

CC United Water Polo Club

Team Information



www.CCUPOLO.com

Welcome to the

Contra Costa United Water Polo Club

(CC United or CCU)

Our Club MISSION

First and foremost, the CC United Water Polo Club exists to enhance our community by developing leadership, character, self-discipline, and habits of excellence in our young athletes. We want our young athlete to be champions first, and then become national champions in the sport of Water Polo!

Our Club is open to all families within our community that share in the belief that through participation in our competitive aquatic sports program, our young athletes will collectively strive each year to achieve the highest levels of individual and team accomplishments.

Our Club PHILOSOPHY and GOALS

The CC United Water Polo Club operates as a year-round USA Water Polo club program that is offered on a seasonal basis. Our Club is open to any individual who wants to learn about the sport of Water Polo, develop new skills and fundamental techniques, and enhance their skill level. Prior Water Polo experience is not necessary, however, we are not a swim team and do not provide swim instruction.

CCU is committed to supporting the entire, local aquatic community, particularly our local high school swim programs. To encourage boys

that want to achieve their maximum individual potential in a team environment, our young athletes are encouraged to develop swimming skills through continued participation with local club and high school swim programs. This approach will also allow our athletes to continue to improve their Water Polo skills from age group level throughout high school, into college to perhaps even at an international level.

CC United Water Polo strives to establish a fun, educational, and positive environment; where players at all levels can improve their skills and compete in great games on a local, regional, national or international basis.

Our Club recognizes (and encourages) the desires of families and young athletes to pursue multi-sport participation. Our coaches will cooperate with the hectic school and sports schedules of baseball, basketball, lacrosse, rugby, recreational or USS swimming. We believe in a broad spectrum of athletic experiences, however, each athlete is encouraged to define their commitment once they enter high school years. We define commitment as priority participation in our team events, practices and tournaments.

CC United Water Polo Club provides a well-organized aquatics program that promotes responsibility and competitive skills that may be applied to all aspects of our athletes' life. CCU strives to foster individual leadership and character traits in each of our young athletes so that these individuals will achieve success in and out of the pool and contribute positively to our community.

Our Club ORGANIZATION

CC United Water Polo provides experienced coaches at each age group that teach water polo fundamentals, as well as advanced strategy and skill execution. Strength and conditioning programs are developed and supervised by experienced coaches, teachers and club personnel. We know the sport of Water Polo and how to teach it!

Family membership and athlete participants are predominantly comprised from East Bay communities serving the 510 and 925 area codes. While many of our athletes attend schools in the Lamorinda area, CC United Water Polo is open to any individual wishing to participate in the program.

CC United was incorporated in 2011 and is organized to teach the sport of water polo skills and sportsmanship to boys of all abilities in and around our community. CC United is a registered 501-3c nonprofit organization within the State of California and recognized by the Internal Revenue Service. Our Club is locally owned and governed by members of our community who share in the stated Mission and Philosophy of the CC United Water Polo Club.

CCU is operated in accordance with the standards established through and under the rules prescribed by FINA, the international governing body for water polo, and USA Water Polo, our sports national governing federation. CC United is a registered member club in good standing of the Pacific Zone of USA Water Polo (Member # 19137).

Our typical SCHEDULE and MEMBERSHIP details

There are four separate seasons to our club program:

Fall	September (after Labor Day) thru Mid-November
Winter	December thru Mid-February (w/traditional Holiday Break)
Spring	Late February thru early May (w/traditional Spring Break)
Summer	Mid-May 12 thru late July (w/traditional July 4 break)

Practice schedules vary within each age group and each season. Game and tournament schedule vary within each age group and season. Practice and game schedules are posted in advance of each season and are updated online at the Club website. The CC United Water Polo club also uses the 'GroupMe' text service whereby every family has immediate, real-time updates or changes on practice

information, game times, directions, travel coordination, coach's messages, etc.

When it comes to 'playing time', it is our Club goal is to have all our athletes get as much game and practice experience as possible. We believe that developmental athletes improve quicker with game experience so we intentionally attempt to enter multiple teams into tournaments with a limited, manageable roster count so each athlete can play as much as possible. Additionally, family schedules are quite different at times and we attempt to offer multiple opportunities for athletes to play throughout the course of the year.

Practice sessions are usually held afternoons or evenings at Soda Aquatic Center at Campolindo High School or at Acalanes High School, while other local pools may be used periodically throughout the year. Games and tournaments are predominately held in and around northern and southern California. The National Junior Olympics are occasionally (but very rarely) held outside of California.

Each athlete is required to complete the following registration forms and memberships prior to competing for CC United:

- USA Water Polo Athlete Annual Membership Registration: (information available at www.usawaterpolo.org)
- USA Water Polo Age Verification (one time process)
- CC United Water Polo Athlete Registration (Information and online registration at www.ccupolo.com)
- CC United Athlete Yearly or Seasonal Membership Fee
- Emergency Contact Information form
- Standard Liability Release form

Our typical COST and FEES structure

The CC United club strives to keep costs and fees that are associated with participating at the elite club level as low as possible. Outside of the membership cost of USA Water Polo, CCU collects a seasonal athlete membership fee that covers operational costs associated with providing a year-round program. Primarily, these expenses include:

- swimming pool rental,
- lifeguard and safety personnel when required
- coaches compensation
- local tournament entry fees

Travel to Regional Tournaments generally require an extra fee for those athletes who participate. The expenses associated with these types of tournaments include:

- tournament entry fees
- coaches lodging and travel

The CC United team also sends athletes to the National Junior Olympic tournament, and occasionally, to international training and tournament events. These events are thoroughly evaluated and considered for appropriateness for the benefit of certain athlete age-groups and their development. On these trips, expenses are typically shared by participating families and sometimes include club fundraising activities to assist in off-setting family costs.

