

# SPRING 2010 GIRLS AGE GROUP WATER POLO PROGRAM



## Club Philosophy

The Stanford Water Polo club is a coach-run United States Water Polo (USAWP) affiliated club. We sustain national prominence by developing novice through elite players. While we emphasize enjoyment of the sport, we also expect a high level of commitment and professionalism from all who are involved.

Everyone on our club plays the same system of water polo. Our philosophy is to have complete integration of all players based on a solid fundamental foundation from which players can move successfully to higher levels in the sport. Each group does the same workout with adjustments based on age and ability. Strict safety and conduct guidelines, structured training, and team-oriented focus lead to an environment where people learn and grow. In this context of strong leadership and discipline, water polo builds physical fitness, character, teamwork and responsibility.

## GENERAL INFORMATION

### Age Group Program-

The program is geared toward players in 7<sup>th</sup> & 8<sup>th</sup> grade at all levels- **beginning, intermediate and advanced** - as well as experienced 6<sup>th</sup> graders. Children with strong swimming skills are welcomed. Athletes will compete in the Pacific Zone Spring League competing against other teams on the peninsula and the east bay.

**Junior Water Polo** – New players born in 1998 and all players in 5<sup>th</sup> grade and younger (11/unders).

The program is geared toward younger players that want to learn and have fun and involves intra-club competition. Children with swimming skills can begin as young as seven years old. Information and registration for the Jr. Polo will be posted separately.

### Spring Format

The goal of the spring session is to improve swim skills and conditioning, to reinforce water polo fundamentals and to introduce team tactics which will be used by the summer age group teams. Mon & Wed are water polo training and Thursdays will be primarily swim conditioning. Currently it is the high school swim season and our program is set up to mirror their season. This means that the swimming is to help condition the athletes for the summer, just like the high schoolers.

For those that compete on a competitive swim team on the non-water polo days, there is a lower fee. Our Spring program is one program, you can not choose water polo or swimming. Again the only exception is those who train regularly on a competitive swim team.

### Sign-Ups

**Pre-registration is recommended.** Please mail the form and fee by Feb. 22nd to ensure delivery. Otherwise registration will be accepted during the pre-workout meeting on Monday, March 1st, if space is available.

### Mandatory First Meeting

Monday, March 1, at Stanford at 6:15 pm. We would like parents and athletes to attend as we will be detailing the objectives of the spring session. The meeting will last less than 30 minutes. **We will get in and train after that meeting. Pre-Registration is recommended.** Registration will be between 5:45-6:15 and will continue following the meeting if space is available.

### U.S. Water Polo Membership

Athletes must be registered with USA Water Polo, our National Governing Body, for 2010. Please go online to register at <https://webpoint.usawaterpolo.org> under "Join USA Water Polo" (marked in red on the left). Athletes must be at least "Silver" members. If you want to be considered for JOs you must be Gold. Stanford Water Polo Foundation is club #570 and is in the Pacific Zone.

## **WORKOUT GROUPS and DUES**

Workouts run Monday, March 1, through Thursday, April 15th. A selected group will train one additional week and travel to the Commerce Tournament (see below).

<b>Group</b>	<b>Age / Grade / Ability</b>	<b>Mondays &amp; Wednesday</b>	<b>Thursdays</b>	<b>Dues</b>
Age Group	Born 1996-1998 (12 – 14 yr. olds)	6:15-8:15 pm at Stanford	6:30-7:45 pm at Stanford	\$380
Jr. Polo	Born 1998 or later (11/unders)		See website for Jr Polo registration form and information	

## **COMPETITION INFORMATION**

### **Competition for Age Group**

We will enter the Pacific Zone Spring League. Dates are Sundays:  
March 14, March 28, April 11, & 18. Locations TBA

April 24-25 – Commerce Girls Invite

This tournament will be limited in athletes and will have a separate trip fee (airfare, hotel, etc). Departure will be Friday, April 23, after school, return is Sunday, April 25. These athletes will have workouts the week of April 19th. The travel team will be posted on the website by Friday, April 2.

**Please complete the tournament availability portion on the registration form. This is necessary in order to know how many teams to enter in the Spring League and to ensure lots of playing time for all athletes. Everyone who can attend will be placed on a team.**

For more information, visit our club website at <http://www.stanfordwaterpolo.com> or contact Kyle Utsumi at 650-605-3217 or [kyle@stanfordwaterpolo.com](mailto:kyle@stanfordwaterpolo.com).

### **Team Rules:**

1. Be on time- arrive at the pool 10 minutes before the pre-workout meeting, earlier if you need to stretch. Be picked up on time (see late pick up fees under policies on the website)
2. At any time you are involved in any club related activities (practice, competition, barbeque, travel) you are representing the entire club, your family and yourself. As such, you are expected to conduct yourself in a mature manner- no foul language, poor sportsmanship, arguing with coaches, referees or other officials.
3. Be respectful of all facilities used by the club, whether for training or competition.
4. Alcohol, drug or tobacco use will not be tolerated.
5. Safety rules: a. enter the pool feet first b. no pushing or running on the pool deck
6. Contact your coach if you will be absent from or late to practice.

# 2010 STANFORD SPRING WATER POLO – GIRLS REGISTRATION FORM

## ATHLETE INFORMATION

1. \_\_\_\_\_

Player's Name	Birthdate	Age
Player's email (if applicable, <i>family email below</i> )	School	Grade in 09-10 year
USWP # and expiration date _____	Known Allergies _____	

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## PARENT INFORMATION

Parent(s) Name	Home Phone #	Emergency Phone #
Family Address	City	Zip
Family Email	Parent/Guardian's Signature	Date

The above signed, in accepting the right to participate in the Stanford Water Polo Spring Program and activities, waives all rights and claims for injuries or damages for negligence or otherwise, against Stanford University, Stanford Women's Water Polo Endowment Fund, Tanner Water Polo Corporation, their agents, servants, directors and employees by reason of participation in these activities and programs of the Stanford Female Water Polo Program.

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**SPRING LEAGUE AVAILABILITY** My daughter will be available to compete on the following days:  
Please look at your Spring Break calendar when completing this form.

1) <b>March 14</b>	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO	2) <b>March 28</b>	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
3) <b>April 11</b>	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO	4) <b>April 18</b>	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
If selected, can you attend the Commerce Tournament (Apr 24-25):						<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
When is your daughter's Spring Break? _____									
Do you plan on being away during this time, if so approx. which days? _____									

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**Please make your check payable to: TWPC (Tanner Water Polo Corporation)**  
**\$380 for first child (a reduction is available for additional daughters for \$350)**

**\*\* ONLY if your daughter swims for a competitive swim team and will be training with her team on Thursdays your fee is (\$320)**  
What swim team does your daughter swim for? \_\_\_\_\_  
On Mondays we will ask them to bring a copy of their workout they did the prior Thursday

Please mail this registration form and your payment to: **Tanner Water Polo Corp.**  
**PO Box 19620**  
**Stanford, CA 94309**

*Pre-Registration is recommended.*  
*If not mailed by Feb 22nd please complete registration form and bring it to the first workout*