

**CUMBERLAND
VALLEY
WATER POLO
HANDBOOK**



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Preface

This handbook was started by Diana Buck during the 2000 season and will be continually updated with each season. Below is Diana's original preface.

Hi! My name is Diana Buck. The year is 2000 and I am in 11th grade. I go to CV high school and I am going to play water polo for 4 years. I made this booklet for my graduation project with a lot of help from Mrs. Helena Train and my dad, Jim Buck. I spent over forty hours on this project and I worked very hard. I hope you enjoy and appreciate the booklet. I am hoping that this booklet will make your water polo life easier and more organized. I want to thank Mrs. Train and my dad, Jim Buck, they helped me out a lot. I would like it if every couple years another water polo player would up date and reprint this booklet. You may add, delete or change anything. Please feel free to add your information on this page when you finish the booklet.

Diana Buck
January 18, 2000

Updated: September 2003, August 2004

Parent and Player General Information

History of Water Polo

There is little documentation as to the origins of water polo. However, we do know that the sport originated in the rivers and lakes of the mid-nineteenth century England as an aquatic version of rugby football. Early games used an inflated, vulcanized rubber ball imported from India known as "pulu" (the single Indian word for all balls). Pronounced "polo" by the English, both the ball and the game became known as "water polo".

In 1870, with a view to attract more spectators to the swimming exhibitions, the London Swimming Association developed a set of water polo rules for indoor swimming pools.

At first players scored by planting the ball on the end of the pool with both hands. A favorite trick of the players was to place the five-to-nine inch ball inside their swimming suits and dive under the murky water, then appear again as near the goal as possible. If the player came up too near the goal, he has promptly jumped on by the goalie, which was permitted to stand on the pool deck. Games were often nothing more than gang fights in the water as players ignored the ball, preferring underwater wrestling matches that usually ended with one man floating to the surface unconscious.

The introduction of the "Trudgeon stroke" by Scottish players changed the nature of water polo to a game that emphasized swimming, speed and passing. Scottish rules moved from a rugby variant to a soccer style of play. Goals became a cage of 10 x 3 feet and a ball being thrown could score a goal. Players could only be tackled when they "held" the ball and the ball could no longer be taken under water. The small rubber ball was replaced by a leather soccer ball.

When water polo came to the USA in 1888, it developed it's own peculiar variation, resembling American Football in the water. Generally regarded as the "roughest game in the world". Games were so violent yet so spectacular that by the late 1890's it was one of the nations's most popular spectator sports.

Meanwhile, the rest of the world adopted the Scottish rules: Hungary in 1889, Belgium in 1900, Austria and Germany in 1894 and France in 1895. By 1900 water polo was so popular that it became the first team sport added to the Olympic program. At the 1904 St. Louis Olympics, only US teams were willing to compete under the American rules and a team from the New York Athletic Club defeated the Chicago Athletic Association for the gold medal. In 1911, the Federation International DE Natation Amateur (FINA), the international governing body for all amateur aquatic sports, adopted the Scottish rules for all international events.

Americans continued to play by their own rules until 1912, when, instead of playing their semi-final match in the National Championships tournament, the New York AC and Chicago AA chose to brawl.

The Amateur Athletic Union (AAU) canceled its sponsorship of the sport until 1914 when American clubs finally agreed to play under the more civilized international rules.

In the 1930's, water polo began to lose favor with swim coaches, because the popular American version had few rules and matches were often rough affairs. The sport began a slow resurgence in the 1950's as California high schools adopted the modern games. The success of the California aquatics programs became the stimulus for the national development of the sport in the 1960's and 1970's.

Today, water polo is the fastest growing aquatic sport in America. It is an energetic sport that emphasizes swimming ability, conditioning, ball skills and teamwork over individual toughness. And, with the introduction of protective headgear and smaller game ball, it is a game that is both fun and safe for boys and girls of all ages.

History of the Cumberland Valley Pool and the Water Polo Program

In 1972, the Cumberland Valley School District committed to a new community partnership. With funding assistance from State sources, the District built a new six-lane 25-yard swimming pool as part of the high school instructional complex. In documents prepared at that time, the district identified three primary purposes for the new facility, each of which was expected to play an equal part in the pool's use:

INSTRUCTION - including swimming, therapeutic, and water safety classes for all District students, including public and non-public school populations.

EXTRA-CURRICULAR and INTERSCHOLASTIC programs - including swimming, diving, water polo, and synchronized swimming as competitive or extracurricular programs.

COMMUNITY programs - including adult swimming courses, fitness swimming, competitive aquatics and recreational swimming.

The aquatic director, Ann Dallam, had ambitious plans for "Eagle Beach." Not only was competitive swimming emphasized, but also water polo would compete at the varsity level and synchronized swimming at club level. The combination of these offerings created an extremely dominant aquatics program.

In the early 1970's, the school was completed and included a 25-yard shallow-deep pool. CV aquatics took off. The early water polo program was coached by Ann Dallam and Jack Weaver. As excellent swim coaches, they fielded a very competitive team. Early in 1978, a previous Slippery Rock water polo alumnus and past assistant women's water polo coach, Bob Johnston, was hired to head the program. He led the competitive team from the mid 1970's to an almost unbeaten team in both men's and women's polo in the 1979-1980 season. The CV Eagles defeated Mechanicsburg Academy for the first time in 1979, 9-8 in front of an away homecoming crowd of 300+ fans. The

men and women's program had only 1 loss combined during the fall season. They went on to compete in the spring at the club level and defeated all opponents, including many college teams. From 1975 to 1981, the CV Eagles had 14 selections on the high school water polo All-Americans Teams.

