

STANFORD GIRLS WATER POLO

WINTER 2025-2026

WATER POLO PROGRAM

The Program

The Stanford Water Polo Foundation offers a winter program for girls in elementary, middle school, and high school. The program is geared toward players of all levels - **beginning, intermediate and advanced**. Children with strong swimming skills can begin as young as 2nd grade.

Our focus is on the long-term development of the athletes. We teach and emphasize the fundamental skills that are necessary for girls to improve and love the sport.

Athletes must be able to swim (4) laps of freestyle. It will be by the coach's discretion whether an athlete's swimming ability is sufficient for their group.

GENERAL INFORMATION

High School - (current 9th-12th graders)

Athletes train to improve and excel to the next level of development and conditioning.

Age Group – (5th-8th graders)

Athletes train with an emphasis in skill development, game tactics and conditioning. All middle schoolers new or experienced are in this group.

Junior Water Polo (10/u) – (2nd through 4th graders)

Children with swimming skills can begin as young as second grade. We emphasize fun and enjoyment while teaching basic skills and knowledge of the sport. This group is specifically for beginners and young intermediate players.

Length of the Winter Season

December 1, 2025 - February 1, 2026

U.S. Water Polo Membership (USAWP)

All Athletes - must also be registered with and show proof of USA Water Polo membership. If you need to do this, you have to do it online at www.usawaterpolo.org (follow the link to Join USAWP) Gold membership required for National Championship Tournaments. Silver membership is okay for local only tournaments.

Please ensure USAWP club affiliation is Stanford Water Polo Foundation.

10u Polo – you can be a bronze member at this time with USA Water polo. www.usawaterpolo.org

All new athletes when registering with USAWP must go through the birthday verification process. This is a 1-time transaction with USAWP

Sign-Ups Pre-registration is required. **Register here: [TeamSnap Winter 2025-2026 Registration](#)**

****Payment is done on TeamSnap.**

Registration fees cover pool rentals, salaries, local tournament fees & equipment.

(There is a sibling discount for additional sisters in the club.)

Once payment and registration form are received, you will be registered for Stanford Summer Water Polo.

Safety

Arrive in your suit, ready for workout. Restrooms are limited use, no locker rooms available.

If you are not feeling well, please choose to not attend practice and contact your coach.

WORKOUT GROUPS and DUES

**** Coaches discretion will be used to adjust and assign workouts groups based on player experience.**

Group	Age / Grade / Ability	Dec 2, 2025 - Feb 1, 2026	Dues
High School	9 th - 12 th graders	Tuesdays & Thursdays 6:15pm-8:30pm at Stanford Saturdays &/or Sundays 9am-11am at Stanford (Time could change)	\$1,500
14u	7 th - 8 th graders	Tuesdays, Thursdays, Fridays 6:15pm-8:30pm at Stanford Sundays 9am-11am at Stanford	\$1,500
12u	5 th - 6 th graders	Mondays, Wednesdays 6:45pm-8:30pm at Woodside HS Fridays 6:15pm-8:30pm at Stanford Sundays 9am-11am at Stanford	\$1,500
Jr Polo	2 nd - 4 th graders	Monday & Fridays 6:30-8pm at Ladera Recreation Center Wednesdays 6:45pm-8:00pm at Woodside HS	\$900

*Please reference TeamSnap calendar for current practice days, times, and locations once the season starts

Registration Fees: Fees are non-refundable as of Dec 07, 2025. If you decide to discontinue before this date, we will refund your fees less \$150.

Coaches: Brenda Villa, Jessie Cima, Cathy Cantoni, Cara Skourtis, Gwen Golub, Allie Lamb, Kelly Frumkin, and others.

COMPETITION INFORMATION

We will participate in both local and national competition on various weekends.

The schedule will be on TeamSnap for all workouts & tournaments after you register.

High School: Bay Area Winter League, Cal Cup Quals, Frozen Cup

Age Group: Bay Area Winter League, Frozen Cup, Futures, Training Trips

Jr Polo: Bay Area Winter League, LAMO Fun Scrimmages, Dare to Dream (East Bay)

National and Travel Trips

Additional fees will be assessed to cover travel trips and national tournaments. You are responsible for full payment once confirmed and named to travel and national teams.

There are no additional fees for local tournaments.

Questions??

For more information, visit our club website at <http://www.stanfordwaterpolo.com> or contact Cathy Cantoni at cathy@stanfordwaterpolo.com