

Puget Sound Polo

Girls HS Winter Session 2023-2024

High School Girls Winter Program (Girls grades 7th-12th)

Our winters girls' program is designed for athletes who would like to continue developing as a water polo player, specifically for those girls looking to get in shape for the upcoming high school seasons. All girls who are considering playing for a Junior Olympic team should turn out, including those athletes who are in 7th grade and want to participate on the PSP 14U Team. The winter program will focus on teaching fundamentals: passing, shooting, body positioning, as well as specific water polo positions (goalie, center forward, 2-meter defender, attacker, driver, etc.)

Practice Fee: \$335.00 dollars for the entire practice session. PSP does not prorate practices. Those who sign up are required to pay the full cost.

Payment Link:

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

Click Girls HS 23-24 Winter Session button

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 November 18th. New registration is required every Fall/Winter. Athletes who participated in our fall polo program (or already completed registration forms this school year) do not need to register.

USA Water Polo Membership Required:

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. If you plan to try out for the Junior Olympic Team, you will need GOLD level membership. Starting January 1st, ALL ATHLETES 18 and older will be required to do Safe Sport Training as well.

Junior Olympic Team Try Outs will be held in January, more information will be available soon.

Questions?

Coach Wallen Cell: 253-365-5667 email: mikewallen@gmail.com
Coach Hacker Cell: 253-720-3265 email: hackeralex17@gmail.com

2023-24 Fall Girls Practice Dates/Times/Location:

Saturday, November 18 th	7:00-8:45am	Rogers HS
Saturday, November 25 th	7:00-8:45am	Rogers HS
Monday, November 27 th	6:00-8:00pm	Lakes HS
Wednesday, November 29 th	6:00-8:00pm	Lakes HS
Saturday, December 2 nd	7:00-8:45am	Rogers HS
Monday, December 4 th	6:00-8:00pm	Lakes HS
Wednesday, December 6 th	6:00-8:00pm	Lakes HS
Saturday, December 9 th	7:00-8:45am	Rogers HS
Monday, December 11 th	6:00-8:00pm	Lakes HS
Wednesday, December 13 th	6:00-8:00pm	Lakes HS
Monday, December 18 th	6:00-8:00pm	Lakes HS
Wednesday, December 20 th	6:00-8:00pm	Lakes HS
Saturday, January 6 th	7:00-8:45am	Rogers HS
Monday, January 8 th	6:00-8:00pm	Lakes HS
Wednesday, January 10 th	6:00-8:00pm	Lakes HS
Saturday, January 13 th	7:00-8:45am	Rogers HS
Monday, January 15 th	6:00-8:00pm	Lakes HS
Wednesday, January 17 th	6:00-8:00pm	Lakes HS
Monday, January 22 nd	6:00-8:00pm	Lakes HS
Wednesday, January 24 th	6:00-8:00pm	Lakes HS
Saturday, January 27 th	7:00-8:45am	Rogers HS
Monday, January 29 th	6:00-8:00pm	Lakes HS
Wednesday, January 31 st	6:00-8:00pm	Lakes HS
Saturday, February 3 rd	7:00-8:45am	Rogers HS
Monday, February 5 th	6:00-8:00pm	Lakes HS
Wednesday, February 7 th	6:00-8:00pm	Lakes HS
Saturday, February 10 th	7:00-8:45am	Rogers HS
Monday, February 12 th	6:00-8:00pm	Lakes HS
Wednesday, February 14 th	6:00-8:00pm	Lakes HS

TOURNAMENTS

These will be open for athletes to sign up to play in (Cost TBD):

December 16-17th Jingle Bell Splash @ Rogers HS

January 20-21st Snowballs Chance in Hole @ Rogers HS