club fully supports players in their ongoing growth and development. As such, Tiburón Waterpolo Club hosts player development camps and supports player participation in the Provincial and National training camps hosted by Waterpolo Quebec and Waterpolo Canada (e.g. Camp Espoir, NextGen, etc...). Players should also speak with their Coach regarding International training opportunities.

## Team Travel

Players are to arrange their own transportation to and from games in the Greater Montreal area. The Team Manager makes travel and accommodation arrangements for the players, chaperones, and coaches for games and/or tournaments that are out-of-town. The cost of these arrangements is divided evenly among participating players.

Players 14U and older travel with the club as it encourages team spirit and helps players learn the independence needed for future travel with Team Quebec and/or Team Canada. Parents are asked to leave the supervision duties to the chaperones and give the players space to come together as a team. In special circumstances exceptions can be made; consideration is on a case-by-case basis. In these cases, the Team Manager must be advised as soon as possible, and team travel expenses will still apply.

The Team Manager is considered for chaperoning out-of-town games and/or tournaments prior to other parent volunteers. Parents that are interested in acting as chaperones are to inform the Team Manager at any time during the season.

Parents who volunteer to be drivers for away tournaments must be available for the entire weekend. Drivers should respect speed limits & all traffic laws, refrain from drinking alcohol and ensure they get adequate rest. Drivers should negotiate with the Team Manager in advance to clarify if they will be paying for their own hotel or have the expense covered by the team and clarify double occupancy / shared accommodations.

\*\*\* Refer to the Club Travel Policy for further details \*\*\*

## Volunteer

Tiburon Waterpolo Club is a non-profit organization run by volunteers. It takes an enormous amount of time and energy for these volunteers to run a successful and fun club. The club is always looking for people to volunteer and contribute. Volunteers can help by calling & emailing players, chaperoning away games / tournaments, working as a minor official at games / tournaments, baking, etc. You don't have to volunteer for a big task or have any waterpolo knowledge; we just need more people willing and able to lend a hand. Reach out to any board member to discuss ways to volunteer. All volunteers must be registered with Waterpolo Canada.

## Fundraising

In order to keep costs low while participating in all leagues, fundraising activities such as packing groceries, Fundscript, gift cards, raffles, evening events, Waterpolo camps, etc. may be undertaken. To be successful, these fundraising campaigns require the participation of all club members. Participation is not mandatory, but in some cases, players who do not participate will not benefit from the funds raised. Funds raised are tracked throughout the season and credited to the player at the end of the year.

## Sponsorship

Tiburon Waterpolo Club is always looking for sponsorship. If you have a business or know someone that would be interested in sponsoring the Tiburon Waterpolo Club, please contact the team manager or one of the board members. A board member would be happy to discuss the Sponsorship packages available.

## Code of Conduct

### **PARENT CODE OF CONDUCT - AGREEMENT**

The objective of this Code of Conduct is to ensure that all participants in Tiburon Waterpolo, including parents / guardians assume their respective responsibilities to create a positive and rewarding environment.

Tiburon Waterpolo adheres to the guiding principles of the following organizations:

Waterpolo Canada ([www.waterpolo.ca](http://www.waterpolo.ca));

Waterpolo Quebec ([www.wpq.quebec](http://www.wpq.quebec));

Coaching Association of Canada ([www.coach.ca](http://www.coach.ca));

World Anti-Doping Agency ([www.wada-ama.org](http://www.wada-ama.org));

True Sport Principle (<http://truesportpur.ca/true-sport-principles>);

Quebec Education, Sport & Leisure – Parents' Code of Etiquette

([http://www.mels.gouv.qc.ca/fileadmin/site\\_web/documents/publications/CodeEthiqueParent\\_MELS.pdf](http://www.mels.gouv.qc.ca/fileadmin/site_web/documents/publications/CodeEthiqueParent_MELS.pdf))

With this in mind, I will:

1. Support my child's decision to play waterpolo
2. Do my best to make sure that my child is on time at each practice and game
3. Do my best to inform the coach ahead of time if my child is unable to attend a practice at the scheduled time; if parent of an older child, I will ensure that they have advised their coach
4. Encourage my child to do their best, have fun, and demonstrate good sportsmanship
5. Help my child to understand the rules of game play, and to understand that game play is not only about winning or losing.
6. Demonstrate a positive attitude at all practices and tournaments that will help to lead to the growth and success of the team and / or club as well as the individual players.
7. Support the expertise of the coaches.
8. Discuss any concerns or worries about my child with the coach, in an appropriate manner.

