

Water Polo Staff

Varsity Head Coach

Spencer Sanders

Varsity Asst. Coach

Natalie Wolterink

JV Head Coach

Leah Schipper

- ❑ Direct all water polo related emails to Spencer
 - ❑ ssanders@jpsonline.org
 - ❑ I will try to respond within 24 hours (exception of weekends)

Water Polo Background

Spencer Sanders

- ❑ Been involved with water polo for ~20 years
- ❑ Played 4 years at Jenison, graduating in 2007
 - ❑ Coached JJHS polo as a Junior & Senior
- ❑ Attended Michigan State University
 - ❑ Played from 2007-2010
 - ❑ 4x Big Ten Championships
 - ❑ Never lost to Michigan
 - ❑ 2008 National Champions
- ❑ Started coaching at Jenison again in 2015
 - ❑ 2015: JJHS girls coach
 - ❑ 2016-20: JHS Women's JV Head Coach
 - ❑ 2017-21: JHS Men's Varsity Head Coach
- ❑ Head coach for GVSU Men's Water Polo from 2015-16
 - ❑ Coach of the Year (CWPA - Great Lakes Division) in 2015 & 2016

Season Information

- ❑ All athletes must have their **physical** turned into the athletic office prior to the first practice
 - ❑ Pay to Play fee
- ❑ Athletes need to be signed up in Final Forms
- ❑ Team schedule can be found on the pool website
 - ❑ jenisonaquatics.org → JPS Sports → HS Women's H2O Polo
 - ❑ Both JV and Varsity schedules
 - ❑ Discrepancies / Questions / Etc. → Email Spencer
- ❑ Check the pool calendar regularly for updates
 - ❑ Recommended: Every Sunday

Team Guidelines

- ❑ **Athletes** will represent themselves, Jenison High School, and Jenison Water Polo in a positive manner at all times.
- ❑ **Parents** will represent themselves, Jenison High School, and Jenison Water Polo in a positive manner at all times.
- ❑ **Coaches** will represent themselves, Jenison High School, and Jenison Water Polo in a positive manner at all times.

Practice Guidelines

- ❑ Follow instructions from seniors, captains, and coaches at all times.
- ❑ Respect the pool facility/equipment, teammates, and yourself
 - ❑ Respect every facility we visit, along with the players, coaches, officials, and parents.
- ❑ Be at EVERY practice ON TIME
 - ❑ Even more important this season
- ❑ Bring a desire to improve as an individual, and collectively as a team
 - ❑ 100% Effort
 - ❑ 100% Focus
- ❑ Warm-up/stretch/play - **as a team**
- ❑ **JENISON PRIDE**

Practice Information

- ❑ Practices are MANDATORY.
 - ❑ Will begin at **4:30 PM** on most days
 - ❑ Times may will change depending on:
 - ❑ Junior High practices (rarely, if ever)
 - ❑ Other pool conflicts
- ❑ If you are late (excused) - you must bring a note!
- ❑ Check the pool calendar regularly for updates
 - ❑ Spencer will send out email updates for any significant changes
 - ❑ Game schedule/time changes

Excused vs. Unexcused Absences

Excused

- ❑ School related (test, help from teacher)
 - ❑ Must have a note!
- ❑ Appointment
 - ❑ Must have a note!
- ❑ Sick
 - ❑ Email Spencer
- ❑ Weddings/Funerals/Etc.
- ❑ May affect playing time (depending on what was missed @ practice)
 - ❑ **Avoid** missing practice if possible!

Unexcused

- ❑ Pretty much anything other than what's listed under excused absences
- ❑ Consequences
 - ❑ 1st: warning + miss next game
 - ❑ 2nd: miss next game + meet with head coach
 - ❑ 3rd: possible dismissal from team

Playing Time

- ❑ Junior Varsity:
 - ❑ Will try to play everyone, but playing time is not guaranteed
 - ❑ Emphasis on developing quality players → prepared to compete at the Varsity level
 - ❑ Will compete to win games
- ❑ Varsity:
 - ❑ Playing time is earned, nothing is guaranteed
 - ❑ Performance at practice + games
 - ❑ Emphasis on winning, individual + team improvement, promoting positive growth through sport
- ❑ Tournament rosters may vary

Spectator Sportsmanship*

**If applicable*

- ❑ Let the coaches coach, players play, officials officiate
- ❑ Coaches will deal with officials
 - ❑ Coaches not throwing up arms/yelling → the call was good (regardless of team)
 - ❑ YOU are most likely watching your child every second of the game. Officials have to watch 14 players at a time + make immediate calls
- ❑ **Support the athletes and stay positive, even at the hardest times.**
 - ❑ Thank you for being “Jenison”
- ❑ If you'd like a 'rules' meeting → send an email to schedule

