

Boys & Girls Water Polo General Information

Requirements to Participate

- All students must have a completed physical form turned in prior to the start of training. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by fax, mail or scanned email. FAX: (408-513-2457) Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- All students must have their own suit and towel and keep it with them throughout the day. Once school dismisses they will report directly to the pool and can change in the pool deck restrooms or locker rooms on the lower floor of the gym building.

Season info

- General season timeframe is 6-7 weeks starting late February and ending in early April. Once we have completed the sign-up process (usually by mid February) we will email out the complete training schedule. Please be patient as we work out the details based on the number of participants that sign up.
- The goal of the program is to develop our students in swimming and water polo specific skills and drills. We typically do not have matches, but on occasion we do find some schools that are available to compete.
- Commitment level for training is typically 2 days per week from 3:15-4:30pm. We will have a complete practice schedule sent out to all participants at the start of the season.
- We will have no cuts for those wishing to participate unless our number of participants exceed a number that creates a difficult environment to manage based on our coaching staff and pool facility. Each family will receive notification if this takes place.
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season for water polo participation fee.
- Coaches info TBD

Physical Form

http://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf