



Fall 2011 SLAP Girls JO Prep Session

SLAP 18 & under Girls

Sept. 27th - November 7th

Tuesdays 7:30 – 9:30 pm @ Ladue High School

Additional practices / scrimmages TBD

SLAP Girl's U18 JO Prep Session is a seven week session designed to measure the interest around fielding a local girl's team in the upcoming Junior Olympics (JO) next summer. In order to proceed, we need assess the local interest level to determine if there will be the commitment from a core group of girls to train and travel throughout the winter and next the summer, culminating with competition at the Junior Olympics. Practices for this session will focus on reinforcing fundamentals of "women's" water polo, positions and basic game strategy through drills and scrimmaging. Some prior exposure to water polo is recommended for this group. If you are interested, then please complete and submit the registration form provided below. Depending on the response and number of players, tryouts maybe necessary later in the year to determine which players will be part of the JO traveling team. Players will compete in scrimmage situations and this group may compete in games against other local club teams (if available) during the seven week session.

If there is sufficient interest / commitment to field a competitive girl's JO team, the goal during the "winter" session (November – February) would be for this group to practice 2 -3 times a week with some possible out of town travel for games / tournaments. SLAP plans on taking to their boys U18, U16 & U14 teams to Miami for the International Age Group Tournament over President's Day Weekend and this could be a tournament the girls could attend as well if there is enough interest.

COST: Fee for the Girl's Prep session is \$50.00 and all players must have an active 2011 US Water Polo Registration. US Water Polo Registration is a separate fee made payable to US Water Polo and covers the calendar year of January-December of 2011. All participants must register with US Water Polo before they are allowed to practice with the club or compete in any games, as this is our club insurance. If you have already registered with US Water Polo for the 2011 season you do not need to register again. For USWP, if the player is not registered for this year, they would just need to register as a Silver Athlete (\$60) for the rest of 2011. For 2012, they would need to register at Gold Athletes (\$80). You may register online by going to www.usawaterpolo.org. Our official club name is CLAYTON WATER POLO CLUB, our club number is 12 and we are part of the MIDWEST ZONE. All fees include pool rental, equipment usage, coaching fees and any league fees. Space is limited. Please bring the completed form with a check or mail the completed

form to: **Miguel Figueras 7478 Drexel Drive U. City, MO 63130**. Please make checks payable to **Clayton Water Polo Club**. For more information, please call 515-371-3146 (cell) or email eiznof@aol.com. Please check for any updates on the club team's web site: www.stlouisareapolo.com. Additionally, announcements including schedule changes, pool closings, practice cancelations, etc. are sent out via the team's Facebook fan page (accessible via the website homepage) or on Twitter at twitter.com/stlouisareapolo.

COACHING STAFF: Head Coach - Colleen Lischwe, second coach TBD.

Colleen has been coaching for about 10 years starting with the 2004 St Louis Speedo Cup team. Colleen currently she coaches at Kirkwood HS and SLAP water polo. She is also an assistant on the Olympic Development Team for U16 girls and the National Zone team. In high school, she was a 2 time Mo Female Player of the Year winner, 2nd team All District, and played D1 polo at Marist College. She is passionate about the game and has a wealth of polo coaching experience and knowledge. She is very excited about the idea of coaching a JO team.

REGISTRATION:

Current School _____ **Current Grade** _____

Name: _____ **Date of Birth:** _____

School: _____ **Email:** _____

Address: _____ **Phone #** _____

Emergency Contact Name & # _____

USWP # _____