

# Frequently Asked Questions

## **Can an athlete join in at any time?**

Yes! An athlete can join in any session at any time. We welcome players of all levels, from novice to advanced. Registration fees will be prorated accordingly.

## **What if a player has never played water polo before and knows nothing about the game?**

That's why we're here! Part of LAWPC's mission is to promote the sport of water polo. Our coaches introduce the basics of water polo while focusing on fun and development. For the newer player with basic swimming skills, the best way to learn the game is to just "jump in!" We have players of all levels. Coaches will help to get new players started, but water polo is one of those games that is best learned by playing! You just need a few basic skills, which can be learned quickly.

## **When does the season start?**

Club water polo is played all year round. We have four seasons, or "sessions" for club water polo: Spring, Summer, Fall, and Winter. High School athletes are not permitted to compete with the club during their HS season, which for boys is the fall and for girls is the winter. Therefore, while the club operates year-round, there is no program offered for HS boys in the fall or HS girls in the winter.

## **What is Swim2Score?**

Athletes are broken up into small groups with similar ages and skill levels. This program focuses on water safety and swim techniques geared toward the game of water polo. As the athlete progresses through this program they will continue to improve their swimming skills in all strokes as more water polo specific techniques are added. Practices consist of swimming, water polo drills, and occasional scrimmages.

## **Why do I have to join USA Water Polo as well as pay the LAWPC registration fees?**

USA Water Polo is the national governing body for the sport of water polo. It is under the auspices of the United States Olympic Committee. In order to enter the water as a LAWPC member, your registration with USA Water Polo must be current for insurance purposes. In addition, a player cannot be rostered for any tournaments unless your USA Water Polo membership is valid.

## **About USA Water Polo**

USA Water Polo, Inc. is the national governing body for water polo in America, overseeing our United States Olympic program as well as 20 different championship events annually, such as Junior Olympics and Masters Open Championships. With more than 35,000 members, USAWP is also the sanctioning authority for more than 400 tournaments nationwide. USAWP is committed to the development of the sport nationwide. It fosters grass-roots expansion of the sport, providing a national system of affiliated clubs, certified coaches and officials.

**What are the “Age Groups” and when does a player move up?**

Upon registration, players are placed into their proper age groups automatically. When you register, you do not need to worry about knowing which group to place your child in. The groups are made up of players from 2 consecutive birth years.

**What can a player do to maximize his or her potential?**

Make sure to attend as many practices as possible. A player will develop skills, as in all sports, by working hard, having good attendance and really listening to the coaches. We have one of the best coaching staffs in the country – current and past National Team players, collegiate players, and top HS coaches. If a player would like to take his or her game “up a notch,” one of the best things to do would be to join a swim team concurrently or do extra swim conditioning.

**What kind of equipment do I need to start out?**

Goggles & swim caps for athletes with long hair

**What apparel do I need?**

For athletes on competition teams, mandatory apparel items for LAWPC athletes are:

- LAWPC Suit
- Navy LAWPC t-shirt
- White LAWPC t-shirt

Other items are available, but this is all you need to get started. On-line flash store open at the beginning of each session.

**What if I have to miss a practice or tournament?**

We all understand that life intrudes on water polo sometimes and that homework and family occasionally prevent attendance at practice! If you need to miss a tournament, let the coach and coordinator know immediately as there are other players who could potentially take your roster space. You will get as much out of the club as you put in. If you will be missing a practice, just let the coach know before or after.

**What happens if there is a schedule change?**

Water polo is a very fluid sport. Schedules tend to come out late and change frequently. The club does it's best to notify our members of any changes, but it is the player's responsibility to monitor the website for any changes. The final responsibility lies with the player!