

SPRING 2012 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 6th, 7th & 8th grade at all levels- **beginning, intermediate and advanced**. 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 3rd- 5th 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.

A \$25 late fee will be assessed for registrations mailed or taken after Feb 17th .

Registration will be accepted during the pre-workout meeting on Wednesday, Feb 22nd.

First Meeting & Workout

Wednesday, Feb 22, 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.

U.S. Water Polo Membership

Athletes must be registered with USA Water Polo, our National Governing Body, for 2012. Please go online to register at <https://webpoint.usawaterpolo.org> under "Join USA Water Polo". Athletes should be Gold members.

Stanford Water Polo Foundation is club #570, in the Pacific Zone.

WORKOUT GROUPS and DUES

Workouts run Wednesday, Feb 22, through Thursday, April 26th .

Group	Age / Grade / Ability	Mondays & Wednesday	Thursdays	Dues
Age Group	6 th -8 th graders	6:15-8:15 pm water polo at Stanford	6:00-7:15 pm swimming at Sacred Heart Prep	\$425 (if mailed by Feb 17 th)
Jr. Polo (starts Feb 27)	3 rd -5 th graders	5:30-6:45 pm at Roble Gym pool on Stanford campus	See website for Jr Polo registration form and information	

COMPETITION INFORMATION

Competition for Age Group

We will enter the Pacific Zone Girl's Spring League. Dates are Sundays: March 4, 25, April 15, & 22. Locations TBA

Please complete the tournament availability google spreadsheet link that will be posted on this site next week. 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 650-207-3217 or 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.

2012 STANFORD SPRING WATER POLO – GIRLS REGISTRATION FORM

ATHLETE INFORMATION

Player's Name		Birthdate	Age	School
Grade in 11-12	USWP #	Expiration date	Membership level (gold/silver)	Athlete's email address <i>(family email below)</i>
Known Allergies				

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, Palo Alto Unified School District, Palo Alto H.S., Gunn H.S., Sacred Heart School, Sacred Heart Prep, their agents, servants, directors and employees by reason of participation in these activities and programs of the Stanford Female Water Polo Program.

Please make your check payable to: TWPC (Tanner Water Polo Corporation)

Early Reg - \$425 if mailed by Feb 17 (for first daughter - a reduction is available for additional daughters for \$350)

Regular Reg - \$450 if mailed after Feb 17 or brought to the first meeting (\$370 for 2nd daughter)

**** ONLY if your daughter swims for a competitive swim team and will be training with her team on Thursdays your fee is (\$375)**

What swim team does your daughter swim for? _____

**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 17th please complete registration form and bring it to the first workout