ROOSEVELT HIGH SCHOOL

GIRLS WATER POLO 2024

Our website is roughrider-swimwp.weebly.com. Visit the site for requirements, practice and game schedules, and other important information.

Water polo is a contact sport. It’s not wrestling in the water although sometimes it might look like it. Played properly, water polo is a fast-paced exciting game to watch.

PRE-CONDITIONING starts January 29 (M) for two weeks

PRE-CONDITIONING REQUIREMENTS

* Clearance from the athletic trainers. Check website for athletic department requirements. Get all paperwork to coach before January 29.
* Attendance is optional.
* Able to tread water.
* Able to swim 25 yards without stopping
* One-piece suit to be used during practice. A swim cap and googles is recommended.

TRY-OUTS start February 12 (M) for two weeks

TRY-OUT REQUIREMENTS

In addition to Pre-conditioning Requirements:

* Attendance is mandatory.
* Able to tread water for 5 minutes.
* Able to swim 50 yards without stopping
* Able to throw a water polo ball at least 10 feet while treading water.
* Water polo compliant swimsuit.
* Grade checks every two weeks will be done by the athletic department.
* Able to follow verbal instructions and independently carry them out.

REGULAR SEASON starts on February 26 (M)

In addition to Try-out Requirements:

* Able to swim the following:
	+ 10 x 50 yd on 1 min
	+ 350 yd under 7 minutes
* Players not able to meet the swimming requirements are encouraged to stay with the program to learn the game and eventually earn playing time.
* A regulation water polo suit must be used in games. The team sometimes orders a team suit, approximate cost $45-$65.
* Abide by the rules of the team, Roosevelt H.S., the State of Hawaii DOE, and the host sites..

PLAYING TIME

 Girls water polo is a varsity sport in the OIA. Experienced players and new players compete together. It is extremely important that you attend every practice possible. Success in water polo requires conditioning, ball-handling skills, and team play which can only be gained in a pool with your teammates. Therefore, the amount of playing time depends on attendance, skill level, conditioning, and attitude.

 There may be games when everyone gets to participate and some games where substituting will be at a minimum. If you miss practices or games due to extended illness or personal travel, do not expect to compete until you are back in competition shape.

 What is considered competition shape?

* + Abe to complete 500 yd without stopping under 8 min.
	+ Able to complete the following set: 5 x 100 yd on 1:30.

What else is taken into consideration?

* + A player should know the rules of the game.
	+ A player should have good ball-handling skills.
	+ A player should maintain a positive attitude.
	+ A player maintains good relationships with her teammates.
	+ A player should be coachable.
	+ A player maintains her academics.
	+ A player always practices good sportsmanship.
	+ A player puts team before self.

TRAVEL (for HHSAA State Championships)

 Two of the OIA teams (from 3rd, 4th, 5th place in OIA Champs) must travel to an outer island (Maui or Big Island) in the first round of States. The OIA covers the airfare for a set number of people, in 2023 it was 16. The team will cover transportation costs. As with any game, traveling with the team does not guarantee playing time. The team flies in on the morning of the game, plays the game, and returns in the evening. Individuals are responsible for the cost of their meals. Parents/supporters that want to attend must make their own arrangements. There is a spectator fee. The four winners from the first round will continue to play in the state tournament on Oahu.

FUND-RAISING

 When slots are available, we sign-up to run the concession stand at football games. Players and a few parents (only adults allowed in the kitchen area) are needed.