

# Puget Sound Polo

## Girls HS Fall Session 2022

This fall Puget Sound Polo is offering a program for all high school girls at Curtis High School.

### **High School Girls Fall Program (girls grades 7<sup>th</sup>-12<sup>th</sup>)**

Our fall girls program is designed for athletes who would like to continue developing as a water polo player during the fall. Most of our Lady Pirates are participating in high school girls swim team, which Puget Sound Polo fully supports. This small club session is an avenue for girls who want to keep a ball in their hand and continue their development during the fall. The focus of these eight practices will be scrimmage based. One area that our athletes lack is game experience. This eight practice session will provide unique game experiences with a lot of scrimmage opportunities for our athletes. Girls will be able to incorporate a specific skill taught each week into the scrimmage.

#### **Practices will follow the plan listed below:**

\*5 Minute Warm-up, \*15 Minute Passing, \*40 Minute Specific Skill Taught, \*60 Minute Scrimmage

**Practice Fee:** 125.00 dollars for the 8 practice session. PSP does not prorate practices. Those who sign up are required to pay the full cost. Submit payment online:

<https://www.pugetsoundpolo.com/make-a-payment>

**Registration forms are online:** Visit: <https://www.pugetsoundpolo.com/join-now>

Note: Registration should be completed prior to the athlete's first practice. Payment is due before or on September 10<sup>th</sup>. New registration is required every September.

All athletes must be current USA Water Polo Members to participate in any Puget Sound Polo high school program. Athletes can sign up for USA Water Polo at [www.usawaterpolo.org](http://www.usawaterpolo.org). We are club 64, Puget Sound Polo. Athletes need to be signed up for at least Bronze Membership. Polo registration expires every December 31<sup>st</sup>. Those that participated in our 2022 Summer Session are currently registered.

#### **2022 Fall Girls Scrimmage Dates and Times:**

- Saturday, September 10<sup>th</sup> 6:30pm-8:30pm @ Curtis HS
- Saturday, September 17<sup>th</sup> 1:30pm-3:30pm @ Curtis HS
- Saturday, September 24<sup>th</sup> 1:30pm-3:30pm @ Curtis HS
- Saturday, October 1<sup>st</sup> 1:30pm-3:30pm @ Curtis HS
- Saturday, October 9<sup>th</sup> 4:00pm-6:00pm @ Curtis HS
- Saturday, October 22<sup>nd</sup> 1:30pm-3:30pm @ Curtis HS
- Sunday, October 30<sup>th</sup> 1:30pm-3:30pm @ Curtis HS
- Saturday, November 5<sup>th</sup> 1:30pm-3:30pm @ Curtis HS

#### **Questions?**

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