

2014-2015 Patriot



WATER POLO GUIDE

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THE SECRET OF THE GAME...

"We don't have to do the extraordinary things; we only have to do the ordinary things better than our opponents."

U.S.A Water Polo Team Handbook

"When you think your legs are strong, do more. You will dominate this game if your legs are the strongest in the pool."

Igor Milanovic

Two Time Olympic Gold Medalist: Yugoslavia

"Never be lazy when you pass or shoot. Think about your body positioning and balance in the water all the time. Pass and shoot in practice like you are going to pass and shoot in a game. Use your legs and be intense."

Igor Milanovic

"Be a good teammate. When you help a teammate you are in a sense helping yourself. Take pride in making good passes."

Igor Milanovic

"Here is my biggest secret as a shooter - I try to make my first fake a part of receiving the ball."

Igor Milanovic

"A perfect water polo player can be best described as having the overall accuracy of a baseball player, the vertical of a volleyball player, the toughness of a rugby and hockey player, the endurance of a cross-country skier and the strategy of a chess player. Of course, to find a player of this ability is difficulty." Anonymous



COACH'S WISH LIST

Currently, the budget for both Boys and Girls Polo is \$500 each season. The items listed below would go a long way towards developing the skills and strengths for a successful, long term program. Please consider donating cash towards a specified item of your choosing, or purchasing an item directly. The coaches, and our children, thank you.

<i>DESCRIPTION</i>	<i>APPROX. COST</i>
(5) Game Balls, Boys need #5 (Kap 7 vendor)	\$ 30 each
(5) Game Balls, Girls need #4 (Kap 7 vendor)	\$ 30 each
(5) Rebounders	\$ 200 each
(10) TRX Pulley System - Basic	\$ 200 each
Weight belts 3 different sets (Kap 7 vendor)	\$ 30 each
Weight Vests - Goalie	\$ 200 each
Training DVDs	\$ 35 each
(1) Samsung Galaxy 10.1 Tab w/life proof case (for stats)	\$ 400 each
(1) Colorado Wireless Timing/Shot Clock system	\$ 6,500 each
(1) Set Game Caps for Novice (Monster Water Polo Vendor)	\$ 700 each
100 feet PVC Pipe, Caps, "T's" to Build Trainers	\$ 150 total
Additional Tournaments - All Levels	\$ 400 each
(15) Stretch Bands - 4' long	\$ 10 each

ACKNOWLEDGMENTS

The Premier Aquatic Booster Club would like to gratefully acknowledge the following individuals, clubs, and corporations for their support of water polo both at home and at a national level.

Sources: Books/Internet

Cutino, Peter J. Sr., Cutino, Peter J., Jr. *101 Offensive Water Polo Drills*. Coaches Choice Press. 2002.
Dettamanti, Dante, *Advice for College Bound Water Polo Players*. Stanford Press. 2001
J. Phillips. Norcalwaterpolo.com
U.S.A. Water Polo Organization: Water Polo Team Handbook.
WaterPoloPlanet.Com
Wikipedia

Businesses

Al's Sport Shop, Rob Treadwell 9250 Mission Gorge Rd. Santee, CA. 92071. (619) 562-4263.
Albertson's Grocery Store: Allied Gardens, 5185 Waring Rd. San Diego, CA. 92120
Albertson's Grocery Store: San Carlos, 8650 Lake Murray Blvd. San Diego, CA. 92119
Better Business Bureau: 4747 Viewridge Ave., #200, San Diego, CA. 92123
Keil's Food Store: 7403 Jackson Dr. San Diego, CA. 92119
U.C.S.D. Emergency Room 9434 Medical Center Dr. La Jolla, CA. 92093
Vons Grocery Store: Allied Gardens, 6555 Mission Gorge Rd, San Diego, CA. 92120

Individuals

Mr. Jerry Phinney Repair Game Ball Stand

BASIC WATER POLO RULES

Water polo combines the rules of basketball, soccer and hockey with wrestling and swimming. The sport is played all over the world and was in fact the first Olympic team sport. As popular as it is in certain parts of the world, it can be a little confusing. Here are some water polo basics which will hopefully help you better understand the sport.

