**Yearly Program and Schedule Outline** (Early Sep – late July)

Fall Session

* Starts Tuesday after Labor Day, ends Sunday before Thanksgiving weekend.
* Practice Mon-Thu for HS & 14/12u. Sun practice for 12/10u & Splashball.
* 14/12u athletes have league games most Saturdays during fall season.
* Key dates: Travel tournament late Sep. Travel tournament late Oct.

*Week off between fall and winter sessions*

Winter Session

* Starts last week of Nov/first week of December, ends mid February.
* Practice Mon-Thu for HS & 14/12u. Sun practice for 12/10u & Splashball.
* Team will take 1-2 weeks off in December for winter break.
* Key Dates: CA tournament early Dec. OR tournament early Jan. WA tournament early Feb. CA tournament early weekend Feb. CAN tournament mid Feb.

*Week off between winter and spring sessions*

Spring Session

* Starts last week of Feb goes through first week of May.
* Practice Mon-Thu for HS & 14/12u. Sun practice for 12/10u & Splashball.
* Key Dates: CA tournament early march, OR tournament mid April, CA tournament mid April, San Diego tournament first week of May.

*No break between spring and summer sessions*

Summer Session

* Starts first week of May, ends late July
* Practice Mon-Thu for HS & 14/12u. Sun practice for 12/10u & Splashball. HS athletes may have additional morning practices or Sunday workouts. Around mid June when school is out practice times generally change to 8-10pm.
* Key Dates: Tournament early June, Junior Olympic Qualifiers mid June, Training Trip late June through early July (about 10 days long), early July tournament, Junior Olympics late July.

*No training during August*

**Financial Summary and Costs**

Training Fees

* Splashball, 1 x week (ages 5-8) : $**75**/month
* 12u/10u novice, 1 x week (ages 9-12) : $**125**/month
* 14u and 12u advanced, 1-4 x week (6th-8th grade) : $**295**/month
* High School, 1-4 x week (9th-12th grade): $**295**/month

Northwest Water Polo Club registration is valid from the day you register until the training cycle ends in July. Fees are collected through SportsEngine NWPC registration and families are billed monthly (11 months, Sep-July). Families are charged the day they register; recurring payments are charged the following month on the 1st. If an athlete attends zero practices during a given month the family will NOT be charged monthly training fees.

Estimated Tournament Fees

* Local WA tournament: $50-100 (2 day tournament)
* OR travel tournament: $300-350 (2-3 day tournament)
* CA travel tournament: $400-500 (2-3 day tournament)
* CAN travel tournament $375-475 (2-3 day tournament)
* Training Trip: $650-900 (9-10 days)
* Junior Olympics: $650-850 (5 days)

Tournament costs listed above are estimates and cover tournament fees, hotel accommodation, van rentals, coaches flight (when needed) and coaches expenses. Estimated costs do not include plane ticket expenses. When teams do fly to tournaments coaches will send out a suggested flight information, families are responsible for booking their own plane ticket. Teams generally attend 1-3 travel tournaments per session.

Financial assistance is available for families who may have trouble affording session fees or tournament costs. Email john@northwestwaterpoloclub.com for more details.

All payments are submitted online via SportsEngine. Families will need to create a SportsEngine account to complete registration.

**General Information**

Northwest Water Polo Club offers training for athletes of all ages and skill levels. No experience is necessary.

Coaches usually host a parent meeting at the start of each session (fall, winter, spring, summer). Some parent meetings may be added to provide additional information about big events like the Junior Olympics.

The focus of our 12/10u and Splashball 1 x week program is to get athletes excited about water polo, have fun and learn basic skills.

The focus of our 14u/12u weekly program is to develop a passion for water polo in younger athletes and provide players with fundamental skills to excel in water polo.

The focus of our HS program is to prepare athletes for NCAA and national/international level water polo. Our main goal for high school athletes is to ensure they are mentally and physically ready for collegiate level water polo.

14u and High School Junior Olympic athletes are expected to practice four times a week and attend all offered tournaments/scrimmages.

Playing time at any tournament, game, scrimmage is not equal or guaranteed. Our coaches will do their best to play every athlete during games however coaches ask parents understand that there is no guarantee of playing time during tournaments and/or games.

When we have 16+ athletes signed up in one age group Northwest will work to field two teams (A and B). A and B teams are chosen at the coaches’ discretion and generally based on practice/tournament attendance, attitude and skill.

Sometime in July we usually host a summer BBQ at the lake that includes beach water polo and games. Friends, family and water polo players are all invited to experience what Northwest is all about.

All athletes need a current USAWP membership in order to be covered under our insurance policy. Athletes attending travel tournaments need a silver level membership, athletes attending national events like Junior Olympics require a gold level membership.

Any and all athletes are welcome at Northwest. While NW coaches push athletes to compete at the highest levels possible, we also adjust training for athletes who are interested in a less intense experience.

**More information**

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NWPC Board of Directors – board@northwestwaterpoloclub.com

Website – [www.northwestwaterpoloclub.com](http://www.northwestwaterpoloclub.com)