

Important Info Read First if New

- [Water Polo Helpful Links](#)
- **Calendar:** [Please see the google calendar on this webpage](#)
- **Remind** - Important for getting info out and last minute updates. Sign up for our remind!!! to get up to date information by texting @mmhsbwp to the # 81010 for the 6th period athletic period please sign up by texting @MMHS7THWP to 81010. This will be important for 6th period only updates for the class only when out of season.
- **Athletic period:** We have 6th period water polo PE. It is very important to get into this period!
- **Team Gear:** Please see team store links tab on main page when live!
- **Clearance** - Please make sure your athlete is cleared. [YOU CANNOT PLAY OR PRACTICE IF YOU ARE NOT CLEARED. ALL DAYS MISSED DUE TO NOT BEING CLEARED WILL COUNT AGAINST YOU.](#) Current physical must have been done after May 10th of this year. [CLEARED CLICK HERE](#)
- **Game Schedule and Tournament Brackets:** See Calendar, Game and Tournament Brackets On this website! They have all been added.
- View the Team Contract on main page (will be given to athletes to sign and return).

Fundraising

Fundraisers

We will be doing 4 major fundraisers this year:

1. Snackbar (need help from parents and donations)
2. Snap Raise
3. Chipotle Team Bonding Night

Our major fundraising goal is to total \$4000 raised. This will be to replenish our funds already spend on equipment (balls, caps, etc..) (\$1000), Tournament Fees (\$2500), and to also save up to buy another new speaker (\$600). If you would rather donate directly to the team or know of a business that would like to or purchase a banner please reach out to me directly @ mpuig@murrieta.k12.ca.us. (BANNER DOC BELOW)

If you would like to purchase a banner here is that link: [Click Here](#)

Beginner Water Polo Guide

Beginners Guide/ Practice Info

LINK TO BEGINNERS GUIDE GOOGLE DOC: [CLICK HERE!](#)

Practice Schedule

The full practice schedule is in the Google Calendar on this website (you can also add it to your google calendar when I send out the link). I recommend checking it regularly and being on the remind when things change. Due to ref shortages I highly recommend paying attention to both. With that said the practice schedule is generally:

2 or 3 morning practices a week (only on B Days):

A Days 6th Period (If in athletic Period, if not come after school till 5pm):

2-5PM

A DAYS:

5:30am-8:00am (weight room and pool)

Games will be after school and we may have a few other after school activities. Other than that we are moving away from after school practices.

GAMES: All games are posted on calendar (on main page) per our league rules all home games will be Varsity at 5pm and JV at 6pm. Away games vary based on the away teams' league game time rules. League carouse, league finals, and all tournaments are TBD until about a week or two before the game.

PRACTICE MATERIALS:

Due to many of our practices being early in the AM I highly recommend following this regimen to be ready for school:

- Talk to other parents/ athletes early to schedule carpools to morning practices.
- Bring two backpacks to school. One Polo bag one school bag.
- There are lockers in the boys locker room, you can rent a lock from the locker room attendant coach Kenny. Do not leave wet items in your locker. You can hang your speedo on the lock.

Large Water Polo Bag Should Have:

- Normal Items such as goggles, suit, sunblock, large water bottle.
- Shampoo, soap, conditioner, body wash etc. Boys can shower in the locker room after practice or in their speedo in the outside showers. Do not go to school without washing off. There should be lines for the shower and those with higher seniority go first.

- All items that you use to get ready for school. Including gels, grooming items, and school clothes and shoes.
- 2 Towels. Hang your suit on this bag throughout the day.
- Breakfast/ Protein Shakes/ Bars

School Bag:

- All of your school items for that day (remember we alternate days so you do not need to bring all items for all classes everyday).
- Any extra food items. Athletes will be eating a lot throughout the day.
- Extra Water.

The Night Before a Morning Practice:

- Create three piles before bed
1. One with school backpack and put all items for the school day in this.
 2. Put out weight room clothes shoes and small workout towel. Have a large water bottle ready. If you need to eat before weight room have that ready.
 3. Prepare polo bag with all the items listed above and have it ready to go

Team Bonding

Team Bonding Events:

- Midnight Practice. We cannot make this mandatory since it is so late at night, however it is highly recommended.(TBD). We will announce teams, vote on team captains, pick cap numbers and have our first fun workout to celebrate being done with hell week. We go to Raising Canes to eat and hang out. While athletes are on deck they are the coaches responsibility. Getting to the pool or once they leave the pool deck they are not the school/program/coaches responsibility this includes while at In and Out. It is all meet at site.
- We will have a Chipotle night fundraiser TBD where we highly recommend you go to eat and hang out. We will ask Temescal to go as well.
- We will add more as we go throughout the season. If you would like to host please let the coaches know!

Team Records

Boys Water Polo Records		
Most Goals In a Game	Jake Branch 2015	9
Most Assist In a Game	Zane Bentley 2016	7
Most Steals In a Game	Zane Bentley 2016	11
Most Shot Blocks In a Game	Tristin Muth 2013	6
Most Ejections Drawn During a Game	Joseph Bernal 2015	10
Most Goalie Blocks In a Game	Nathan Lavigne 2016	19
Most Goals In a Season	Cameron Bentley 2016	126
Most Assist In a Season	Zane Bentley 2016	70
Most Steals In a Season	Zane Bentley 2016	114
Most Shot Blocks In a Season	Ty Gilbert 2014	28
Most Ejections Drawn In a Season	Joseph Bernal 2015	81
Most Goalie Blocks In a Season	Nathan Lavigne 2016	267