Team Expectations

- ❑ Participation in interscholastic athletics is a privilege, not a right!
 - ❑ Respect yourself, your **teammates**, your coaches, and your facility.
 - ❑ Respect our opponents, their coaches, and their facility.
 - ❑ **TEAM comes first**
 - ❑ Team goals
 - ❑ Individual goals
 - ❑ Communication between player and coach is crucial for success
 - ❑ Any concerns that cannot be handled between the athletes should be addressed to the coaches first, and if a resolution is not found parents will be brought in.
 - ❑ Always stay positive
 - ❑ Always build up and support your teammates
 - ❑ Work hard and stay mentally tough
 - ❑ Seniors + Captains
 - ❑ Leaders in and out of the pool
 - ❑ High expectations

Games & Tournaments

- ❑ We will travel to and from all **dual games** on a bus.
 - ❑ This is mandatory for all sports
 - ❑ Friday tournaments – DROP OFF ONLY
 - ❑ Saturday tournaments – DROP OFF ONLY
- ❑ Varsity will watch JV games when not warming up. JV will stay and watch Varsity games.
 - ❑ No exceptions
 - ❑ No cell phones
 - ❑ JV is always at 6:00 PM - unless otherwise noted
 - ❑ Varsity is always at 7:00 PM - unless otherwise noted

Team Uniform

- ❑ Suits + Shirts: More information to come (any info from seniors)
- ❑ Caps will be distributed.
 - ❑ Your daughter will receive, at a minimum, a green cap & a white cap. They must be returned in good condition at the end of the season or it will cost \$50 per item to replace it. Please protect the uniform you were given by JPS.
 - ❑ Swim Caps
 - ❑ White for white caps
 - ❑ Black/Green for dark caps
 - ❑ Red for Goalies
- ❑ Game Days
 - ❑ Dress for AWAY / HOME games - TBD
 - ❑ Tournament apparel is TBD

Additional Information

- ❑ SEASON FEE:
 - ❑ \$ will be collected per athlete to cover any suit/shirt/paper product expenses
- ❑ MEALS:
 - ❑ Will need to discuss tournament meals
 - ❑ May not need them - provide snacks?
- ❑ NO dual game meals
- ❑ CONCESSIONS:
 - ❑ Every athlete/family is responsible for covering two concessions shifts
- ❑ HOSPITALITY:
 - ❑ One home tournament - Sat. March 25. More info soon!
- ❑ Booster Reps:
 - ❑ Need one to represent both JV & V water polo
 - ❑ Will need to attend monthly booster meetings

Schedule

- ❑ Practices (times subject to change)
 - ❑ ~ 4:00 - 6:30 PM, or 4:30 - 7:00 PM
 - ❑ Varsity & JV @ same time
 - ❑ Morning practice - as needed
- ❑ Dual Games
 - ❑ Tuesdays & Thursdays
- ❑ Busy Spring!
 - ❑ 10 dual games
 - ❑ Tournaments almost every weekend
 - ❑ 5 Varsity (EGR, Jenison, Grand Haven, Hud/Zee, & East Kentwood)
 - ❑ 1 JV **ONLY** (April 14/15 @ Rockford)
 - ❑ Hopefully more opportunities as the season progresses
 - ❑ JV welcome to attend Varsity tournaments, playing time not guaranteed
 - ❑ Total: ~25-30 total games this spring
- ❑ Senior Night:
 - ❑ Home vs. Grandville - Thursday May 4

Postseason

- ❑ Districts
 - ❑ May 12-13 @ Portage
 - ❑ Seeding depends on regular season dual game record against district teams
 - ❑ District 1: Grandville, Jenison, Hudsonville, Grand Haven, West Ottawa, Zeeland, Portage
 - ❑ Top 4 teams advance to Regionals
- ❑ Regionals
 - ❑ May 19-20 @ East Kentwood
 - ❑ Top 4 teams advance to State
 - ❑ Win game on Friday = qualify for State
- ❑ State
 - ❑ June 2-3 @ Hudsonville
 - ❑ Win game on Friday = automatic top 4 finish
- ❑ All JV players will be invited to continue on with the Varsity team after the conclusion of the regular season.

Add'l Information About this Spring

- ❑ Reminder - New(er) Rules
 - ❑ Link on team page
 - ❑ [Michigan Water Polo Rules Updates Fall 2020 with Brent Augustine - MWPA Director of Officials](#)
 - ❑ Will post a link to this on team website
- ❑ Spring Break
 - ❑ Hit the ground running once we come back (game following Tuesday)
 - ❑ If you're staying in Jenison - we will hopefully have a few shootarounds @ the pool