The 1980's proved to be a more difficult time for the Eagles, as they went through numerous coaches. The team seemed to lose some unity and strength but continued to turn out many excellent individual players. As in the past, these players went on to college to compete at a higher level. Many of these players still compete with a very strong local team - the Harrisburg Area Water Polo Club.

In 1990, CV alumnus Brian Barnes took over the program in hopes of strengthening the team. The early stages included coed water polo with opportunities for the women to participate again. As the team continued to grow, it was soon time to separate the men's and women's programs. With the help of Bucknell alumnus John Schlegel and Kim Kohlhaas, CV alumna, both teams were very successful throughout the 1990's.

June of 2003 brought a brand new facility with an all deep pool for water polo, and a spacious spectator seating area. CV alum Coach Jeremy Souder (girls) and Coach Cory Pelow (boys), along with Chris Hall (Goalie Coach) and Becki Dimoff (JV Coach) round out the coaching staff.

USA Water Polo

www.usawaterpolo.com

What is United States Water Polo, Inc.?

United States Water Polo, Inc., (USWP) is the national governing body for the sport of water polo in the United States.

Founded in 1978, USWP is a membership organization with more than 20,000 registered members. The organization selects and trains teams, which represent the United States in international competition, and also sanctions competitions and manages clinics, seminars and other events.

USWP encourages a high standard of play, good sportsmanship and increased participation at all levels throughout the US

USWP is a member of the Federation International de Natation Amateur (FINA), the United States Olympic Committee (USOC) and United States Aquatic Sports, Inc. (USAS).

Water Polo was sanctioned by the Amateur Athletic Union (AAU) in the 1800s. In 1900, water polo was the first team sport added to the Olympic Games program.

USWP Clubs

The backbone of United States Water Polo is its network of more than 400 affiliated clubs. Ranging in membership from as few as eight players to more than 150, these organizations conduct sanctioned practices, tournaments, league play, coaching programs, educational and development clinics, exhibitions and other promotional recreational and educational activities. The club program

is among the most important components in retaining membership of water polo in this country; its growth is crucial to the sport.

USWP's Vision and Mission

Chartered in 1977, United States Water Polo, Inc. (USWP) is a non-profit organization recognized by the United States Olympic Committee as the National Governing Body for the sport of water polo. USWP sets the rules and policies that govern water polo in the United States at all competitive levels.

The mission of the Water Polo NGB is as follows: "To consistently win medals at Pan Am Games, FINA Cup, World Championships and the Olympic Games."

External Analysis:

The United States has established an enviable record as one of the most consistently successful powers in international water polo.

With the generous support of the USOC, USWP's national coaching staff launched a vigorous campaign aimed at tapping its youthful coaching and athletic talent by establishing a residential, full-time training program in 1994, in Long Beach, Calif. With impressive wins over every major world power over the last two years, TEAM USA is clearly within sight and well within reach of capturing a gold medal at the 1996 Olympic Games in Atlanta.

Mission of United States Water Polo:

To consistently win medals at Pan Am Games, FINA Cup, World Championships and the Olympic Games.

Supporting objectives for accomplishing this mission are:

- Encourage high standards of play, good sportsmanship and increased participation at all levels throughout the United States by establishing the curricula to train and certify coaches, officials and athletes from all cultural and ethnic backgrounds at all competitive levels.
- Foster increased participation in the sport of water polo at all levels by creating, organizing and conducting clinics and training camps for coaches and athletes throughout the United States.
- Provide financial assistance to potential Olympians who would not otherwise be able to participate in the full-time residential training program required for successful international competition.
- Select and train the US Teams for the Olympics, World Championships, Pan American Games and other international championships.
- Work within the water polo community, FINA, and ASUA to promote the inclusion of women's water polo as an event in the Pan American and Olympic Games.

- Work to promote increased participation from NCAA-member institutions to ensure the continuation of the Men's Championship and creation of a Women's Championship.
- Increase endowment support and self-funding through fund development and marketing programs.

American Water Polo

www.americanwaterpolo.org

About American Water Polo

Mission Statement

The mission of American Water Polo is to provide opportunities for individuals of all ages to be involved in the sport of water polo and to provide its membership with the highest degree of customer satisfaction at an affordable price.

Goals & Objectives

- To offer membership benefits for individuals and families at an affordable price, including insurance coverage for competition in the sport of water polo.
- To establish leagues throughout the country in order to offer competitive opportunities for individuals of all ages.
- To offer education and training for coaches, administrators, and officials in the sport of water polo for a reasonable fee.
- To help foster good citizens by promoting sportsmanship. To educate athletes regarding the dangers of drug and alcohol abuse.

All Americans

Sponsored by the National Interscholastic Swimming Coaches Association www.nisca.net

1980

- Gary Szukalski (4th team)
- Marc Holloway (4th team)
- Scott Mutschler (5th team)

1981

- Brian Barnes (5th team)
- Elaine Scherer (2nd team)
- Nan Spaulding (1st team)
- Laurie Guinn (2nd team)
- Stacy MacMillan (1st team)
- Kim Kohlaas (1st team)

1982

- Nan Spaulding (1st team)
- Kim Kolhaas (1st team)

1992

- Matt Salkeld

1993-1994

- Karen Kaufold
- Brian Smoyer

1995

- Jaequi Tichenor
- Scott Budde (5th team)

1996

- Kathy Kaufold
- Sarah Newell (3rd team)
- Jacqui Tichenor (1st team)
- Jen Dimoff (1st team)

