

Youth Water Polo Clinics

Triangle Aquatic Center and the Triangle Water Polo Club are hosting three *Introduction to Water Polo* clinics. Upon completion, qualified participants are eligible to join the Triangle Water Polo Club

Time and Date: August 1, August 8 and August 15 12:00 PM—2:00 PM
Clinic 1—Fundamentals & Techniques (eggbeaters, passing, shooting)
Clinic 2—Basic Offensive/Defensive Strategies + 30 minute scrimmage
Clinic 3—Intermediate Strategies +30 minute scrimmage

Location: Triangle Aquatic Center, 275 Convention Drive, Cary

Cost: \$10 per clinic or \$25 for all three clinics. Participants can pay at the front desk or online at <http://www.triangleaquatics.org/Programs/> Proceeds go to lane rental and equipment costs

Age: 11 and up

Pre-requisites: Participants should be able to swim 50 continuous yards freestyle and should feel comfortable treading water

FAQs: Q: Do I need to attend all 3 clinics? A: No, however, each clinic will build on lessons of previous clinic

Q: Is there a way to waive the entrance fee? A: If you have difficulty meeting the cost, please contact Rob Dickens at the email below.

Q: I am an adult, can I attend? A: Yes. Although this clinic is primarily designed for youth, adults can attend.

Q: What other opportunities are available? A: The Triangle Water Polo Club practices 1 to 2 nights per week at TAC. Qualified youth and adults are welcome to join. For younger kids, we hope to grow a summer program. These clinics are your first step!

Q: What opportunities are there for girls? A: Water Polo is one of the fastest growing NCAA scholarship sports for women. As a relatively new sport for women, it takes less experience to obtain a scholarship in this sport than others. The US women also won the silver medal in the 2008 Olympics.

If you are interested in pre-enrolling in the Water Polo Clinics, please visit the TAC website. For more information about the Triangle Water Polo Club please visit our website: <http://www.meetup.com/Triangle-Water-Polo-Club/>. If you have questions about the clinics or the water polo club, contact Rob Dickens at robstuff@yahoo.com.