

Haverford Water Polo Players and Parents,

We wanted to make you aware of some important information heading into the summer.

Maverick Water Polo will be running a summer session at Haverford. This will be a great way to get back into the Water Polo mindset over the dog days of summer. Full details can be found on the Maverick website at [www.maverickwp.com](http://www.maverickwp.com)

In addition, Coach Jones will be running open swims every Tuesday and Thursday mornings at THS from 6:15am – 7:30am, this is an excellent free opportunity to get into polo/swimming shape.

Preseason starts **Monday, August 19th!** We expect all players to be in attendance. If you cannot be there, please contact one of the coaches prior to the start of pre-season. A few reminders for pre-season:

### **Equipment**

All boys should come to practice each day with the following items:

- suit
- goggles
- workout clothes (preferably school issued athletic gear, no outside school/club attire)
- sneakers for dryland
- sneakers for the pool
- water bottle

### **Preseason Practices**

Our schedule lists practices **9:00-1:00**. Boys should arrive at least 15 minutes before the start of practice. These training sessions will be broken into two parts with the first portion in the water, followed by a dryland workout. We will have a ~20-30 break between the water and dryland workouts. Boys will not be permitted to leave. We strongly encourage the boys to bring a few light snacks (granola bars, energy bars, etc) to have between the sessions.

### **Health Forms**

Additionally, **all players must have paperwork submitted to Haverford athletic trainers in order to participate in practice.** This paperwork includes physical form and health history form. If your son's information is not on file, he will not be able to participate. Please contact Carrie Smith- [csmith@haverford.org](mailto:csmith@haverford.org) and/or Bill Wardle- [wardle@haverford.org](mailto:wardle@haverford.org).

### **Schedule**

The game and practice schedule for the fall is posted on the website. We are awaiting final details of games times for the Beast of the East tournament. Tournaments are varsity only, and we will send details out as we approach those dates. We will add lifts and dryland workouts throughout the season. These will fit into our designated practice times. Being a part of the Water Polo program comes with the expectation that these practices, games, and tournaments require your full participation.

We have a few off days sprinkled throughout the season. If you need to schedule doctors appointments, college visits, or other plans, we encourage you to schedule those things on our off days. Academics are first priority, and we will work with the boys if they need to make up tests, stay after school for extra studying, or other academic-related needs. But, please try to schedule outside appointments for those scheduled off days. We thank you for your understanding and appreciate your cooperation in this matter.

We are excited for the upcoming season and the opportunity to coach your boys! Please contact Coach Van Such at [kevin.vansuch@gmail.com](mailto:kevin.vansuch@gmail.com) or Coach Hansen at [shansen@haverford.org](mailto:shansen@haverford.org) with any questions.

Go Fords!

Coach Van Such and Coach Hansen