

Puget Sound Polo

Girls HS Fall Session 2023

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 7th-12th)

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 and encourages. 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 ten 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, *10 Minute Passing, *30 Minute Specific Skill Taught, *45 Minute Scrimmage

Practice Fee: \$155.00 dollars for the 10 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 10th. 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. We are club 64, Puget Sound Polo. Athletes need to be signed up for at least Bronze Membership. Polo registration expires every December 31st. Those that participated in our 2022 Summer Session are currently registered.

2022 Fall Girls Scrimmage Dates and Times:

• Sunday, September 10 th	6:30pm-8:00pm @ Curtis	• Sunday, October 15 th	6:30pm-8:00pm @ Curtis
• Sunday, September 17 th	6:30pm-8:00pm @ Curtis	• Sunday, October 22 nd	6:30pm-8:00pm @ Curtis
• Sunday, September 24 th	6:30pm -8:00pm @ Lakes	• Sunday, October 29 th	6:30pm-8:00pm @ Curtis
• Sunday, October 1 st	6:30pm -8:00pm @ Lakes	• Sunday, November 5 th	6:30pm-8:00pm @ Curtis
• Sunday, October 8 th	6:30pm-8:00pm @ Curtis	• Sunday, November 12 th	6:30pm-8:00pm @ Curtis

Questions?

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