

**SUMMER WATER POLO
AT THE JENISON HS
AQUATICS CENTER
BOYS & GIRLS
ENTERING GRADES 7 & UP**



SUMMER WATER POLO

Learn how to play better water polo by refining your skills, improving your technique, learning game strategy, improving your swimming, and scrimmaging other players. Our summer team is for male and female athletes going into grades 7 & up who want to prepare for their junior high, high school, or collegiate water polo season and improve their overall water polo knowledge and fitness level. Scrimmages with other clubs may be planned throughout the summer (costs incurred at tournaments and pickup games will be additional and paid by the athletes participating).

GENERAL INFO



We are going to have one session this summer for all athletes 7th & up from June 7 through July 29 (seven weeks). We will practice three times each week typically on Monday, Tuesday, and Wednesday, but may flip to a Thursday based on any facility conflicts or holidays. Please check the calendar the Sunday before each week. There will be no practice June 28-July 2 (MHSAA Dead Week). Our summer program will be head coached by Spencer Sanders, Jenison Men's Varsity Water Polo Coach. Practices will be closed for viewing. There will not be an age group water polo program for 6th & Under this summer due to Covid restrictions. Details subject to change due to Covid.

COVID TESTING

All athletes participating in this program will be Covid tested prior to each practice (as of May 15). Athletes should plan to be in the pool balcony by 12:15 p.m. for testing each day they practice. Detailed Covid policies and procedures will be in the registration. Please review the registration very carefully before signing up.

SUMMER WATER POLO DATES, DETAILS, COST, AND WEIGHT ROOM/DRYLAND INFO

Times and Days: 12:15 - 3:15 p.m. three days a week, typically Mon/Tues/Wed *Check the calendar*

Testing: There will be Covid testing at 12:15 p.m. each day there is practice. Please be on time.

Cost: \$170 JPS School District Resident/School of Choice or \$200 Non JPS School District Resident

Weights/Dryland: Athletes going into 9th-12th grade are invited to our "aquatics weight room training session" from 9-10 a.m. Monday through Friday with the new Strength and Conditioning Coach at Jenison, Justin Brennan. There is a fee for this that aquatics will cover for all who are signed up for summer swim, dive, &/or water polo at Jenison. If you commit to weight room you must attend at least four times a week, preferably five. This is not a program to randomly attend 1-2 times a week. Those sporadically showing up will be asked to not return.

REGISTRATION INFORMATION

Register online at www.jenisonaquatics.org. From the main page scroll down until you see "Upcoming Programs." CLICK on "Summer 2021 Water Polo (7th & Up)." Program size will be smaller this summer due to Covid. Review the registration carefully prior to signing up. Plan on class unless you hear otherwise from us. No refunds three business days prior to the 1st class. Practices are closed for viewing. Program questions prior to registering should go to Jen (jcoffey@jpsonline.org). Any questions throughout the summer should be directed to Spencer (ssanders@jpsonline.org). Details subject to change due to Covid.