1. Players can only use one hand to hold the ball.
2. Teams consist of six field players and one goalie as well as substitutes.
3. The object of the game is to score in the opposite team's goal like in soccer.
4. Only the goalie can use two hands when he/she is within five meters of his/her own goal.
5. Players advance the ball by passing to teammates or swimming with the ball in front of them.
6. There are personal fouls like in basketball.
7. There are man advantages like in hockey.
8. Like in basketball, teams have shot clocks that vary by age groups.

Physical contact is the rule rather than the exception as players maneuver for position in front of the goal. The referee indicates fouls by blowing a whistle. There are ordinary fouls, which give the fouled player a free throw and major fouls which lead to the fouling player being ejected for 20 seconds.

Each quarter starts with teams lined up on opposite goal lines. On the whistle, the teams sprint towards the center pool of the pool for the ball. The player arriving first at the ball gains possession for his/her team. The team gaining possession advances the ball by swimming or passing the ball. Goals are scored when the ball *completely passes* between the front of the goal posts. It need not slam into the back of the net, although water polo shots can exceed 50km's per hour. Following a goal, the ball is put into play as soon as all players are back in their respective halves of the pool.

The offense is similar to basketball with the center forward positioning him/herself 2-meters in front of the opposition's goal. The rest of his/her team forms a semi circle (perimeter) around him/her similar to how basketball is setup. Much of the action in front of the goal consists of the

offensive team passing the ball to the center forward. The center forward's object is to either score or draw exclusion fouls that will give the offensive team a man-up advantage. The perimeter players score by taking outside shots.

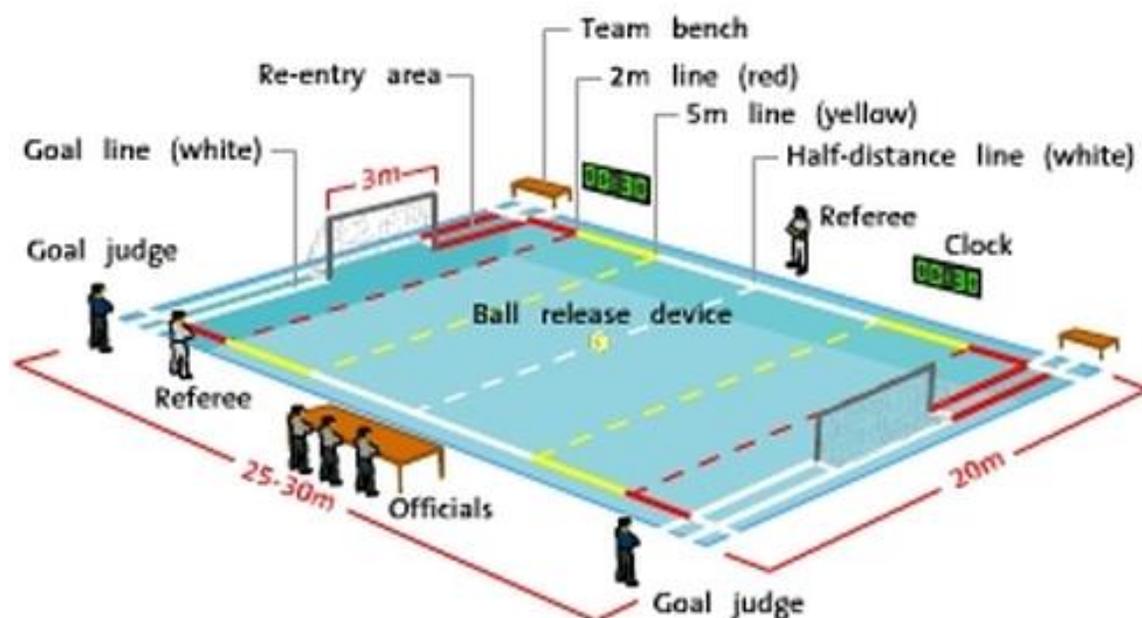
A "fast break" occurs when a team receives the ball and sprints down the pool before the defenders can set up a defense.

