



PUGET SOUND POLO



GIRLS WINTER SESSION 24-25

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

Our winter 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: \$395.00 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>

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 (16 & 18 Teams) Try Outs will be held in December, more information will be available soon. 14's will be in January.

Questions?

Coach Wallen

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Coach Hacker

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GIRLS WINTER SESSION 2024-2025

Practices:

Tuesday, December 3 rd	6:00pm-8:00pm	Lakes HS
Thursday, December 5 th	6:00pm-8:00pm	Lakes HS
Saturday, December 7 th	7:00am-9:00am	Rogers HS
Tuesday, December 10 th	6:00pm-8:00pm	Lakes HS
Thursday, December 12 th	6:00pm-8:00pm	Lakes HS
Saturday, December 14 th	7:00am-9:00am	Rogers HS
Tuesday, December 17 th	6:00pm-8:00pm	Lakes HS
Thursday, December 19 th	6:00pm-8:00pm	Lakes HS
Tuesday, January 7 th	6:00pm-8:00pm	Lakes HS
Thursday, January 9 th	6:00pm-8:00pm	Lakes HS
Saturday, January 11 th	7:00am-9:00am	Rogers HS
Tuesday, January 14 th	6:00pm-8:00pm	Lakes HS
Thursday, January 16 th	6:00pm-8:00pm	Lakes HS
Saturday, January 18 th	7:00am-9:00am	Rogers HS
Tuesday, January 21 st	6:00pm-8:00pm	Lakes HS
Thursday, January 23 rd	6:00pm-8:00pm	Lakes HS
Tuesday, January 28 th	6:00pm-8:00pm	Lakes HS
Thursday, January 30 th	6:00pm-8:00pm	Lakes HS
Saturday, February 1 st	7:00am-9:00am	Rogers HS
Tuesday, February 4 th	6:00pm-8:00pm	Lakes HS
Thursday, February 6 th	6:00pm-8:00pm	Lakes HS
Saturday, February 8 th	7:00am-9:00am	Rogers HS
Tuesday, February 11 th	6:00pm-8:00pm	Lakes HS
Thursday, February 13 th	6:00pm-8:00pm	Lakes HS
Saturday, February 15 th	7:00am-9:00am	Rogers HS
Tuesday, February 18 th	6:00pm-8:00pm	Lakes HS
Thursday, February 20 th	6:00pm-8:00pm	Lakes HS