

# CYPRESS CREEK



## Water Polo 2007

### Play Together, Stay Together, and Succeed Together

Adapted from Richard Hunkler, Ph.D., Water Polo Planet

#### Player Behavior that Coaches DO NOT want!

1. Being late or missing practice – when you are late or miss practice in an individual sport you hurt mostly yourself, but when you are late or miss practice in a team sport you hurt not only yourself but you also hurt the entire team.
2. When corrected by the coach saying, “I know, I know “or “Yeah but...” - If you really know what to do, you would not have made the mistake in the first place. Don't say anything just LISTEN and LEARN.
3. Talking and not looking at the coach when the coach is talking – again when you stop listening you stop learning. When the coach is correcting a player's mistake and you are not listening then you are likely to make the same mistake. If the coach has to correct every player on the team for the same mistake then there will be less time to learn other important stuff!
4. NOT trying to do what the coach is asking you to try – the key word here is ‘trying to do’ not ‘just doing’. Remember if you do what the coach says to do and it fails, it is usually the coaches fault not yours.
5. Making the exact same mistakes over and over again – your coach is looking for players to learn from their mistakes, so they can improve. We need to accomplish large steps forward, learning new things, not small steps backwards learning old things.
6. NOT hustling during practice – there are some skills that some players can't learn, but everyone can learn to hustle. Besides, I truly believe you are going to play the way you practice.
7. Wasting time at any time – tempos fugit. Because time wasted can never be recovered. While you are wasting time other players are improving and I am getting much older and grumpier.
8. Starting late when defending a drive, cherry picking, not swimming hard back on defense and/or offense, not helping-out on defense, shooting on the counter attack when there is a teammate on the weak side of the goal is wide open, or a behavior that shows the coach that you are selfish and not a team player. If all you want to do is think about yourself, then become a rock-and-roll star or a present day politician.
9. NOT studying, not going to classes, not completing assignments, and not handing assignments in on time. The primary reason you are at Cypress Creek is to get a high school education and diploma, not to play water polo.

**10. Misconduct, smoking, involved in under age drinking, using banned substance of any kind, continually staying out late, and not eating properly – doing these things will not allow you or the team to do its best. If you cannot avoid these behaviors for yourself then do it for the TEAM.**

**Remember when you are not working hard somebody else on the team is, the chances are that person will get substantial playing time and you will not. Finally, VOLATING THE ABOVE SUGGESTIONS CAN CAUSE YOU TO BE SUSPENDED OR DISMISSED FROM THE TEAM.**

One of the great side effects of playing a team sport at this age is that, hopefully you will learn **self-discipline, self-sacrifice, and self-responsibility**. These are principles that are more important to a player's success in and out of the pool than winning a slew of championships, and they are principals a coach's players are going to have to learn if they are going too play like a team and be successful.

**“Teams do not go physically flat, they go mentally stale.”**

Vincent Lombardi

**“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”**

Lou Holtz

**“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.**

Andrew Carnegie

**CYPRESS CREEK**



**Water Polo 2007**

**Play Together, Stay Together, and Succeed Together**