Pool Layout

The standard pool is 30 x 20 meters. The pool should be all deep. Goals (0.9m high by 3m wide) are positioned at each end of the course.

The 2-meter line (Red), visible on each side of the pool, delineates the distance from the goal. The offensive team may not pass to a teammate inside the 2-meter line; an offensive player can only **swim** the ball inside 2-meters.

The 5-meter line (Yellow), visible on each side of the pool, is used for penalty shots and fouled shots on goal. Should an offensive player with the ball be fouled 5-meters or further from the goal, his/her free throw can be either a pass or shot on goal. Being fouled inside 5-meters, the offensive player's free throw can only be a pass. Penalty shots are also taken from the 5-meter line. The offensive player faces the goalkeeper across 5-meters of water. The offensive player takes a direct shot at the goal.



Game Clocks

As in basketball, two clocks are used to time a water polo game. One indicates the time remaining in the quarter. The other, called the shot clock or 30 second clock, indicates how much time remains for the offensive team to shoot the ball. Failure to shoot within the allotted time results in the offensive team losing possession of the ball. The shot clock resets whenever the opposing (defensive) teams gains clear possession of the ball. The shot clock also resets on all exclusion fouls (kickouts) and penalty (5-meter shots). The shot clock does not reset on ordinary fouls.

A water polo game consists of four quarters, each quarter's minutes being determined by the age of the teams playing. (See Glossary: Period) There are two minute intervals between quarters. Substitutions are permitted after a goal is scored, between periods and on the fly, similar to hockey. The offensive team has 30 seconds of time to take a shot at the goal or else it loses possession of the ball. Shot clocks indicate the number of seconds remaining before a team will lose possession.

Each team is allowed two or three time-outs during regulation time. Only one time-out for overtime is allowed regardless of how many time-outs were called during regulation play.

Ordinary Fouls

There are two kinds of water polo fouls: ordinary and major. Ordinary fouls account for approximately 90%, while exclusions and penalties (known as major fouls) make up the rest.

Ordinary fouls include:

- grabbing the ball with two hands;
- taking the ball under water when defended;
- impeding an opponent who is not holding the ball;
- holding or pushing a player underwater when they do not have the ball;
- pushing off of an opponent;
- stalling (failing to shoot or advance the ball within 30 seconds); and,
- splashing.

After an ordinary foul, play does not stop and only the clocks (shot and game) stop momentarily until the offended player takes his/her free throw. Most ordinary fouls are similar to basketball with one exception. If a player has possession of the ball, the defending player can wrestle away possession of the ball. **A smart offensive player will actually drop the ball to draw the foul.**

When the referee calls an ordinary foul, the offended team is awarded a free throw at the point of the foul. The offended team must put the ball in play without delay by passing it, swimming with it or shooting it (if outside 5-meters). The player taking the free throw has approximately three seconds to put the ball into play. If the ball is not put into play within this amount of time, the team may be charged with delaying the game and the opposing team is awarded the ball.

Major Fouls

Major fouls include:

- kicking or striking a player;
- deliberate splashing in the face;
- an ordinary foul committed by the defense during dead time;
- interfering with a free throw;
- misconduct or disrespecting the referee;
- aggressively holding, sinking or pulling back an opponent not holding the ball;
- impeding or pushing off an opponent before a free throw, goal throw, corner throw or penalty throw is taken; and,
- committing an act of misconduct by using foul language or violent or persistent foul play.

Major fouls are also called exclusions or kickouts. They mainly occur when fouls are flagrant, brutal or when a defender impeded an offensive player without the ball. These are easy to spot since the referee whistles a few times and points to the guilty player who must swim to the penalty corner. An exclusion foul is punished by the award of a free throw to the opposing team and the exclusion of the player who committed the foul. The excluded player must swim to the re-entry area, nearest to the player's own goal line, without leaving the pool or interfering with play. The excluded player, or a substitution, shall be permitted to return after 20 seconds or either after a goal has been scored or after a change of possession. After a player commits three major fouls, they are fouled out of the game.

