



## LAMORINDA WATER POLO - SPRING PROGRAMS (March-May 2010)

LWP is a year-round USA Water Polo club program and is open to any individual who wants to learn about the sport of water polo, develop new skills, and enhance their attained skill level. We strive to establish a fun, supportive, and positive environment; where players at all levels can strengthen their skills and enjoy competition on a local, regional, national or international basis. Lamorinda is committed to grow the sport of water polo and to create an atmosphere for team and individual growth in sportsmanship, athletic excellence, and personal integrity.

### CO-ED BEGINNER/NOVICE PROGRAM

**DESCRIPTION:** Designed for boys and girls, ages 8 to 12 years old, with little or no water polo experience. The players will learn the basics of the game and teaching progression will assume the players have not previously played water polo. Each practice will be 1 hour 45 minutes and will consist of 30 minutes in the classroom to educate players about the game, rules & tactics, and watch game videos. The remainder of the time will be in the pool learning about movement in the water, ball handling and shooting. The sessions will stress the instruction and fundamentals of the game (age and experience appropriate).

**DATES:** March 9 - May 6, practices on Tuesday & Thursday, 4:45-6:30 PM + selected Sundays

**LOCATION:** Soda Aquatic Center (Campolindo High School, Moraga)

**COACHING:** Bill Brown & assistant coach in the water.

**COST:** \*\$225

### GIRLS PROGRAM

**DESCRIPTION:** This recently re-established LWP girls' program is flourishing and increasing in number each season. The Spring session is designed for girls, ages 10-14 (middle school/pre High School), who want to learn more about water polo, the techniques of the game, and improve their skills. High School girls are also encouraged to register for the Spring session if their schedules allow.

**DATES:** March 1 - May 2, 2010, practices on Monday (6:00-7:30 pm) & Wednesday (7:00-9:00 pm) + Mar 7, 21 & April 25<sup>th</sup> @ Soda 3-5p

**LOCATION:** Monday @ Soda Center (Campolindo High School, Moraga) & Wednesday @ Diablo Valley College (DVC), Concord

**COACHING:** Kevin Witt, Trevor Rose & Gab Flores

**COST:** \* \$325

### BOYS PROGRAM

**DESCRIPTION:** 8<sup>th</sup> grade & under boys

**DATES:** March 1 - May 2, 2010, practices on Tuesday, Wednesday & Thursday 5:30-8:30pm

**LOCATION:** Miramonte High School, Orinda

**COACHING:** Derek Schauffler & Eldad Hazor

**COST:** \* \$425

**DESCRIPTION:** 6<sup>th</sup> grade & under boys

**DATES:** March 1 - May 2, 2010, practices on Monday (5:30-7:30 pm), Wednesday (5:30-7:00 pm) & Friday (5:30-7:00 pm)

**LOCATION:** Monday & Friday @ Miramonte High School, Wednesday @ at Soda Aquatic Center (Campolindo High School, Moraga)

**COACHING:** Trevor Wagner & Eldad Hazor

**COST:** \* \$350

**Possible tournament dates for boys & girls** - March 14, 28, April 11, 18 (Pacific Zone Spring League) and April 30-May 2 (San Diego Cup)

\* Family discount: Additional siblings deduct \$50 from regular fee. All registrants must be USA Water Polo (USAWP) members.

**Two-Week Trial:** All programs offer the first two weeks for free (new members ONLY). Registration materials, including USAWP membership, must be completed in order to participate. Payment will be required @ the conclusion of the trial if you wish to continue.

**"Bring a Friend" Credit:** receive a \$25 check for every **NEW** LWP member you are responsible for bringing to the club.

**For more information and to register, please visit our website:** [www.lamorindawaterpolo.org](http://www.lamorindawaterpolo.org)

Questions? E-mail: Boyd Lachance-Executive Head Coach and Technical Director, [blachance@berkeley.edu](mailto:blachance@berkeley.edu).