1998

- Christine Farley (3rd team)
- Mackenzie Zientek (2nd team)
- Lynn Boutin (1st team)
- Marique Newell (1st team)
- Sara Kann (1st team)
- Amanda Gibson (honorable mention)

1999

- Lynn Boutin (1st team)
- Marique Newell (1st team)
- Erin Shively (3rd team)
- Amanda Gibson (honorable mention)

2000

- Sara Kramer (3rd team)
- Shanna Allen (honorable mention)
- Mandy Marsh (honorable mention)

2001

- Sara Kramer (1st team)
- Shanna Allen (3rd team)
- Mandy Marsh (honorable mention)

2002

- Sara Kramer (1st team)
- Shanna Allen (2nd team)
- Mandy Marsh (5th team)
- Mike Fry (5th team)

2003

- Stacey Travous (1st team)
- Holly Travous (3rd team)

2004

- Aubrey Rowe (1st team)
- Holly Travous (2nd team)
- Marko Cebalovic (2nd team)
- Josh Sunday (honorable mention)

Understanding Water Polo

Water polo is a combination of soccer, basketball, ice hockey and rugby, played in a deep pool 30x20 meters (slightly smaller for women). You can learn about Water Polo very quickly if you appreciate the similarities between it and the games above. However, it is the unique characteristics of the game that makes water polo so interesting.

What is so different about Water Polo?

Water polo is played in the water, which makes it difficult for the referee to see exactly what is going on. Players may use subtle pushes and holds to improve their positions. While this may be totally foreign to most sports, little push-offs and pull-pasts have been a part of water polo for so long that some instructional books exist which actually show how to get away with these moves!

How Physical is Water Polo?

Another interesting point is the way water polo rules distinguish between degrees of physical contact. The four rules that deal with this are impeding, pushing, holding, sinking, pulling back and brutality. With the exception of brutality, these rules do not apply when an opponent is holding the ball, i.e. they can be tackled.

However, impeding (which is basically swimming over someone) and pushing are considered minor or ordinary fouls while to 'hold, sink, or pull back an opponent not holding the ball' is considered a major foul.

Water Polo is similar in rules and tactics to many other games. It's rules are similar to:

Soccer

1. Players score through rectangular goals defended by a goalkeeper at each end.
2. There are two types of fouls:
 - Ordinary fouls: no shot at goal is allowed
 - Penalty throws: for any foul inside the penalty area that stops a goal being scored. A direct shot at goal is allowed with only the goalkeeper to beat.
3. There is offside, however, the offside rule only applies when players are within two meters of the goal. Players are offside if they are in front of the line of the ball when they are 'inside the 2 meters'. Of course a player cannot be offside if he or she has the ball.

Basketball

1. Teams must shoot at goal within a certain time after gaining possession; in water polo it is 35 sec, in basketball it is 30 sec.

2. There are two types of fouls:
 - Ordinary fouls, which are like violations in basketball, and punish minor breaches of the rules.
 - Major fouls are like personal fouls in basketball and punish actions, which are bad for the flow of the game.
3. If players get 3 major fouls against them, they must be replaced and cannot re-enter the game (in basketball it is 5 fouls).
4. The clock is stopped every time the referees' whistle is blown, extending the game further than the 4 periods of 7 minutes allowed (usually about 1 hour).
5. In basketball, certain large players take up a position close to the basket (called the high or low posts). The function of these players is to score, or to distribute the ball to other players who will attempt to score. Water polo has an equivalent position called the hole-set. This player tries to occupy a space directly in front of the goal.

Ice Hockey

1. Players are kicked out if they are caught major fouling (the only exception to this is when a penalty is awarded).
2. Players are kicked out for 20 seconds or until a goal is score or the defending team regains possession.
3. The kick outs are in the corners of the field, to the defending goalkeeper's right.

Rugby

1. Water polo is a physical contact sport, and a player who is holding a ball may be tackled.
2. The rules only protect players from excessive violence. However, there is no 'completion of the tackle' as in Rugby. Water Polo referees are quite strict, and many fouls are given in tackles because defenders must be very skilled to tackle without fouling.

Several tactics are unique to water polo, including:

1. The Hole-set/hole defender battle

Watch how the hole-defender tries to stop the hole-set from scoring without committing a major foul and being kicked out. In fact the hole-defender will try to commit ordinary fouls deliberately, because the hole cannot shoot from the resulting free throw. Hole defenders should themselves be large, strong, and skillful. They should have powerful legs, so they can jump over the hole-set to get at the ball. Notice how often smaller players get scored off, or have to hold onto the hole-set and therefore get kicked out.

2. Cross passes

In soccer the cross pass is a basic tactic, and it is the same in water polo. Good defenders will try to prevent them; good attackers will try to create them. Notice too that an attacker will occasionally take the ball down the wing, and close to the goal line in order to defeat the offside rule.

3. Extra man play

In ice hockey when a player is kicked out, the defending team retreats around the goal, and sets up a zone defense. The attacking team tries to defeat this zone by setting up a fairly static attack that relies on quick passing, rather than player movement to out maneuver the defense. In ice hockey, this is called a Power Play. In Water Polo, extra man play decides nearly all close matches.

4. Inside water play

As in most sports, attackers try to get closer to the goal than their defenders. When this happens in Water Polo, the player is said to have 'driven to inside water'. An attacker with inside water is very dangerous, because any small foul, which prevents a shot, usually results in a 4-meter (penalty throw). At the same time, it is very difficult to shoot with a player 'on your back', so drivers have to be well drilled at getting a shot away in close.

State Championships

The top eight men's teams and the top eight women's teams qualify for the state championship tournament. Both the men and women teams must qualify for the state tournament.

