

Welcome to View Ridge Water Polo 2017!

View Ridge Water Polo pre-season practices will start Friday July 7!

Who can play?

View Ridge Water Polo is for all View Ridge members, boys and girls age 7-18, no experience needed as long as you can swim 25yards and tread water reasonably well. Age 7 is the minimum age. Non-members are accepted on a space available basis. We are currently accepting non-member girls of all ages, as well as non-member boys age 12 and under. Non-member boys age 13 & over are currently not being accepted, unless grandfathered in from previous seasons. We are especially trying to build our girls and 12&under programs so invite your friends!

Sign-Up:

Just show up to any practice and we'll get you started! Sign up online at <http://www.vrstc.org/#/waterpolo>

2017 Cost:

Pre-season (Fridays July 7, 14, and 28) cost:

\$30 per player

Regular Season (Wednesday, August 2 through Thursday, September 1) cost:

\$125 members per player

\$160 non-members per player

2017 Pre-Season Water and Polo Practice Schedule:

Friday July 7, 14 and 28 right after swim practice.

Fridays 11am-12pm for age 7-12 boys, and age 7-14 girls. Fridays 12pm-1pm for age 13-18 boys, and age 15-18 girls. **8&u practice ends at 11:45am.

**No players younger than age 7 please.

Extra shooting and games for younger players may be allowed beyond noon at coach discretion.

(Mon July 31 & Tues Aug 1 from 10-11am is also possible, TBD depending on swim practice schedule). Practices include treading, passing, shooting and scrimmages depending on experience.

2017 Regular Season Water Polo Practice & Game Schedule:

Regular season starts Wednesday, August 2 through Thursday, August 31. Regular season is for boys and girls of all ages 7-18.

8u/10u regular season practices: M-Th 8:15-9am (Last 8u practice on Thurs Aug 24)

12u boys & girls, and 14u girls regular season practices: M-Th 9-10am

18u boys & girls, and 14u boys regular season practices: M-Th 9:45-11am

Games:

Game schedule is posted on: <http://seattlesummerwaterpolo.org>

8u/10u games are Fridays Aug 4, 11, 18, 25

from 9-11am 12u games are Fridays Aug 4, 11,

18, 25 from 10am-1pm

14/18u games are TTh nights Aug 8, 10, 15, 17, 22, 24 from 6-9pm

Championship week games for all ages are Sun Aug 27 through Thurs Aug 31.

2017 Championship Week Tentative Schedule (as of 6/29/17):

Sun 8/27/17

18u Boys @AH or IA 4-9pm (3 x 30min games)

Mon 8/28/17

12u Boys @IA or VR 8am-1pm (2 x 60min games)

Mon 8/28/17

14u Boys @IA or Kent 4-9pm (2 x 45min games)

Tues 8/29/17

10u Coed @BR or OV 8am-1pm (5 x 20min games)

Tues 8/29/17

Girls Prelims:

12u, 14u & 18u Girls @VR 4-10pm (2 x 45min games)

Wed 8/30/17

GIRLS CHAMPS @BR

5pm 12u Girls

6pm 14u Girls

7pm 18u Girls

Thurs 8/31/17

BOYS CHAMPS @WW

4pm 10u Coed

5pm 12u Boys

6pm 14u Boys

7pm 18u Boys

More details with exact game times and pool locations will be posted as the season progresses.

Feel free to contact me or any of the assistant coaches if you have any questions.
Hope to see you in the water! Sam

Coaching Staff:

Head Coach: Sam Shabb sshabb@highline.edu 206-409-4268

Assistant Coaches:

Andrew Burgess 948-5046 (Whittier College & Seattle Masters WP Goalie)

Conrad Shabb 920-6876 (VR Swim Coach, Claremont Mudd Scripps 2m defender & Seattle Masters WP)

Hannah Shabb 450-4503 (Stanford Univ WP & USA Cadet & Youth National Team)

Matt Lasley 321-4144 (VR Lifeguard & Loyola Marymount Univ)

JP Kuder (VR Lifeguard & Roosevelt HS WP)

Nathan Lowe (VR Lifeguard & Texas Christian Univ)

Reese Benson (Roosevelt HS Water Polo)