

**SWIM 21 PERFORMANCE WATER POLO CLUB**

**Athlete’s Code of Conduct and Expectations**

Athlete Expectations:

1. Please read the Club’s General Code of Conduct and adhere to it.

2. Pre Training

* All players are expected to arrive on time and advise the coaches of any injuries, illnesses, niggles and/or tiredness that may affect training performance.
* Players must be on the poolside, changed and ready to start a land warm up before every session. Shorts and T-shirt may be worn for a land warm up with a costume underneath so athletes are ready to enter the water (this means with goggles/hair band/water bottle etc!).

We will be using the ‘RAMP’ warm up Protocol:

**R** Raise the heart rate and core body temperature

**A** Activate key muscle groups and engage core muscles

**M**  Mobilise using multi joint dynamic movements

**P** Prime (potentiate) for water polo specific movement and stresses

* Do your best to arrive in a positive frame of mind, ready to train at the level your coach requires.
* Nothing should be consumed immediately prior to entering a session.
* A player arriving late will be asked to complete the full land warm up, find themselves on a separate warm up strategy or refused entry to a session. This is so coaches can be confident that players are physically able to train without risk of injury.

3. Training and Match Kit

Every player must bring the following items to every session & match:

* Water Polo costume
* A full water bottle (water is better than ‘sports’ drinks)
* Towel
* Theroband (can be Purchased for £2 at Hengrove Sessions)
* Goggles and hair band
* Shorts & T-shirt for land warm up if required
* Club costumes and polo shirts should be worn at all matches.

4. Sessions & Matches

* Attend, wherever possible, all the training sessions as required by the coach.
* Please listen to your coach and do as they ask to the best of your ability. Coaches are there for your benefit, to help you reach your potential and enjoy your sport.
* Expected behaviour is listed in the Code of Conduct and all members are required to behave in accordance with this.

5. Post Training or Match

* The session finishes 10 minutes after the allotted water time (where facilities allow). This time will be used for a cool down, stretch and foam roller session as directed by the coach.
* Players unable to stretch may be asked to miss the last 15 minutes of training/match play or be asked not to train if coaches feel that a lack of recovery strategy will risk future injury.
* End each session having accomplished something. Practice makes perfect. The more you put into sessions the more you will get out of them. What you have missed in training, you will find difficult to do when it really matters, in a game. Performing all techniques/skills correctly and training at the right intensity are very important in training to be able to apply these in a game.
* Help put equipment away carefully and tidily if asked.

6. Squad Lists and Selection

* Coaches have placed each player in the correct squad for their age and ability. Players are expected to attend the correct sessions for their squad.
* Please do your best to make yourself available for games when selected.
* A register of attendance will be kept and a lack of attendance at training may affect selection for matches or your place in a squad.
* The coaches reserve the right to move players between squads if they decide it is best for the player and/or the squad/team.
* For games it is always a good idea to bring extra towels. Track suit bottoms or shorts and footwear are a good idea to wear on poolside to keep warm when not in the water.

**Please enjoy the Sport of Water Polo**

John Sissons Updated:

Chair – Waterpolo Section February 2019