If the major foul is considered brutal in nature, which includes kicking or striking with malicious intent, a penalty foul is recorded against the player committing the foul. The player taking the penalty shot has a direct throw at the goal from the 5-meter line, with only the goalie to score past.

Penalties

A penalty is awarded when a goal scoring opportunity is denied by the defensive player fouling. A penalty foul is recorded against the player committing the foul. The player taking the penalty throw has a direct shot at the goal from the 5-meter line, with only the goalie to score past.

The award of a penalty most commonly occurs in the following situations:

- when the goalkeeper or any player pulls down or pushes away the goal;
- when any player, except the goalkeeper, blocks the ball with both hands or with a clenched fist;
- when the goalkeeper takes the ball underwater;
- when an offensive player in control of the ball, is fouled from behind while moving towards the goal;
- when an excluded player intentionally interferes with play;
- when an excluded player or a substitute re-enters the pool early or illegally; and,
- when the coach of the team not in possession of the ball requests a time out.

Positions

Drivers/Flats

Drivers are field players who specialize in swimming, getting around their defender and outside shooting techniques. To score, drivers must be extremely fast swimmers and be good shooters.

2-meter Man/Hole Set/Center Forward

The center forward is the offensive player who takes position directly in front of the opponent's goal on 2-meters. Center forwards typically have above average size, great leg strength, excellent passing abilities and are skilled shooters. They are similar to centers in basketball, in that they "post up" looking for a pass that enables them to get a close shot at the goal. The center forwards are always closely guarded.

2-meter Defender/Set Guard

- The 2-meter defender's primary job is to guard the 2-meter man. This player usually guards the biggest player on the other team. The position requires agility to constantly readjust the guarding position in order to guard the 2-meter man from different passes coming from the perimeter. The play at the two meter position is usually the most -physical in the pool and 90% of the exclusion fouls occur as the 2-meter defender tries to stop the 2-meter man from scoring.

Utility Player

Utility players can play all positions in the pool. The utility player will switch positions when they see an opportunity to score. Utility players are most effective when they drive in and play hole set and quickly score against a defender who is inexperienced guarding that position.

Goalkeepers/Goalie

The goalkeeper is the only player permitted to take the ball in both hands. They patrol the goal and are called upon to make "saves" to prevent an opponent from scoring. They are allowed to shoot at the opponent's goal, as long as they do so from their half of the pool.

DIRECTORY OF LOCAL POOLS

Allied Gardens Rec. Pool	6707 Glenroy Street, San Diego, CA. 92120
The Bishops School	7607 La Jolla Blvd., La Jolla, CA. 92037
Bud Kearns Memorial Pool	2229 Morley Field Dr., SD., CA. 92104
Cathedral Catholic High School	5555 Del Mar Heights Rd., SD., CA. 92130
Clairemont Community Park/Pool	3605 Clairemont Dr., SD., CA. 92117
Coronado High School	650 D Ave., Coronado, CA. 92118
Del Norte High School	16601 Nighthawk Ln., SD., CA. 92127
El Capitan High School	10410 Ashwood St., Lakeside, CA. 92040
Elsinore High School	21800 Canyon Drive, Wildomar, CA. 92595
Granite Hills High School	1719 E. Madison Ave., El Cajon, CA. 92019
Great Oak Charter High School	32555 Deer Hollow Way, Temecula, CA 92592
Grossmont High School	1100 Murray Dr., El Cajon, CA. 92020
Helix Charter High School	7323 University Ave., La Mesa, CA 91942
Hourglass/Ned Baumer Pool	10440 Black Mtn. Rd., SD., CA. 92126
La Jolla Country Day	9490 Genesee Ave., La Jolla, CA 92037
La Jolla High School	750 Nautilus St., SD., CA. 92037
Lawrence Family JCC	4126 Executive Dr., La Jolla, CA. 92037
Monte Vista High School	3230 Sweetwater Springs Blvd., SV, CA 91977
Mount Carmel High School	9550 Carmel Mtn. Rd., SD., CA. 92129
Ned Baumer Pool	10440 Black Mtn. Rd., SD., CA. 92126
Poway High School	15500 Espola Road, Poway, CA. 92064

DIRECTORY OF LOCAL POOLS (cont.)

