

San Diego Shores Programs and Sessions

Competitive Age Groups Programs

10U Boys & 10U Girls Competitive Water Polo

This program accommodates all levels of players. The players will learn the basic water polo skills in a fun and safe environment. Scrimmages and tournaments are in addition to their regular scheduled practices.

Youth Boys Competitive Water Polo 12u & 14u

This program accommodates all levels of players, experienced to novice. The 12U players will focus on long term athlete development, learn the basic water polo skills and further develop their game fundamentals. The 14U players will fine-tune their water skills and fundamentals and work on game tactics. Scrimmages and tournaments are in addition to their regular scheduled practices. Teams for tournaments are determined by the Coaches.

Youth Girls Competitive Water Polo 12u & 14u

This program accommodates all levels of players, experienced to novice. The 12U players will focus on long term athlete development, learn the basic water polo skills and further develop their game fundamentals. The 14U players will fine-tune their water skills and fundamentals and work on game tactics. Scrimmages and tournaments are in addition to their regular scheduled practices. Teams for tournaments are determined by the Coaches.

High School Boys Competitive Water Polo 16u & 18u

The high school program accommodates all levels of players from novice to experienced, and focuses on enhancing and strengthening fundamentals, conditioning and tactics.

High School Girls Competitive Water Polo 16u & 18u

The high school program accommodates all levels of players from novice to experienced, and focuses on enhancing and strengthening fundamentals, conditioning and tactics.

Session Dates for Competitive Age Programs

Fall

Age Group Session 10u Boys & Girls, Youth Boys 12u/14u & Youth Girls 12u/14u.

(August to December)

High School Girls 16u/18u Session (August - December)

High School Boys 16u/18u Session (August - December)

Winter

Age Group Session 10u Boys & Girls, Youth Boys 12u/14u & Youth Girls 12u/14u.

(January to March)

Spring

Age Group Session 10u Boys & Girls, Youth Boys 12u/14u & Youth Girls 12u/14u.

(March - May)

High School Boys 16u/18u & Girls 16u/18u Session (March - May)

Summer

Age Group Session 10u Boys & Girls, Youth Boys 12u/14u & Youth Girls 12u/14u.

(May - August)

High School Boys 16u/18u & Girls 16u/18u Session (May - August)