Also, I agree to abide by the following:

1. Tiburon Waterpolo Club will not tolerate the use of violence, abusive or profane language or inappropriate behavior at any time

2. Tiburon Waterpolo Club parents will display sportsmanship, dignity and be a positive role model at all times. Parents will not yell in a derogatory fashion at any player, official, coach, or other parent.
3. Parents are not allowed on deck during games or tournaments. Parents are limited to the spectator galleries, unless otherwise specified.
4. If a parent wishes to communicate with a coach, arrangements will be made outside of practice and game times, away from the pool deck. Waiting 24 hours (or the next day) will increase the probability that you will be able to communicate more clearly.
5. Coaches will coach. Parents are spectators and are not to coach, yell instructions to the team or any player from the stands / spectator galleries. Cheering of all players is encouraged.
6. Parents will respect and abide with all coaching staff and officials' decisions
7. If parents have questions or concerns regarding a parent or coach, they will pursue them through the Facility Manager, Head Coach, or any Board Member to be dealt with in the appropriate manner.
8. Tiburon Waterpolo Club expressly forbids the consumption of alcohol by participating parents / chaperones / volunteers during the hours of waterpolo games, while at the tournament venue.
9. Tiburon Waterpolo Club expressly forbids the use of illicit substances, as per the Canadian Anti-Doping Program and World Anti-Doping Code. As such, Tiburon Waterpolo Club expressly forbids noncompliance to these codes.
10. Tiburon Waterpolo Club expressly forbids the willful damage, defacement or destruction by any person of personal property or of any facility property thereof.
11. Parents may not recruit or solicit Tiburon Waterpolo Club families in order to further their own interests using any Tiburon Waterpolo contact or email distribution lists.

I also agree that failure to comply with the aforementioned rules and guidelines, I (and my guests) will be subject to disciplinary action, as per the Tiburon Waterpolo Code of Conduct Policy that may include, but is not limited to the following:

- Verbal or written warning
- Removal from the facility (during practice, games, or tournaments)
- Parental suspension (duration ranging from 2 weeks up to lifetime ban)
- Player suspension (duration ranging from 2 weeks up to lifetime ban)

## **PLAYER CODE OF CONDUCT - AGREEMENT**

The objective of this Code of Conduct is to ensure that all players of Tiburon Waterpolo assume their respective responsibilities to create a positive and rewarding environment.

Tiburon Waterpolo adheres to the guiding principles of the following organizations:

Waterpolo Canada ([www.waterpolo.ca](http://www.waterpolo.ca));

Waterpolo Quebec ([www.wpq.quebec](http://www.wpq.quebec));

Coaching Association of Canada ([www.coach.ca](http://www.coach.ca));

World Anti-Doping Agency ([www.wada-ama.org](http://www.wada-ama.org));

True Sport Principle (<http://truesportpur.ca/true-sport-principles>);

Quebec Education, Sport & Leisure – Parents' Code of Etiquette

([http://www.mels.gouv.qc.ca/fileadmin/site\\_web/documents/publications/CodeEthiqueParent\\_MELS.pdf](http://www.mels.gouv.qc.ca/fileadmin/site_web/documents/publications/CodeEthiqueParent_MELS.pdf))

The following is a general outline of the type of behavior, which all players, are expected to follow at all times. The club recognizes that it is difficult to document all possible situations and therefore empowers the coaches to discipline for any instances that are disruptive to the productivity of the overall team at practice or games.

As a player of Tiburon Waterpolo, I promise that:

1. I will attend practices on a consistent basis.
2. I will be on deck at least 15 minutes prior to each practice, where goals and expectations for that practice may be explained by the coach.
3. If I am unable to make it to a practice or game, I will inform my coach ahead of time.
4. I will listen to the coaches and I will not disrupt team practices or meetings.
5. I shall demonstrate the spirit of sportsmanship and sports leadership both in and out of the water.
6. I will demonstrate respect to all individuals, whether they are players, coaches, officials, spectators, parents, etc.
7. I will respect the property of others and all facilities that we have use of both here at home and away on tournaments.
8. I will refrain from the use of tobacco, drugs or any type of performance enhancing drugs, or alcohol (while under the legal drinking age in Quebec or out-of-town).
9. I understand that any form of bullying and harassment will not be tolerated, including intimidating behaviour, gossip, and exclusion (whether direct or indirect).
10. I will make friends on the team, have fun, and compete for my own enjoyment and for the good of my team and fellow teammates.
11. I will respect the equipment and personal belongings of others, and will not use other people's equipment without their permission

Other actions potentially are subject to suspension or expulsion at the direction of the coaches includes:

1. The use of drugs, alcohol or tobacco products affecting any club activity
2. Conviction for any unlawful act
3. Theft of club, facility, or player property
4. Extreme demonstration of disrespect to property or individuals related to club activities

I also agree that failure to comply with the aforementioned rules and guidelines, I will be subject to disciplinary action, as per the Tiburon Waterpolo Code of Conduct Policy that may include, but is not limited to the following:

- Immediate contact with parents and disciplinary action as deemed appropriate by the coach on deck
- Immediate suspension (up to 2 weeks) from practice, games, tournaments and any social functions
- Expulsion from the team without refund or recourse