Schools that sponsor both men's varsity and women's varsity teams may not play women on their men's varsity team. Any woman that plays on the men's varsity team is not eligible for the women's varsity team. Co-ed varsity teams will not be able to participate in the women's state championship tournament (This does not apply to junior varsity games throughout the season).

During the season each team must play teams from their division twice and once from the other division (cross over games). If two teams play more than the required games, then both teams must agree upon which games count toward the league standings (this should be noted on each of the teams schedule). It is the coach's responsibility to make sure that their schedule meets the required number of games. A game that is not played will be forfeited by both teams. Tournament games can be used to meet the required games.

The state will be broken into divisions:

Central Division

Cumberland Valley
Governor Mifflin
Pottsville
Reading
Wilson

Eastern Division

North Penn
Souderton
Upper Merion
Upper Perkiomen
Wissahickon
Wyoming Valley West

We will play against the teams from the Eastern division in "crossover play. There is also a Western Division, we may see some of these teams in tournament play.

The overall record will determine divisional standings. The teams that come in first, second, and third for the season in each division automatically qualified for States. The fourth and fifth place teams from both divisions are considered for the two at large teams for the state championship tournament. Only the cross over records are used to determine the at large standings (To calculate the cross over record for Southern division teams, do not count the win or loss to the 4th place team of the Northern Division so that this will allow six games for each division).

The tie breaker system is as follows:

- Within your division: (1) head to head; (2) record just in your division; (3) record versus those teams with a better overall record in your division. If a tie still exists, then a playoff game must be held at a neutral site to break the tie.

- For the at large teams: (1) head to head; (2) record against each other; (3) record against the top three opposing division teams; (4) strength of the division (5) flip a coin.

The first and second place teams will have a bye the first two rounds of the state championship tournament. The third and fourth place teams will have a bye the first round of the tournament. The teams finishing in fifth through eight will play the first round on Friday night.

At the end of States, the coaches pick the All State teams, which recognizes how well a water polo players does during the season and at States. There is a 1st team, 2nd team and 3rd team, plus honorable mention. Each of these teams has ten members. The All State teams are selected as follows:

- For the 1st All State Team, four nominations are from the 1st place team, two from the 2nd place team, and one each from the third through sixth place teams.
- For the 2nd All State Team, two nominations each from the first through fourth place teams, and one each from the fifth and sixth place teams.
- For the 3rd All State Team, one nomination each from the first through tenth place teams.
- For the Honorable Mention Team, one nomination each from the seventh through twelfth place teams and four other open nominations available to all the teams.

Parent Information

CV Water Polo Booster Club

The CV booster club is the backbone of the team. They support the players. The booster club helps with travel plans such as transportation, tournament fees and hotel rooms if needed. They purchase the senior gifts, organize the banquet, and sponsor the scholarships. They help the team get ready for the CV tournaments and get the yearbook and slideshow published for the banquet. They show up at games and cheer. The booster club organizes the fundraising for the team, which in the past this has included car washes, candy sales, concession sales, middle school dances at the Sports Emporium, Eagle Foundation's Touch of the Valley Dinner, and clothing sales.

Anyone may become a member of the Water Polo Booster Club, and show support for the CV Water Polo Teams by paying the \$50.00 dues which entitle you to membership from August through July.

CV Water Polo Booster Club By-Laws

ARTICLE I

The organization shall be known as the Cumberland Valley Water Polo Booster Club (CVWP Booster Club).

ARTICLE II - OBJECTIVE

The objective of the CVWP Booster Club is to provide support and give recognition to the Cumberland Valley (CV) High School Water Polo Program. All activities sponsored by the CVWP Booster Club shall be undertaken in its name and as its sole responsibility.

ARTICLE III - MEMBERSHIP

Any person wishing to promote, support, and give recognition to the CV Water Polo Program may be a member of the club. Membership will be for a period of one year from August through July upon payment of dues, amount to be established by the Executive Committee.

*Membership dues for the 2004 year are \$50.00 per family.

ARTICLE IV - OFFICERS

The Executive Committee will be comprised of the following officers: President, Past President, Vice President, Secretary, Treasurer, Past Treasurer, and one Parent Representative from the freshman, sophomore, junior, and senior class. The President will preside at meetings, appoint committee members, and perform other customary duties of the office. The Vice President will perform all the duties of the President, if absent, and be Chairman Pro-Team of all committees.

The Secretary shall perform all duties customary of a club secretary and keep minutes of all meetings. Copies of meeting minutes shall be provided to club officers within ten days following regularly scheduled meetings. The Treasurer shall be custodian of all club funds and perform financial requirements as outlined in ARTICLE VII.

*2004 Officers: President - Denise Casella, Vice President - Linda Sunday, Secretary - Irene Spector, Treasurer - Cathy Campbell, Freshman Rep - Linda Podgurski, Sophomore Rep - Zana Easter, Junior Rep - Jerry Lauro, Senior Rep - Jodi Garrison.

Meetings of the Executive Committee will be held "as needed". The slate of new officers will be presented at the end of season banquet.

ARTICLE V - ELECTIONS

Elections shall be held at the End of the Year Banquet and General Meeting in November. The President shall appoint a Nominating Committee at least two months prior to the November election. The Nominating Committee shall consist of at least two club members (not to exceed a total of four). The Nominating Committee will be responsible for presenting a slate of officers at the November meeting. Other nominations may be made at the November meeting (with prior consent of the person being nominated). In addition, any club member may submit his/her name for election to the Nominating Committee no less than 14 days prior to the election in November. The candidate receiving the highest number of votes shall be elected to the particular office in question. All ballots shall be counted by the Nominating Committee. The new officers will take office at the November meeting, and at this time all records will be turned over to the incoming officers.

