



## 2007-2008 STANFORD WATER POLO CLUB WINTER SEASON

### Girls Program

#### Club Philosophy:

Stanford Water Polo is a United States Water Polo, Inc. affiliated club. We intend for our club to be nationally prominent by developing novice through elite players. Although we emphasize enjoyment of the sport, we expect a high level of commitment and professionalism from all who are involved. Our philosophy is to have complete integration of all players based on a solid fundamental foundation from which the players can move successfully to higher levels of the sport. Everyone plays the same system, with adjustments based on age and ability. It is our belief that strict safety and conduct guidelines, structured training, and team-oriented focus lead to an environment where people learn and grow.

#### Mandatory First Meeting:

Thursday, November 28, at 7:00 pm at the Stanford's Avery Aquatic Center. This is for parents and athletes. It will last no more than 30 minutes. Order forms for new Nike gear (sweats, backpacks, suits) will be available.

#### Sign-ups:

Pre-registration is mandatory. Please mail the form, tournament availability form and fee by Nov 24<sup>th</sup> to ensure delivery. Dues include Winter League entry fees, long sleeve club shirt, pool rent and coaches fees. There will be a \$25 late fee for registrations taken Dec 5, **if space is available**.

#### United States Water Polo:

All athletes must be registered with U.S.A. Water Polo for **2008. Sign up or Renew your membership TODAY.** Register online at [www.usawaterpolo.org](http://www.usawaterpolo.org). *If you belong to a different club you need to transfer your membership, you can do this online as well.*

Club # 570 - Stanford Water Polo Foundation

Zone - Pacific

#### Coaching Staff:

John Tanner - Head Women's Water Polo Coach, Stanford University

Susan Ortwein - Assistant Women's Water Polo Coach, Stanford University

Kyle Utsumi - U.S. Junior National Team Head Coach, Associate Head Coach Stanford Water Polo

Craig Rosenberg - Associate Head Coach Stanford Water Polo

Ted Minnis- Castilleja Head Coach and Stanford Age Group Coach

Cory Olcott - Paly Head Coach and Stanford Age Group Coach

Jenny Booth - Menlo Girls Head Coach, Stanford club alum

Travis Wyckoff - Presentation High School Head Coach, Former Head Coach Santa Clara Univ.

Lindsey Bacolini - Former club player

Jackie Reiter - Former club player, Menlo Asst. Coach

Andy Sikic - Second stint as Stanford Age Group Coach

#### Winter Format:

The goal of winter water polo is to help players build and broaden their technical skills and provide frequent competitive opportunities. Each practice session will focus on a primary skill or position area. Goalies will work on a specific goalkeeping skill area each workout. As with all our training, we will have two coaches on deck at each workout.

## **MIOCRO & AGE GROUP PROGRAM**

Micros & Age Group will begin on Wednesday, December 5<sup>th</sup>. *(notice there is a break for the holidays)*

<b>Group</b>	<b>Description</b>	<b>Workout Time &amp; Dates Dec 5-20 &amp; Jan 7-31</b>	<b>Dues</b>
<b>Micros</b>	7-11 yr olds, some 12 yr olds. (New 6 <sup>th</sup> graders and younger)	Mon & Wed 5:30-6:45 pm @ Menlo	\$235
<b>Age Group</b>	7 <sup>th</sup> and 8 <sup>th</sup> graders & all 6 <sup>th</sup> graders with over 1 year experience	Mon & Wed 6:30-8:30 pm @ Menlo	\$310

## **HIGH SCHOOL PROGRAM**

High School workouts will begin on Wednesday, December 5<sup>th</sup>. *(notice there is a break for the holidays)*

The high school program will consist of two parts:

- 1) water polo session and 2) conditioning/dryland session.

You may choose to do water polo and conditioning/dryland or just water polo.

<b>Activity</b>	<b>Workout Dates Dec 5-20 &amp; Jan 7-31</b>	<b>Workout Time &amp; Location</b>	<b>Dues</b>
Water Polo	Starts Dec 6th	Tue & Thur 6:15-8:15 pm at Stanford	\$360
Conditioning / Dryland	Starts Dec 5th	Mon & Wed Final time TBD. 1 hour between 4:30-6:30 pm at Stanford.	\$140

Please make checks payable to **TWPC** (Tanner Water Polo Corp).

## **COMPETITION DATES:**

- 1) Winter League

December 15-16

January 12-13

January 19-20

February 2-3

Saturdays – Open and 10<sup>th</sup> grade/under (16s)

Sundays – 12<sup>th</sup> (18s), 8<sup>th</sup>& 6<sup>th</sup> grade/unders (14s, 12s)

- 2) Two high school teams will be selected to compete in Vancouver, BC, Canada, January 25-27, 2008.

**Questions:** See our website at: **[www.stanfordwaterpolo.com](http://www.stanfordwaterpolo.com)**

Contact Kyle Utsumi at [kyle@stanfordwaterpolo.com](mailto:kyle@stanfordwaterpolo.com) or 650-207-3217

TWPC, PO Box 19620, Stanford, CA 94309

**Club Participation Policy** – please see the website for rules regarding players playing on high school teams.

**Attendance Policy**- in order to compete in weekend tournaments, you must attend 75% of water polo workouts since the preceding tournament.