

Puget Sound Polo

Girls HS Fall Session 2025

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 high school 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 and growth as a polo player. The focus of these ten practices will be scrimmage based, while incorporating a specific skill. 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 that night into the scrimmage immediately.

This fall program is great for 7th-12th grade girls who are: striving to be a high-level varsity player, looking to perform well on the 2025 PSP JO Tryout in November, have aspirations of playing water polo in college, and girls who would like to try polo out, learn the game and see if it is something they would like to continue.

We do have a low cap number for this program. Register and sign up quickly to reserve a spot.

Practices will follow the plan listed below:

*10 Minute Warm-up, *10 Minute Passing, *20 Minute Specific Skill Taught, *50 Minute Scrimmage

Practice Fee: \$140.00 dollars for the 9-practice session. PSP is not able to prorate practices for this session. 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 7th. 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 360 days

2025 Fall Girls Scrimmage Dates and Times:

• Sunday, September 7 th	6:30pm-8:00pm @ Curtis	• Sunday, October 12 th	6:30pm-8:00pm @ Curtis
• Sunday, September 14 th	6:30pm-8:00pm @ Curtis	• Sunday, October 19 th	6:30pm-8:00pm @ Curtis
• Sunday, September 21 st	6:30pm-8:00pm @ Curtis	• Sunday, October 26 th	6:30pm-8:00pm @ Curtis
• Sunday, September 28 th	6:30pm-8:00pm @ Curtis	• Sunday, November 2 nd	6:30pm-8:00pm @ Curtis
		• Sunday, November 9 th	6:30pm-8:00pm @ Curtis

Questions?

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