



## The 24-Hour Rule

Our coaches are the vehicles that provide organized youth athletics an existence. As parents we will not always agree with a coach's decision. However, it is important to recognize that a coach's role is to make decisions for the team first and player second. Often, we tend to recognize our coaching staff's decisions through our player first and team second. Also, we need to understand that most players are not aware of any problems until we, as parents, bring it to their attention.

Therefore, we have implemented in our program the 24 Hour Rule:

The 24-hour rule works this way: if you have something to say to the coach, or they have something to say to you (that could be contentious) wait 24 hours after the event or the game before discussing it. By this time, you have better perspective, they have better perspective and a lot of arguments naturally are eliminated in the process. It's best to let the emotions simmer before talking to the coach, adult to adult, preferably away from the pool. The Team Manager will serve as a liaison responsible for communicating any issues once the 24-hour rule has applied. Please contact your Team Manager with all concerns and issues.

## Guidelines for Parents

- ✓ Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- ✓ Encourage your child to play by the rules. Remember that children learn best by example, so applaud the good plays of



both teams.

- ✓ Do not embarrass your child by yelling at players, coaches, or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- ✓ Should you wish to confront your child's coach about a practice or game-related issue, wait 24 hours before doing so.
- ✓ Emotions can cause miscommunication and misunderstandings.
- ✓ Emphasize skill development and practices and how they benefit your young athlete.
- ✓ Know and study the rules of the game, and support the officials in and out of the pool. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- ✓ Applaud a good effort in victory and in defeat and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice -- it is destructive.
- ✓ Work toward removing the physical and verbal abuse in youth sports.
- ✓ Recognize the importance of volunteer coaches. They are important to the development of your child and the sport.
- ✓ If you enjoy the game, learn all you can about the game, and volunteer!

## **Guidelines for Coaches**

- ✓ Winning is a consideration, but neither the only one nor the most important one. Care more about the child than winning the game. Remember players are involved in water polo for fun and enjoyment.
- ✓ Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- ✓ Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players



publicly; learn to be a more effective communicator and

coach; don't yell at players.

- ✓ Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- ✓ Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of waterpolo; encourage all your players to be team players.
- ✓ Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- ✓ Be concerned with the overall development of your players.
- ✓ Stress good health habits and clean living.
- ✓ To play the game is great; to love the game is greater.