

SASO

Water Polo

Winter Water Polo and Conditioning



Polo Practices

Tuesdays/Thursdays
Saturdays

November 29-January 29

6:00-7:30 pm
8:00-10:00 am

Solano College
Solano College

Swim Practices

Monday-Thursdays
Fridays

November 29-January 29

4:45-6:15 pm
4:30-6:00 pm

Solano College
Solano College

****Anyone looking to start in November should reach out directly to Coach Ricky at rickysilva@sasoswimming.org.***

Water Polo Practice and Focus

- Individualized/position specific skill development (Tuesdays and Thursdays)
- Saturday scrimmages

Swim Conditioning

- Conditioning and Prep for the upcoming high school season.
- Includes technique and skill development.
- Conditioning for swimmers and water polo.

Pricing

Swim Conditioning and Water Polo	\$340	Includes swim and polo
Polo Only	\$200	Includes polo only

- *Water Polo participants must have a Bronze or higher USA Water Polo membership.*
- *Participants must have a Flex or Regular USA Swimming membership. Flex memberships are available for \$25.*

Registration will open on Thursday, October 25 at www.sasoswimming.org.

Coaching Staff

Allison Dugdale (former Sonoma State and Sierra College player) will head coach the team. Additional staff information will be posted on our website prior to November 1.

November Conditioning

Swimmers who register for either program will be invited to attend our Tue/Thu swim practices in November.

Questions

For questions, please contact rickysilva@sasoswimming.org or call 650-393-9634 (cell).

