Springfield Aquatics Club

Spartan Pride Water Polo 2017

Practices for the Spartan Pride Water Polo HS teams will begin the week of March 14th. The high school (male only) ,14 and under co-ed novice, and 12 and under co-ed novice teams will compete in the Main Line Spring League. This league is part of American Water Polo which is based out of Villanova University.

**Coaching Staff:**

**Bill Hence** – Head Boys and Girls Water Polo Coach Springfield High School. 2013 PA Girls Coach of the Year

**Matt DelRio** – 2009 Pennsylvania All-State player, assistant coach LaSalle College High School

**Ben Mancini –** Captain of Washington and Jefferson Men’s team, assistant Springfield coach

**Michael Dougherty -** 2016 Pennsylvania All-State Player, captain LaSalle HS water polo team

**Sam DelRio –** 2016 Pennsylvania All-State Player, captain Springfield HS water polo team

**Carly Munge**r – 2016 Pennsylvania All-State player, captain Springfield HS water polo team

**Alyssa Lorusso** – 2016 Eastern Conference award winner

**High School Level** – The boys high school teams will practice Tuesday and Thursday from 3:30-5:30pm at the Springfield High School Pool. The teams will compete in 8 games spread out from mid-March until mid-May. Typically two games are held on either a Saturday or Sunday in the two month season. Most, but not all games are held at North Penn or Wilson HS. This year SAC will not be sponsoring a HS Girls team, but HS girls may practice with the HS Boys for a reduced fee.

**14 and under Co-ed Novice Level** – All 13 and 14 year olds can compete on this co-ed team. These players will practice Tuesdays and Thursdays from 6:00-7:30pm. The teams will compete in 6 games spread out from mid-March until mid-May. Typically two games are held on either a Saturday or Sunday in the two month season. All games are held at either Wilson HS (West Lawn, Pa) or Princeton University.

**12 and under Co-ed Novice Level** - This team will be comprised of any player 12,11,10,9 and 8 year olds. The only requirement is that we ask a prospective player be able to swim one length of the pool with ease. The goal of this program is to teach younger players the rules, strategies, and techniques of water polo. It’s a great way to keep kids active in the water and stay in shape going into the summer season. Practice will be Tuesdays and Thursdays from 6-7:30. This team will be paired with competition on their Novice level during game weekends. Typically, two games are held on either a Saturday or Sunday in the two month season. Most, games are held at North Penn or Princeton University. Also, inter-squad scrimmages will be utilized during the week to advance players’ skills.

 