ARTICLE VI - BUDGET

Annually, and as soon after the election as practical, the President and at least two (2) other executive officers selected by the President, must prepare a budget for all club activities for the ensuing year. They should be assisted in the determination and preparation of the budget by the club Treasurer and Past Treasurer. The budget shall be approved by the club members at the August meeting. Any expenses incurred that were not budgeted for shall not exceed \$25.00, unless voted upon by the general membership.

ARTICLE VII - FINANCES

It is the responsibility of the Treasurer of the CVWP Booster Club to maintain and make available financial records of all booster club activities as to assets. These records shall be the property of the club and shall be retained for a period of three (3) years. All moneys and all bills will be turned into the Treasurer. All bills and receipts will be paid by the Treasurer by check. Prior to the November meeting, the President will appoint an Audit Committee and this committee will audit the club records and prepare an annual financial statement to be presented at the November general meeting.

ARTICLE VIII - MEETINGS

The general membership shall meet every month from June through November on the third Wednesday of each month, unless the President declares a change. Additional meetings shall be designated and scheduled by the President.

The order of business to be followed at the meetings is as follows:

Reading of the minutes of the previous meeting and approval thereof

Reading of letters and commendations

Treasurer's report

Reports of standing committees

Unfinished business

New business Adjournment

ARTICLE IX - VACATED OFFICES

When the office of President is vacated, the Vice President will assume that office.

When the office of Vice President, Secretary, or Treasurer is vacated, the runner-up of the election will assume the office in question. If no runner-up is available, the office shall be filled by appointment by the President. The term of office will be until the next election.

ARTICLE X - QUORUM

A quorum shall be any number of members who attend a general membership meeting or any additional meeting designated and scheduled by the President.

ARTICLE XI - BY-LAWS AND REVISIONS OF BY-LAWS

The articles of the by-laws may be altered by a quorum at any duly scheduled general meeting.

ARTICLE XII - SYMPATHY AND CONDOLENCE

At the discretion of the President, an acknowledgment, such as a card, may be sent to the family of a member or former member in such case as bereavement.

In the event of an injury to a current member of a CVWP team that is hospitalized, a basket of fruit or flowers may be extended.

ARTICLE XIII - MEETING PROTOCOLS

All actions will be made by nomination at regularly scheduled meetings and approved by a simple majority of the quorum.

Robert's Rules may be invoked at the request of any officer in attendance.

Directions to Away Games

Annapolis (Naval Academy)

- ❑ Take I-83 South to the Beltway (I-695) West.
- ❑ Stay on the Beltway (I-695) past the exit for I-95 and I-295.
- ❑ Take I-97 South toward Annapolis, follow onto Rt. 50
- ❑ Take Exit 24 for Rowe Boulevard.
- ❑ Bear to the right at the exit ramp and stay on Rowe Boulevard, passing the stadium and state buildings.
- ❑ When Rowe Boulevard ends, turn left and pass St. Johns College.
- ❑ Turn right at the next traffic light. You are now 3 blocks from the main gate of the Naval Academy.
- ❑ Approximate driving time from CV is 2 hours, however, with homecoming or the boat show allow 3 hours.

Bucknell University

- ❑ From Route 81, take Route 11-15 North (Alternate Rt: Route 81 North to Route 322 West to Route 15 North)
- ❑ Turn Left at the light at Tedd's Landing, staying on Rt 15 N.
- ❑ Travel approximately 7 miles
- ❑ Turn Right into Bucknell University
- ❑ The pool is straight ahead in the building to your left. Parking is available by the pool.
- ❑ Approximate driving time from CV is 1 hour 30 minutes.

Governor Mifflin

- ❑ Take the Turnpike to Exit 286 (Reading).
- ❑ Take Route 222 North into Shillington. Route 222 bends to the left at a 5-way intersection, stay on Route 222.
- ❑ At the third traffic light from there, turn right at the Shillington Shopping Center.
- ❑ Go straight for 6 blocks to the Intermediate School where the school is located.

Pottsville High School

- ❑ Take I-81 North to the Ravine Exit #104 (after the Pine Grove exit).
- ❑ At the exit ramp stop sign turn right.
- ❑ Go approximately 300 yards to a stop sign and turn left onto Route 125 North.
- ❑ Stay on Route 125 North for approximately 5 miles.

- ❑ At the stop sign intersection with Route 209, bear right and stay on it into Pottsville. While on Route 209 North, around seven miles, bear right at the Y-intersection staying on Route 209 North.
- ❑ At the junction with Route 901, turn right staying on Route 209 North.
- ❑ Turn left at the 4th traffic light in Pottsville onto 16th Street (The first light has a Sheetz).
- ❑ Go down and up the hill, Martz Hall is on the right. The pool entrance is all the way around the rear of the building.
- ❑ Approximate driving time from CV is 1 hour 10 minutes.

Princeton University

- ❑ Take the PA Turnpike East to Exit #351 - US 1 toward Philadelphia/Trenton.
- ❑ Merge onto US 1 North - via left exit - toward I 95 N/Morrisville
- ❑ Travel Rt. 1 North for about 25 miles
- ❑ Turn Left on Washington Rd.
- ❑ Turn Left on Faculty Rd.

