

Hello UHS Water Polo Players!

We'd like to encourage you to join the Ukiah Dolphins. The Dolphins offer competitive swim training and water polo programs at the UHS pool throughout the year. Our swim program will make you stronger and faster which will help you improve your water polo game! Our water polo program will help you develop your water polo skills!

10 Reasons to join the Dolphins:

- 1) No extra charge to swim if you join Dolphin polo.
- 2) We combine water polo drills in our swim training.
- 3) You will get faster if you attend consistently and try your best.
- 4) You won't lose your tan.
- 5) Starting back is easier because you'll already be in shape.
- 6) UHS Polo Teams will benefit because the players will be faster.
- 7) Swimmers tend to get higher grades.
- 8) Enjoy more confidence and a better mood from being more physically fit.
- 9) Spend more time with other positive and success-oriented peers.
- 10) It's fun!

USA Olympic Coach, Monte Nitzkowski recommends competitive swimming for polo players –

“I encourage all young Water Polo players to swim competitively through their high school years. This is a must. You can't improve your swimming ability on your own. Young players must have the discipline and education provided by a coach-directed, scheduled swim team program. Many high school age-Water Polo players want to quit swimming and just play Water Polo. It's very difficult to play Water Polo above the high school level without having competed in swimming through the high school years. Competitive swimming improves strength, size, mobility and quickness—all paramount to becoming an outstanding Water Polo player.” USA Olympic Coach, Monte Nitzkowski

More information can be found at www.ukiahdolphins.com

Still not sure... come try it out and see what you think...