

2018 View Ridge Water Polo (Updated 6/12/2018)

1

Welcome to View Ridge Water Polo 2018!

View Ridge Water Polo pre-season practices will start Friday June 29, 11am-1pm right after swim practice!
Regular season practices start right after swim team season on Wed Aug 8 through Th Aug 30, from 8:15-11am.

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 space is available or grandfathered in from previous seasons. We are especially trying to build our girls and 12&under programs so invite your friends! Football, basketball, baseball, soccer, lacrosse, wrestling and swimming skills all transfer very well to this high action sport. Even if you're not the best swimmer give it a try and you'll be hooked for life.

Water Polo Website & MailChimp email updates: <http://vrstc.org/water-polo/>

Please sign up for the Mailchimp email list and check the web frequently for updates! Last minute schedule changes are common due to the complexity of the league so always expect the unexpected in water polo!

Go to the website for basic info and schedule updates, sign up for Mailchimp emails, and online registration.

The entire North & South league schedule is posted on the Seattle Summer Water Polo League Website at: <https://www.seattlesummerwaterpolo.net/regular-season.html>

Registration:

Online Registration is required by going to the View Ridge Water Polo web page at <http://vrstc.org/water-polo/>, then click on the "Register Now" button. If you have questions just show up to any practice and we'll get you started.

2018 Cost:

View Ridge Members: \$105 per player (amount billed in August)

Non-Members: \$130 per player (payable by check in the office any time before August 15)

2018 Pre-Season Fridays:

11am-12pm: 8u,10u,12u + 14u Girls

12-1pm: 13&Over Boys & 15&Over Girls

Fri June 29

Fri July 6 NO PRACTICE - Swim Lesson makeup for July 4

Fri July 13

Fri July 20

Fri July 27 NO PRACTICE TBD - Adult Party

**8&u Friday practices end 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.

Practices include treading, passing, shooting and scrimmages depending on experience.

2018 Regular Season Water Polo Practice & Game Schedule:

Regular season starts Wed Aug 8 through Thurs Aug 30. Regular season is for boys and girls age 7-18.

8u/10u regular season practices:

M-Th 8:15-9am

(Last 8u practice on Thurs Aug 23)

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

2018 View Ridge Water Polo
(Updated 6/12/2018)

2

Games:

Detailed game schedules will be updated on the View Ridge website, and general league schedules are posted on:
<http://www.seattlesummerwaterpolo.net/regular-season.html>

8u/10u games are Fridays Aug 10, 17, 24 from 9-11am

12u games are Fridays Aug 10, 17, 24 from 10am-1pm

14/18u games are TTh nights Aug 9, 14, 16, 21, 23 from 6-9pm

Championship week games for all ages are Sun Aug 26 through Thurs Aug 30.

2018 Championship Week Tentative Schedule (as of 6/12/18):

Sun 8/26/18

18u Boys @Lakeridge or SP 8am-2pm
(3 x 30min games)

Mon 8/27/18

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

Mon 8/27/18

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

Tues 8/28/18

10u Coed @Gregory Seahurst 8am-2pm
(5 x 20min games)

Tues 8/28/18

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

Wed 8/29/18

GIRLS CHAMPS @BR

7pm 12u Girls

8pm 14u Girls

9pm 18u Girls

Thurs 8/30/18

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!

2018 Coaching Staff:

Manager:

Sam Shabb 206-409-4268 sshabb@highline.edu

Head Coach:

Conrad Shabb 206-920-6876 (VR Swim Coach, Claremont-Mudd-Scripps 2m defender & Seattle Masters WP)

Assistant Coaches:

Andrew Burgess 206-948-5046 (Whittier College & Seattle Masters WP Goalie)

Hannah Shabb 206-450-4503 (Stanford Univ WP & USA Cadet & Youth National Team)

JP Kuder (VR Lifeguard & Roosevelt HS WP)

Reese Benson (Roosevelt HS Water Polo)