

# WATER POLO



The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.

## **Intro to Water Polo:**

Water polo has been recognized as one of the most complete and competitive aquatic sports for many years, incorporating great physical activity with teamwork and discipline. Water polo has become increasingly popular and competitive in some of the best high schools in Connecticut in addition to prestigious colleges.

## **GENERAL PROGRAM INFORMATION:**

Danilo Sierra-Giraldo, head coach of the boys and girls water polo teams at Staples High School created a program to target children ages 8 – 14 to learn the sport and grow, allowing for increased future opportunities as athletes, students and individuals. It will help children live for and feel the daily passion of being in the water, and sharing this love with others through this magnificent sport

In this program, the kids will be given the opportunity to train and learn the essential skills of water polo. Strength training, passing, shooting, offense, and defense will be taught. This amazing workout and skill training is sure to make you a better player! Through scrimmages and rills, players will progress to game play and a future star!

There are two different sessions for the swim program, which meets at the **Staples High School Pool**. Each sessions meets twice per week. The Instructional program is designed to teach the sport and the many skills necessary for athletes to play, but in a recreational situation. The Inter-Club program is designed to teach the sport and skills, but with slightly longer sessions that will give time for competing against other teams. Classes may be cancelled due to inclement weather. Please call the Parks and Recreation cancellation line, (203) 341-5074, for cancellation information.

### Session: 1

#### **Instructional:**

Sept. 11 – Nov. 15

T/Th. 6:30 p.m. – 8:00 p.m.

WP05

### Session: 2

#### **Instructional:**

Nov. 26, 2018 – Feb 6, 2019

M/W 6:30 p.m. – 7:30 p.m.

WP01

#### **Inter-Club:**

Nov. 26, 2018 – Feb. 6, 2019  
*\*no class Dec. 24, 26, 31*

M/W 6:30 p.m. – 7:30 p.m.

WP03

### Session: 3

#### **Instructional:**

Feb. 11, 2019 – May 1, 2019

M/W 6:30 p.m. – 7:30 p.m.

WP02

#### **Inter-Club:**

Feb. 11, 2019 – May 1, 2019  
*\*no class Feb. 18, 20, April 15, 17*

M/W 6:30 p.m. – 8:00 p.m.

WP04

## **WHAT TO BRING WITH YOU:**

- Bathing suit and towel
- Goggles
- Water bottle
- Locker rooms are available to change into proper swimming attire, which should be a bathing suit. No shorts or cut offs. A towel with flip-flops or sandals is also recommended for the pool deck. All participants are required to take a shower before entering the pool.
- There is no eating on the pool deck.

## **DROP OFF AND PICK UP:**

Please make sure you drop off and pick up your child promptly. Consistent lateness in either dropping off or picking up is cause for dismissal from the program. To find out if the program has been cancelled for any reason, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203) 341-5074**. You may also check **Twitter @westportparkrec** and our **Facebook "Westport Parks and Recreation"** for cancellation updates.

**GENERAL RULES:**

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- Parents are not allowed on the pool deck during the lesson.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.