

WEDGWOOD/SAND POINT
WATER
POLO



2010

Welcome to Wedgwood/Sand Point Water Polo 2010

Welcome!

Water Polo is a fun and exciting sport for boys and girls of all ages. Most kids who try it are hooked for life. It was one of the first Olympic sports and has a long history as a professional sport throughout the world, especially in Europe. The Seattle Summer Water Polo League is established at seven of the eight Northern Division clubs including Aqua Club, Blue Ridge, Innis Arden, Klahaya, Sheridan Beach, View Ridge, and Wedgwood. Southern Division clubs are also rapidly developing with teams established at Arbor Heights, Kent Marine Hills, and Olympic View. A parallel league exists on the eastside of Lake Washington, called Midlakes Water Polo League.

Wedgwood Water Polo has had teams since the mid '90s and is in the process of reestablishing itself within the league. At this point, (2010) Wedgwood is offering team play for ages 12 and under and 13 and up. If necessary, practices and league play will be co-ed. While boys and girls often practice together, boys are not allowed to play in official girls tournament games. However, girls are allowed to play in boys' tournament games at the coaches discretion. Should there be enough interest and participation, the league actually offers game play competition for 10U, 12U, 14U and 18U for both boys and girls. Whatever your age, girl or boy, this is a fun, athletic sport.

Eligibility at Wedgwood

Age Eligibility: Wedgwood members between the ages of 7 and 18 as of June 15 are eligible to play on our team. Non-members also may join, as long as they do not belong to a pool that has its own water polo club (e.g., Sand Point CC). Age groups are determined in the same manner as summer swim team – i.e., participant's age on June 15. Age 8 and under players are encouraged to play but may find their size and speed make it slightly more difficult.

A Water Polo League Participation Waiver must be signed and returned to the Pool Office to be able to participate! (*see attached*)

League and Team Philosophy:

The Seattle Summer Water Polo League was started by a very dedicated group of people that promote the game for their sheer love of the sport. Most notably, the growth and success of the league is due to the tireless efforts of Stan "Doc" Zimmer, former University of Washington Men's Water Polo Coach. Nearly all the coaches and referees have known each other for years and many have played water polo in college at some point. All of us are committed to coaching and want to see water polo develop as a legitimate sport throughout the entire Northwest. The league wants to provide as much water polo playing opportunity for as many kids as possible in the Seattle area. The basic league and team philosophy can be summed up like this:

1. Have fun!

Water Polo is fun...mix the best elements of basketball, soccer, and hockey and just add water! It allows for the development of individual skills while retaining the elements of teamwork, camaraderie, and sportsmanship.

2. Play hard!

Water Polo is a competitive sport with a league championship at the end. We do not play to win games, however we hope that all athletes will come to understand that doing your best is more important than winning or losing. True athletes love a challenge, and always winning probably means that you aren't really challenging yourself. Learning to be a good, gracious loser or winner and respecting your opponents is an extremely important part of the game. Win or lose, we encourage kids to play their best and that's all that really matters.

3. Play Safe!

Accidents happen. A stray elbow might find its unintended mark just like in basketball or soccer, but water is still a much more forgiving playing field than a hardwood court or a hard dirt field. We all strive to play as safely as possible by avoiding reckless play and controlling our tempers. All games have referees who have the authority to calm down a game that seems to be getting too rough. Unnecessary aggression, rude behavior, and lost tempers will result in exclusion from a game. Coaches will remove players for a "cooling off" period if necessary. Again, the ultimate goal is to have fun.

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SCHEDULE

Practices:

July:

Monday and Wednesdays 9 – 10 p.m. for all ages

Beginning August 4:

Monday-Thursday

8:30 am – 9:30 a.m. for 13 and over

12:00- 12:55 a.m. for 12 and under

Games: The older age-groups (14 & under, 18 & under) play Tuesday and Thursday evenings and the younger groups play on Friday mornings.

Each Sunday, the weekly game schedule will be posted on the league website and we will send out an email letting everyone know when, where, and what time the games will be. You can count on games being between 6-9 p.m. for the older kids and 9-12 a.m. for the younger kids. The schedule is not set sooner because some weeks, clubs can field certain teams and other weeks they cannot (vacations, camps, etc.). So, the schedule has to adapt to these changes.

League Website: <http://www.northwestwaterpolo.com/SSSL/>