

# **Puget Sound Polo Winter Polo**

**135.00 dollars (14 practices + 1 end mini scrimmage tournament)**

Fee is included for those who make a PSP 16 U or 18 U Travel Team

November 17<sup>th</sup> – February 9<sup>th</sup> -All Practices are 9:45am-11:45am on Saturdays (unless noted differently below)

All Practices are at Curtis High School

11/17, 11/24, 12/08, 12/15, 12/22, 12/27 (TH), 12/29, 1/2 (W),  
1/5, 1/12, 1/19, 1/21 (M), 1/26, 1/28 (M),

**2/09 (1pm-6pm – mini scrimmage tournament @ Curtis)**

**Practices will follow the plan listed below:**

- 20 Min- Warm-up / body positioning work
- 20 Min- passing
- 20 min - Specific Skill Taught / Reviewed,
- 60 Minute – Scrimmage

Athletes need to be registered with USA Water Polo at the Bronze, Silver, or Gold Level.

To register go to: [www.usawaterpolo.org](http://www.usawaterpolo.org)

Click: Registration

We are club #64, Puget Sound Polo