Reading High School

- ❑ Take I-81 North to I-78 East.
- ❑ Exit I-78 at Strausstown Exit #19 and turn right onto Route 183 South.
- ❑ Stay on Route 183 into Reading past the Berkshire Golf Course.
- ❑ Cross the bridge to a 5-way intersection and take the second left onto Windsor Street.
- ❑ Turn left onto 5th Street and go 1 block to Spring Street.
- ❑ Turn right onto Spring Street to 13th Street.
- ❑ Turn right onto 13th Street. The school is on the left.
- ❑ The pool is on the left side of the school's main entrance.

Souderton High School

- ❑ Take the PA Turnpike East to the Northeast Extension.
- ❑ Go north to the Lansdale Exit# 31, turn right onto Route 63 west.
- ❑ Go approximately 5-7 miles to Route 113 north (Exxon Station-landmark)
- ❑ Turn right and travel approximately 5-7 miles to School Lane (school is on your left).
- ❑ Turn left and go one block to back of school and turn right into pool lot. If you pass both streets, you have gone too far if you come to Route 309

Alternate Directions:

- ❑ Take Rt. 81 North to Rt. 78 East
- ❑ Follow 78 to Exit#60. Rt. 309 South toward Quakertown
- ❑ Follow 309 South to Exit# --- Souderton
- ❑ At the top of the ramp make a right onto Old Rt. 113.
- ❑ Follow through 1 light, at second light make a right onto County Line Rd. (Pizza Hut on Left)
- ❑ Go under a Blue Bridge and make your first Left onto Chestnut St.
- ❑ The pool will be on your left.

Villanova University

- ❑ Take the PA Turnpike east to Exit#326 Valley Forge.
- ❑ Follow the Schuylkill Expressway, Rt. 76 to Exit# 331A, Rt. 476 South toward Chester.
- ❑ Follow Rt. 476 south to Exit# 13.
- ❑ Bear Right off exit onto Rt. 30 East toward Villanova.
- ❑ Travel about 1 mile, after you pass the University Chapel on your left, make a left at the light.
- ❑ The Dupont Center is immediately on your right.

Wilson High School

2601 Grandview Boulevard, West Lawn, PA 19609
610-670-6785

- ❑ Take I-81 North to I-78 East.
- ❑ Exit I-78 at Strausstown Exit #19 and turn right onto Route 183 South.
- ❑ Go approximately 14 $\frac{1}{4}$ miles and make a right onto the entrance to Route 222 South toward Lancaster.
- ❑ Take the first exit for Spring Ridge Drive.
- ❑ Make a right at the end of the exit ramp.
- ❑ Go approximately 2 $\frac{1}{2}$ miles and turn left at the fourth traffic light onto Dwight Street.
- ❑ At the top of the hill, turn left into Grandview Boulevard.
- ❑ Pass the school on your left and then turn left just past the Dangerous Intersection sign.
- ❑ Go one block and make another left into the school parking lot. The pool is located in the middle school.

Alternate route: Take the PA Turnpike east to exit 286. Then take Route 222 North through Reading. Take the Spring Ridge exit that immediately follows the exit for Broadcasting Road. Follow the directions above.

Player Information

Getting Started for the New Season

A physical is required either by a family doctor or the school doctor. Fall Sport physicals are usually given during the summer, check the local newspapers for dates and times. The HS Sport Physical forms are available at the school, both in the trainer's office and the main HS office. If you can't make it during the water polo time slot then you can go to the make up day or call the school to see when the best time would be to come in. If you have any questions call the school's main office.

You will need to purchase a team suit, the senior players will decide what suit they want prior to the picnic, along with our team shirts for the players and parents.

It would be a good idea to get a water polo ball for your house, so you can work on your arm, and ball handling skills.

Mouthguards are highly recommended to play, see information below.

Great Information for Parents and Players

CHECK YOUR EMAIL OFTEN

All information is passed on via email, please be sure that you notify the contact person with any address changes you may have.

Mouth guards

Dr. Scott Mutschler, Limekiln Rd. New Cumberland, 761-7600.

Dr. Mutschler is a CV grad who will make molded mouth guards for our WP players at a cost of \$50.00.

Bus

For away games during the week CV school will provide bus transportation for the players. A note must be given to the head coach if a player is not riding the bus back to the high school.

Cumberland Valley Water Polo Web Page
www.cvwaterpolo.org

USA Water Polo Web Page
www.usawaterpolo.com

North East Zone Web Page
www.northeastwaterpolo.com

American Water Polo Web Page
www.americanwaterpolo.org

About the Coaches

Women's Coach Jeremy Souder

Coach Souder is a 1994 graduate of CV and Slippery Rock University, where he played varsity water polo and swam. He is currently teaching 7th grade science at Eagle View Middle School. He continues to play polo for the Hawks.

Men's Coach Corey Pelow

Coach Pelow is a science teacher at the High School. Corey swam competitively in College.

Coach Chris Hall

Coach Hall graduated from Cumberland Valley in 1994. He is a graduate of Slippery Rock University in 1999 where he played water polo. He has a Bachelor's Degree in Therapeutic Recreation. Since he is a goalie himself with the Hawks, he helps coach the goalies on the CV team.

Coach Becki Dimoff

Coach Dimoff also graduated from CV and recently received her degree from Hartwick College where she played polo.

Code of Conduct for Students

Cumberland Valley High School Students

Participating in Co-Curricular Programs

Board Policy No. 122 (2003)

Student's participation in any extra-curricular activity is a privilege that may be revoked or suspended when established rules or regulations are violated. Students who desire to participate in extra-curricular activities are expected to properly conduct themselves at all times. This Code of Conduct shall apply throughout the entire calendar year to conduct which occurs both on and off school property. The following conduct shall constitute grounds for immediate suspension and potential expulsion from practices, participation in interscholastic competition, or participation in other extra-curricular activities.

