

**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. Athletes going into 7th & 8th grade must have one season of polo experience to sign up for this group. Scrimmages with other clubs may be planned throughout the summer. Costs incurred at tournaments will be split by the athletes competing at them. This is not a JO Water Polo Team.



GENERAL INFO

Practice dates will be between June 13 and July 27. We will have at least six practices in June and at least six practices in July. Typically, practices will be Mondays and Wednesdays 3:30-5:30pm. There will be no practice the MHSAA Dead Week (July 4-8). Check the calendar the Sunday before each week to confirm practice days and times. Our summer program will be head coached by Caleb Moles, current Jenison swim and water polo coach and current water polo player at Grand Valley State University. Additional coaches will be added as needed.

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

Times and Days:

Session A: At least six practices in June. Typically, Mon & Wed 3:30-5:30pm

Session B: At least six practices in July. Typically, Mon & Wed 3:30-5:30pm.

Session C: All practices offered in June and July. Typically, Mon & Wed 3:30-5:30pm.

Cost: Session A & B will be \$72 and Session C will be \$120 for JPS School District Resident/School of Choice (this includes athletes on our Jenison HS teams who co-op with us)

Session A & B will be \$84 and Session C will be \$144 for Non JPS School District Residents.

Weights/Dryland: Athletes interested in doing weights should sign up with Justin Brennan for his summer weights program: <https://www.payschoolsevents.com/events/details/19434>

REGISTRATION INFORMATION

Register online at www.jenisonaquatics.org. From the main page scroll down until you see "Upcoming Programs." CLICK on "Summer 2022 Water Polo 7th & Up." No refunds three business days prior to the 1st practice each month for sessions A and B. Program questions prior to registering should go to Jennifer Coffey at jcoffey@jpsonline.org. Unless the program is cancelled due to low enrollment plan on checking the calendar the Sunday before each session.