

2019-2020 PORTOLA BOYS WATER POLO

TRYOUT INFORMATION

In order for a player to try out for the boys' water polo program, ALL players must:

- ✓ Have completed the Athletic Clearance process through the Athletic Office. If you do not have a physical on file, **you will not be allowed to try out.**
- ✓ Have at least a 2.3 GPA from last grading period (spring semester)
 - NCAA requires athletes to achieve a 2.3 or "take a knee."
- ✓ Have no more than 1 "F" from last grading period (spring semester)

Schedule for Tryouts

Thursday, August 15th* 2pm-4pm

Friday, August 16th* 2pm-4pm

**Seniors: note these are different dates from our meeting at the end of the year.*

Tryouts will consist of a test set, water polo-specific conditioning, and general skill of the game. The test set will be 10 100s on 1:30, except those who are trying out for goalie and 2-meter positions, in which case the interval will be on 1:40. The test set will be the first test of selection. Failure to make the test set may result in a cut from the program.

Factors to Consider for Team Selection

Aggression	Grades	Position
Athleticism	Heart	Reputation at School
Attitude	Honesty	Size
Coachability	Intensity	Skill
Commitment	Knowledge	Speed
Communication	Listening	Team Player
Dedication	Maturity	Work Ethic

Making the Team

Being selected for the boys' water polo program is a **privilege**, NOT a right. Please understand that just because you have played water polo previously, regardless of the level, does not guarantee you a spot on the team for the 2019 season. Being a part of the boys' water polo program is a commitment beyond practices and games. There are some weekend commitments (Saturdays only), before-school commitments, involvement in school events and fundraising opportunities, team bonding events, etc. Consider the commitment you want to make to this team before trying out.

Parent Involvement

Just as much as student-athletes are involved in the program, families are an integral and critical part for the success of this program. As we are entering our **fourth** year in operation, we ask for families to get involved through a variety of different ways: snack bar donation and support, general financial support, special event support (i.e. Bingo Night in February and ESPY Awards in May). Again, our program has thrived this far with the help of Bulldog Water Polo Families!

If you have any questions, feel free to contact me via email.

GO BULLDOGS!

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