- a. The use of violence, force, coercion, threat, intimidation, or similar conduct in a manner that constitutes a substantial interference with school purposes;
- b. Willfully causing or attempting to cause substantial damage to school property, stealing or attempting to steal private or school property of substantial value, or repeated damage or theft involving private or school property of small value.
- c. Causing or attempting to cause physical injury to a school employee or to any students. Physical injury caused by accident, self-defense, or other action undertaken on the reasonable belief it was necessary to protect some other person shall not constitute a violation of this subdivision.
- d. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from each student.
- e. Knowingly possessing, handling, or transporting any object or material that is ordinarily or generally considered a weapon for unlawful purposes.
- f. Use or possession of smoking tobacco or tobacco products; possession, use, sale, delivery, or to have consumed any narcotic, dangerous drug, marijuana or alcoholic beverage; the use of anabolic steroids.
- g. Continual abusive language, or obscene gestures, or willful indecent exposure.
- h. Engaging in hazing, threats, bullying or intimidation.
- i. Engaging in any other activity forbidden by the laws of the State of Pennsylvania which actively constitutes a danger to other students or interferes with school purposes.

- j. All other reasonable rules or regulations adopted by the Coach or Supervisor of an activity shall be followed, provided that participants shall be notified of such rules and regulations by written handouts and posting prior to the beginning of the season (must be presented to and gone over with the Administration before being presented to the participants.)

In the case of alleged infractions of the rules and regulations, the participant may be suspended or expelled from practices, participation in the interscholastic competition or other participation in extra-curricular activities. In these cases, the following DUE PROCESS procedures will be followed:

- a. Investigation. If an infraction of the Code of Conduct is alleged to have occurred, the coach, supervisor, principal, or athletic director shall make an investigation of the alleged conduct or violation.
- b. Meeting. If, after completion of the investigation, a determination is made that a violation of the Code of Conduct has occurred, the principal, together with the coach, supervisor, or athletic director shall conduct a meeting with the student and student's parents or guardians at which time the student will be afforded the opportunity to be heard.
- c. Suspension/Expulsion. If, at the conclusion of the aforementioned meeting, a determination is made that disciplinary action is required, the principal may suspend or expel the student from further participation in any extra-curricular activities. A violation of the Code of Conduct shall carry a suspension from participating in all extra-curricular activities for a minimum period of thirty (30) days from the date the decision is made to suspend. A student may be suspended for a period of excess of thirty (30) days. A student may be expelled from further participation in all extra-curricular activities for the remainder of any school year if, in the opinion of the principal, the violation warrants expulsion.
- d. Appeal. If a student, parent, or guardian is not satisfied with the determination made by the principal, a hearing may be requested before the Superintendent or the Assistant Superintendent during the Superintendent's absence. The hearing must be requested in writing, which writing must be delivered to the Superintendent or Assistant Superintendent, during the Superintendent's absence, within five (5) business days of receiving notice of suspension or expulsion. If a hearing is requested, it shall be held within ten (10) business days of receiving the written request and a notice of the time and place of the hearing will be given to the student, and the parents or guardians, within five (5) business days of receiving the request.

Board Policy No. 227 (2003)

The Board recognizes that the misuse of controlled substances is a serious problem with legal, physical and social implications for the whole school community. As the educational institution of this district, the schools should strive to prevent the abuse of controlled substances.

For purposes of this policy, **controlled substances** shall mean all dangerous controlled substances prohibited by law; all look-alike drugs; all alcoholic beverages; anabolic steroids; and drug paraphernalia; and any prescription or patent drug, except those for which permission for use in school has been granted pursuant to Board policy.

The Board prohibits the use, possession, and distribution of any controlled substances during the school hours, on school property, and at any school sponsored event.

The following minimum penalties are prescribed for any student athlete found in violation of the prohibited use of anabolic steroids:

- a. For the first violation, suspension from school athletics for the remainder of the season.
- b. For the second violation, suspension from school athletics for the remainder of the season for the following season.
- c. For a third violation, permanent suspension from school athletics.

No student shall be eligible to resume participation in school athletics unless there has been a medical determination that has been submitted verifying that no residual evidence of steroids exists.

The costs of such tests shall be at the student's expense.

Students found to be in violation of Policy 227, shall be referred to the student assistance team for an assessment of drug use and involvement.

Students found to be using anabolic steroids on any property owned or leased by the Cumberland Valley School District or while participating in a District authorized activity, although not physically occurring on District property, is in violation of Board Policy No. 227 and is subject to disciplinary action in accordance with the procedures provided.

Code of Conduct for Coaches

Coaches of CV Water Polo Players

ALL athletes must be dressed and ready for practice at 3:15 PM.

2003-2004 Cumberland Valley Water Polo

Rules and Regulations

Provided in addition to the Code of Conduct for Cumberland Valley High School
Students Participating in Extra Curricular Programs

1. All practices and games are mandatory. If you have other priorities, don't play.
2. If a player is absent from school, the athlete or the athlete's parent(s) must contact his/her coach Jeremy Souder (717)903-3653 / Corey Pelow (717)350-1212 / Becki Dimoff (717) 418-2819 prior to missing that practice or game. If we are not contacted it will count as an unexcused absence.
3. If a player needs to miss practice for a doctor's appointment, the coaches need a doctor's excuse. If no excuse is provided, it will count as an unexcused absence.
4. If a player needs to be late for a practice, that player must have a pass signed by a teacher to be allowed to practice. If this is not provided, it will count as an unexcused absence.
5. By following rules 1 thru 4, all absences will be excused and an athletes playing time will not be affected.
6. If a player has an unexcused absence, they will not participate in the following game. If the player has two unexcused absences, the player will miss the next two games. Three unexcused absences will result in immediate dismissal.
7. If a player must use the training room, he/she must first check-in with a coach. If a player must see a trainer more than two days in a row, then the athlete's parent(s) will be contacted so that a doctor's appointment can be scheduled.
8. If an athlete is unable to participate in the swimming portions of practice, they will not be permitted to practice.
9. Athletes are expected to be on time for practices, departures for away games, and will be expected to set up the pool for all home games. Tardiness will result in reduced playing time.
10. Elaborating on the School's Controlled Substance Policies: If you drink alcoholic beverages, take drugs or smoke cigarettes...letting down your parents, coaches and teammates -You won't have to worry about your punishment because one of your coaches will probably kill you!