Custom team apparel and swim suits are available for purchase online and are encouraged to show team unity and support for the CC United Water Polo Club.

Common FAQ's for CC United Water Polo Club

What level of USA Water Polo membership do I need to purchase?

Answer: CC United recommends that you purchase the gold membership. This allows your child to participate in National Junior Olympic Tournament in July. Here is the website for USA Water Polo:

<https://webpoint.usawaterpolo.com/wp/memberships/join.wp>

What are the Club dues and what do they include?

Answer: CC United offers four seasonal programs throughout the year. Membership dues can vary depending on hours of practice, length of season and cost of facility for each age-group. Membership dues cover all local tournaments and practice sessions, pool rentals, safety personnel when required and coaches compensation. Regional and national or international tournaments are an additional fee for participating athletes.

What are the attendance requirements for practice/tournaments?

Answer: We understand the busy demands of families, school and activities. While we have no firm attendance requirements, we try to communicate regularly with coaches if you cannot make a scheduled event so they can plan practices and tournament participation. Water Polo is a team sport and we encourage all athletes to commit to as many events as possible.

What skill level does my child have to be at in order to play with CCU? How many teams do you have in each age group?

Answer: CC United programs and teams offer instruction and competition from beginners to advance players in all age groups, from 10-and-under through high school. We have two teams for each age group, typically divided by skill levels so each athlete is afforded the opportunity to grow and learn at their own respective level.

How is CCU different from the other local clubs in the area?

Answer: CC United is considered by most to be equal in competitive quality and instruction with the Lamorinda Water Polo Club and the 680 Water Polo Club. Obviously, there are teaching and competitive differences that define each club. CCU primarily believes in offering a robust teaching environment, low athlete-to-coach ratios and balanced approach to learning our game. The CCU club philosophy enables our athletes to grow and learn at a quality pace and prepare them to compete for national age-group championships, have fun and excel in college athletics if they are inclined to strive for intercollegiate athletic participation.

What if my child plays multiple sports?

Answer: We encourage participation in multiple sports for athletes 8th grade and under. CCU thinks it makes great sense to expose these young athletes to other ways of learning, have fun and avoid burnout or repetitive stress injuries. Once a player is in high school, they should be focusing their number of sports down to one or two. We recommend Swimming and Water Polo, particularly if they intend on participating in college athletics.

What pools do you use?

Answer: Without pools, water polo is difficult to teach and local swimming pools are becoming increasingly impacted. CCU utilizes multiple area pools, depending upon the season and includes Acalanes High School, the Soda Aquatic Center at Campolindo High School, Miramonte High School and the Wilder Pool.

Where are the tournaments located?

Answer: Local tournaments are typically located in the East Bay/Marin and Santa Clara counties. Regional and national tournaments are usually in central or southern California, however, occasionally important tournaments are rotated out of state.

What is the difference between a local and a regional/national tournament?

Answer: Local tournaments are included in CC United membership and we try to provide everyone sufficient playing time throughout the year to develop their game. Regional and national tournaments are usually much more competitive and there is an added emphasis on results. There is an extra fee for participants in regional and national tournaments.

What is ODP (Olympic Development Program) and is it important for my child?

Answer: ODP is a development program and is not affiliated with our club. This program is offered through our national federation, USA Water Polo, Inc. Information can be found at <http://www.usawaterpolo.org/odp/>. Have your child talk with their coach to find out if ODP is right for them.

Does CC United care what high school my child attends?

Answer: CC United is not affiliated with any high school. CCU will provide the same high level coaching, playing time and college recommendations for all athletes in our club, regardless of their school affiliation or residence.

How will you help my child play in college?

Answer: It is the philosophy of CC United to train its athletes to achieve the highest levels of accomplishment that is possible. For many, this includes competing at the college and university level after they leave CCU. Our coaches are well recognized and known by every major college coach and they are in direct communication to college coaches throughout each year. Additionally, CCU is gaining an excellent reputation of training its athletes in the necessary fundamentals and skills that give its athletes an edge in the competitive recruiting landscape.

How does CCU communicate to parents and players?

Answer: CC United communicates to parents, families and athletes in 3 primary ways: Our general website at www.ccupolo.com, through www.shutterfly.com, and through 'GroupMe' text service that appears over your regular cell phone.

Are parents required to help?

Answer: CC United feels it is important to have a family atmosphere and share in the development of its athletes. Therefore, during tournaments that require travel, we use carpools, rather than team vans. We also love when parents get together and provide water/Gatorade for the games. Once in a while parents will be asked to work the desk at locale tournaments.

Will my child have the same coach during his CCU career or will he have a different coach when he changes age groups?

Answer: We try to keep coaching staffs as consistent as possible. Certainly our Club shares the same teaching, techniques and system-of-play strategies throughout all age groups. That being said, things come up and once in a while and your child may have a different coach. All of our coaches are of the highest quality and work and train together.

Is there a girl's team for CCU?

Answer: Not at this time. CC United wants to provide the best experience for our athletes which necessitates limiting operating costs while also maintaining the high quality of our coaching staff. CCU feels this can be best accomplished by keeping our club on the smaller side and our focus on one gender.

Additional Questions?

Answer: We would love to tell you more and answer specific questions about the Contra Costa United Water Polo Club. Please email us at: ccupolo@gmail.com or visit us on our website at www.ccupolo.com

