



*Glenmore Pool and Country Club Inc.*

## Water polo Teams

Welcome to Glenmore's Water polo Teams. These teams consist of boys and girls in both the 14 and under, and 16 and under categories. Water Polo is a sport where the teams bond together strongly. When one team is playing, the other three teams always cheer and support their friends. Our coaches for this season are very devoted to passing their knowledge of the sport on to our members.

**What you can expect:** Water Polo is a very physical game, where the best players have superior fitness, stamina and skills. Glenmore's teams will practice two days a week before swimming lessons. Each practice will be an hour and a half in duration. This practice time will be used to teach the basic skills used in Water Polo, such as passing, shooting and stroke technique. A fair percentage of each practice will be dedicated to drills and water exercises designed to strengthen the players.

If a player in the 14 and under category shows sufficient talent and ability, that player may be invited to play for the 16 and under team as well. This is standard practice that helps younger players develop their skills.

**What the coaches expect:** Participants in this program are expected to attend two practices per week, as well as a minimum of two games throughout the summer. Games for all four categories are held MONDAY evenings at Glenmore, or at the opposing team's pool. Players who arrive late for a game will generally not be permitted to play. The rules of Water Polo are quite clear in this regard.

### **Team Practice Schedule:**

Monday and Wednesday from 8:00 A.M. to 9:30 A.M.

***Please note that we now have a Code of Conduct posted here at Glenmore,  
Please take the time to read it, thank you.***

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Please tear off and return this to your coach

**I have read the water polo team documentation with my child**

**Name:**

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**Signature:**

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