Practice

Mandatory pre-season practice starts 2 weeks before school begins in August and the time may vary. Mandatory school practice is 5 days a week from 3:15 to 6:00. A player may not miss practice because of homework or club meetings. Excused absences from practice are illness, doctor's appointment, and teacher's appointment. You must provide a note. At practice you swim for an hour, have dry land practice for an hour, and then you practice your water polo skills for an hour.

About The Game

Buses take the players to the away games. For the games after school, the players leave school early, so be sure to contact your teachers about work missed. The team wears similar outfits for that day and you must have your things packed to play. (make sure your nails are clipped). You must be at a game 1 hour before the game, that way the players can get in and warm up.

Now about the game, there are 14 players in the water. Six on the field (in the water) for each team and one goalie per team. The positions are goalkeeper, point, flats, wings and hole defender. There are four seven-minute quarters with two-minutes in-between each (times may vary). The coaches can substitute after a goal, during an ejection or in-between quarters. There is a 35-second shot clock, which means each team has 35-seconds to score a goal. You score a goal by throwing or pushing the ball past the goal face. The players line up along the wall, the referee blows the whistle and both teams sprint to the ball. The team that is the fastest gets possession of the ball first. You can dribble the ball, or swim with it, pass the ball to teammates or shoot the ball at the goal. Ordinary fouls are two handed touch, ball under (the water), tackling the other team that doesn't have the ball, touching the bottom when you have the ball and stalling with the ball. The other team gets a free throw after the referee blows his whistle. Any misconduct worse than that, the player will be kicked out for 25-seconds. If you have 3 kick outs before the end of the game, you are automatically kicked out of the game. The details of the game you will learn from experience.

Team Spirit

On the day before a water polo game, the seniors on the team decide what the team is going to wear for game day. The girls and boys teams each wear the similar outfits to foster a sense of team unity.

The teams have a tradition of meeting for breakfast before school on game days.

Pack in Bag

This is a list to help players with packing your bag. It is just some of the items you need, feel free to add what ever you want.

- Suits
- Towel
- Swim Cap- blue and white(girls)
- Goggles
- Mouthguard
- Deckshoes
- Deck clothes (shorts and T-shirt)
- Brush
- Personal items
- Clippers for nails
- Food
- Drinks

Good Foods and Drinks

I made a list of some of the foods and drinks that the team has eaten before and after games in the past. If you think of any other items, go ahead and write them down.

Drinks

- Water
- Sport Drinks
- Juices

Foods

- Powerbars
- bagels
- crackers
- fruits
- pasta
- Candy
- Salad
- Sandwiches

Fitting Everything In

1. If you know you're going to miss class due to a game, ask the teacher what you're going to miss. Get your homework ahead of time and do it during study halls, on the bus, or in-between games. It also helps if you know someone that would be willing to share his or her notes.
2. Eat right to keep your energy up. Stay hydrated by drinking plenty of fluids. Get plenty of rest by going to bed early.
3. If you have a job, try and take a leave of absence during the season.

CV Water Polo Picnic

At the beginning of the season during the summer right before school, the team and their parents get together. Parents bring food to share and sign up for many things to help the team including paying booster club dues. The team decides on the suit and shirt for the season. Everybody gets to meet the team members and coaches.

Senior Recognition

At CV's last home game, we have senior recognition. That is where the seniors are called up one by one and get flowers, balloons, and a picture taken with their parents. The rest of the players stand near the side of the pool and congratulate them.

Pasta Dinner

The Girls and Boys teams usually have a pasta dinner. It is generally the week prior to States to get the players pumped up. The senior parents host the party and provide the main dishes and the underclassmen all contribute.

CV Water Polo Banquet

The CV water polo banquet is traditionally held at Allenberry Resort in Boiling Springs, post season in November, and the dinner is buffet style. The night starts with mingling, dinner, speeches, awards and the slideshow and presentation of the yearbooks.

Alumni Game

Every year around the holiday season, CV holds a water polo game. It is not mandatory, the teams are split into two, current players, alumni players and coaches. Many people show up including players, parents and alumni to see who will win. It is a lot of fun and a good challenge for the current CV players. To find out the date and time, the coach will let you know, just ask or it will be sent out via email.

Winter, Spring, and Summer Water Polo Season

Yes, you can play water polo year round. It is good to keep the players in shape and improve their skills. For the winter/spring season, AWP members may travel to Villanova on the weekend to play some games in the American Water Polo League. Parents must provide the transportation to Villanova. For days, times, fees and directions, watch your email for a notice in January or February. There are also opportunities to play through USA Water Polo if you are a member. Contact the Coaching staff for additional information. The summer water polo schedule is available through the community Aquatic program's Spring/Summer Flyer. It is generally twice a week June through July. The fall mandatory pre-season training starts two weeks before school.