

Welcome to View Ridge Water Polo 2019

Want to check out View Ridge Water Polo? It's kind of like soccer but played in water and using your hands instead of feet and while wearing goofy/awesome caps. It's fun, good exercise, super cool to shoot and score, and a great team experience. Give it a try by joining us for a month of **Water Polo Fridays!**

Water Polo Fridays will be **water polo play-arounds** each Friday, 7:00 - 8:30 pm, starting May 24 and running through June 14. Each week, after four great weekdays of swim team, come out on Friday and heave the ball around! Each Friday you'll get to know the coaches, learn some basic skills of this crazy-looking-but-super-cool game, play some scrimmages, see if kids can beat the adults, and kick off View Ridge Water Polo 2019.

And then, parents and kids, please join us for a Water Polo Team **information meeting on Tuesday, June 18 at 6:15 p.m.** During swim team season (which runs until Aug 6), water polo practices will be on Fridays from 11:00am-1:00 pm, starting the first official day of summer, June 21.

Who can play?

One of the cool things about our water polo team is that it's open to both members and non-members who live within the VRSTC geographic boundaries. So invite and bring along friends! All boys and girls ages 7-18 are welcome, no experience needed as long as you can swim 25 yards and tread water for a couple minutes.

We are especially trying to build our girls and 12 & under programs so invite your friends! Football, basketball, baseball, soccer, lacrosse, wrestling and swimming skills all transfer very well to this high action sport. Even if you're not the best swimmer give it a try and you'll be hooked for life. Seriously.

Water Polo Fridays in May-June, and practices starting June 21 will all include treading, passing, shooting and scrimmages.

How to register:

When we begin practices, we'll ask you to register in the office. Members will be billed to their account. Non-Members must pay by check or credit card. There are participation, concussion, and emergency contact forms to fill out during registration as well.

Water Polo Website & MailChimp email updates:

Please go to the water polo page on the website (<http://vrstc.org/water-polo/>) and sign up for the Mailchimp email list and check the web site for weekly updates during the regular season!! Last minute schedule changes are common so be prepared for time and date changes, communicated in person and through email.

The entire North & South league schedule is posted on the Seattle Summer Water Polo League Website at: <https://www.seattlesummerwaterpolo.net/regular-season.html>

2019 Cost:

Per player: \$140 for Members / \$170 for Non-Members

2019 Water Polo Schedule:

Water Polo Fridays (all players must be age 7)

May 24, May 31, June 7, June 14

All Ages (7 – 18) 7 p.m. – 8:30 p.m.

June 28, July 5, July 12, July 19, and August 2 (*no July 26 due to Adult Party set up*)

7-8 year old boys & girls: 11 a.m. – 11:45 a.m.

9-12 year old boys & 9-14 year old girls: 11 a.m. – 12 p.m.

13–18 year old boys & 15–18 year old girls: 12 p.m. – 1 p.m.

Coaches may offer voluntary additional practices and play-arounds, TBD

Once View Ridge Swim Team practices end (on Tues Aug 6), water polo change (on Wed Aug 7) to:

During these dates, the practice schedule is as follows:

8u/10u all: Monday - Thursday 8:15 a.m. – 9 a.m. (Last 8u practice: August 22)

12u boys & girls, and 14u girls: Monday – Thursday 9 a.m. – 10 a.m.

18u boys & girls, and 14u boys: Monday – Thursday 9:45 a.m. – 11 a.m.

(NOTE: To accommodate VR pool schedule, practices on 8/19 – 8/22 will start one hour later.)

Games begin Thursday, August 8, and run through Thursday, August 29:

During these dates, specific games will be posted on VRSTC website and communicated through email. In general, the games schedule is as follows:

8u/10u all games are 9 a.m. – 11 a.m. on Fridays August 9, 16, 23

12u games are 10 a.m. – 1 p.m. on Fridays August 9, 16, 23

14/18u games are 6 p.m. – 9 p.m. on Tuesdays and Thursdays August 8, 15, 20, 22

Championship Week

Tentative Schedule (as of 8/12/19) is as follows.

Boys and All Prelims

Sunday 8/25/19: 18u Boys @ Sand Point Country Club 9 a.m. – 1 p.m. (3 x 30min games)

Monday 8/26/19: 12u All @ Blue Ridge 9 a.m. – 1 p.m. (2 x 60min games)

Monday 8/26/19: 14u All @ Innis Arden 5 p.m. – 9 p.m. (2 x 45min games)

Tuesday 8/27/19: 10u All @ Blue Ridge 9 a.m. – 1 p.m. (5 x 20min games)

Tuesday 8/27/19

Girls Prelims: 12u, 14u & 18u Girls @ View Ridge 4 p.m. – 10 p.m. (2 x 45min games)

Wednesday 8/28/19

GIRLS CHAMPS @ Blue Ridge

6:30 p.m. 12u Girls

7:30 p.m. 14u Girls

8:30 p.m. 18u Girls

Thursday 8/29/19

BOYS CHAMPS @ Lakeridge

4 p.m. 10u Coed

5 p.m. 12u Coed

6 p.m. 14u Coed

7 p.m. 18u Coed

Looking forward to another great season!

~ Coach Conrad Shabb and Coach Mike Hoff

Parent Representatives: David Domke (domke@uw.edu) and Bob Archer (archer_bob@msn.com)

League Representative/Manager: Sam Shabb (206.409.4268, sshabb@highline.edu)