

# Seahawk Boy's Water Polo 2017 Season

Welcome to the 2017 season for Seahawks Boy's Water Polo. Please visit [www.sscathletics.org](http://www.sscathletics.org) for all updates. You can subscribe to the Water Polo page for changes.

## Head Coach:

Carter Gilmore  
253-312-5872  
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## Assistant Coach:

Troy Wiltbank  
253-306-4296  
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## Practice Schedule (Subject to change):

All Practices will be held at the Peninsula High School Pool

### During School:

Mon & Wed: 8-9pm

Tues & Thurs, Fri: 5:00-7:30pm (May be delayed if there is a girls swimming meet scheduled)

Morning & Saturday Practice: tbd

### Before School Starts (Aug 21-Aug 29)

Mon-Fri: 2pm – 4pm

Please bring to practice:

- Swim gear: suit (speedo preferred) & goggles
- Towel
- Water
- Dryland clothes (Only when requested): shorts, shirt & running shoes

Parents please go to: [www.familyid.com](http://www.familyid.com) to register your athlete.

Game Schedule (Subject to change based on pool availability): see following page

The first few weeks will be pretty intense focusing on conditioning and athletic training. As we progress we will spend a lot of time working on "the basics", passing, shooting, and positioning. Once we get that down we will develop specific plays for situations.

I will be sending out an updated roster with everyone's email and phone numbers so you can coordinate carpooling to practices and games.

Please reach out to anyone you know that might be interested and invite them to practice.

We are looking forward to a great season!

Carter & Troy