

2019-20 Seahawks Boys Water Polo Calendar

- Parent Meeting Tuesday August 20th 6:00pm PHS Pool

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Practice PHS Pool – Water 10am-1pm	27 Practice PHS Pool – Water 10am-1pm	28 Practice 7-8pm - Weights 8-9pm - Water	29 Practice PHS Pool - Water 5-7:30pm	30 Practice PHS Pool - Water 5-7:30pm	31 Practice PHS Pool – Water 10am-1pm

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	3 Practice PHS Pool - Water 5-7:30pm	4 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	5 Practice PHS Pool - Water 5-7:30pm	6 Practice PHS Pool - Water 5-7:30pm	7 Emerald Ridge Jamboree Games: 1pm; 2:30pm; 4pm
9 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	10 Game vs. Wilson PHS 5:30PM Game 5:00 W/U	11 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	12 Game vs. Kentridge PHS 5:30PM Game 5:00 W/U	13 Practice PHS Pool - Water 5-7:30pm	14 Practice PHS Pool – Water 10am-1pm
16 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	17 Game @ Gig Harbor 5:30PM Game 5:00 W/U	18 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	19 <i>Practice PHS Pool - Water 5:30-7:30pm Girls Swim Home Meet</i>	20 Practice PHS Pool - Water 5-7:30pm	21 PENINSULA HOSTING TOURNAMENT
23 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	24 Game vs. Stadium PHS 5:30PM Game 5:00 W/U	25 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	26 Game vs. Kentridge @ Lindbergh HS 8:30PM Game 8:00 W/U	27 Practice PHS Pool - Water 5-7:30pm	28 Practice PHS Pool – Water 10am-1pm <i>HOMECOMING DANCE</i>

October & November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	1 Game vs. Lakes PHS 6:00PM Game 5:30PM W/U <i>Girls Swim Home Meet</i>	2 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	3 Game vs. South Kitsap PHS 5:30PM Game 5:00 W/U	4 Practice PHS Pool - Water 5-7:30pm	5 Game vs. Auburn Mountainview PHS 10:30am Game 10am W/U
7 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	8 Game @ Wilson 6:00PM Game 5:30PM W/U <i>Girls Swim Home Meet</i>	9 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	10 Game vs. Gig Harbor PHS 5:30PM Game 5:00 W/U <i>Senior Night!!!</i>	11 Practice PHS Pool - Water 5-7:30pm	12 Mini Tournament Peninsula; Tahoma; Enumclaw 10am W/U; 10:30am Game to 2pm
14 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	15 Practice PHS Pool - Water 5-7:30pm	16 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	17 Game @ Stadium 7:00PM Game 6:30PM W/U <i>Girls Swim Home Meet</i>	18 Emerald Ridge Tournament TBD	19 Emerald Ridge Tournament TBD
21 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	22 Practice PHS Pool - Water 5-7:30pm	23 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	24 Game @ Lakes 7:00PM Game 6:30PM W/U	25 Practice PHS Pool - Water 5-7:30pm <i>FISHBOWL</i>	26 Practice PHS Pool - Water 10am-1pm <i>SHOOT-A-THON</i>
28 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	29 Practice PHS Pool - Water 5-7:30pm	30 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	31 Game @ South Kitsap 4:00PM Game 3:30pm W/U	1 Emerald Ridge Tournament TBD	2 Division Championships - Emerald Ridge JV Tournament TBD
4 Practice 6am-7am - <i>Morning</i> 7pm-8pm - Weights 8pm-9pm - Water	5 Practice PHS Pool - Water 5-7:30pm	6 Practice 6:30am-8am- <i>Morning</i> 7-8pm - Weights 8-9pm - Water	7 Practice PHS Pool - Water 5-7:30pm	8 Division Championships Rogers HS	9 Division Championships Rogers HS

2019-20 Peninsula High School Boys Water Polo Info

- Parent Meeting Tuesday August 20th 6:00pm PHS Pool
- 1st Practice: Monday August 26th 10-1pm PHS pool
- Register and Pay your Pay to Play before 1st practice – www.familyid.com

YOU MUST HAVE 10 PRACTICES BEFORE YOU CAN COMPETE IN A GAME

ALL PRACTICES ARE MANDATORY

- If you need to miss practice communicate with coaches by the day before
- You must be at the practice the day before a game
- Arrive 15 minutes before start of practice to stretch and so you can be suited up to be in the water at practice start time
- MORNING PRACTICES ARE MANDATORY

What to bring to practice:

- Water Days: Suit (Speedo or Jammer), Towel, Goggles, Water Bottle
- Dry Land/Weights Days: Athletic wear (Shorts & t-shirt), Athletic shoes, Water Bottles

Games

- You are required to be at school to participate in a game the same day – if you are too sick to go to school you are too sick to play
- You must travel with the team to and from the games on the bus unless you get a pre-approved exception by the Athletic Office

Communication:

- All info will be posted to www.sscathletics.org
- Direct communication will go through Remind App
 - o Parents: 794ee6
 - o Players: fg3d94
 - o Alternatively you can text 81010 with this message: @fg3d94 or @794ee6