Rancho Bernardo High School	13010 Paseo Lucido, SD., CA. 92128
Santana High School	9915 Magnolia Ave., Santee, CA. 92071
Steele Canyon High School	12440 Campo Rd., Spring Valley, CA. 91978
Swanson Memorial Swimming Pool	3585 Governor Dr., SD., CA. 92122
Tierrasanta Recreation Center	11220 Clairemont Mesa Blvd., SD., CA. 92124
Torrey Pines High School	3710 Del Mar Heights Rd, San Diego, CA. 92130
U.C.S.D. Canyonview Athletics	9500 Gillman Dr., SD., CA. 92093
Valhalla High School	1725 Hillsdale Rd., El Cajon, CA. 92019
Wave Waterpark	101 Wave Dr., Vista, CA. 92083
Westview High School	13500 Camino Del Sur, SD., CA. 92129

2014-15 AREA AQUATIC PROGRAMS

Name of Program	Contact	Website
Allied Gardens Water Polo	619-235-1143	sandiego.gov/park-and-recreation
Allied Gardens Swim	619-235-1143	sandiego.gov/park-and-recreation
C.A.S.T. Swim	Dave E. Kilmer	castswim.com
Del Cerro Pool	619-583-5472	citysearch.com
Del Mar Water Polo	Brett Ormsby	delmarwaterpoloclub.org
Heartland Swim	Debi Frese	heartlandswim.org
La Jolla Water Polo	Tom Atwell	lajollawaterpolo.com
North Coast Aquatics	Mickey Murad	ncaswim.com
Pacific Water Polo	Kurt Hatch	pacificpolo.net
Poseidon Water Polo	Charlie Equels	
San Diego Aquatic Club	Tim Oelgoetz	swimsdac.com
San Diego Shores Water Polo	Doug Peabody	sandiegoshores.net
San Miguel Water Polo	Jim Fales	allteamz.com/san-miguel-water-polo-foundation/
YMCA Mission Valley	619-298-3576	http://www.missionvalley.ymca.org/

GLOSSARY OF WATER POLO TERMS

#'S

- 2-Meter Defense:** See hole D.
- 2-Meter Guard:** Player whose primary defensive position is to guard the 2-meter player.
- 2-Meter Line:** The line at each end of the pool crossing 2-meters in front of the goal, designated by a red mark on the edge of the pool. The edge of the playing area from the 2-meter mark to the goal line is a red line.
- 2-Meter Offense:** See center forward.
- 2-Meter Zone or Area:** The area between the 2-meter line and the goal line. No attacking player may be in this area without the ball.
- 2 on 1:** Offensive situation usually on a counter when 2 offensive players confront one defensive player.
- 3-3 Offense:** A basic positional offense composed of two lines containing 3 players each: point & two drivers along the 5-meter line, and wings and center forward along the 2-meter line.
- 4-2 Offense:** Team on offense positions four players on the 2-meter line, and two players on the 5-meter line. Commonly used in man-up situations.
- 5-Meter Call:** A penalty shot is awarded.
- 5-Meter Line:** The line at each end of the pool crossing 5-meters in front of the goal, designated by a yellow mark on the edge of the pool. The edge of the pool from the 5-meter mark to the 2 meter mark is a yellow line. A player may shoot at the goal from beyond this line without taking a free pass after an ordinary foul, if the shot is made with one continuous motion.
- 5-Meter Shot:** See penalty shot.

- 5-on-6 Defense:** Defense which occurs when a player is ejected and the players team has to play with 5 players for 20 seconds. Defense is playing with a person down.
- 6-on-5 Offense:** Offense which occurs when a player on the opposing team is ejected for 20 seconds. Offense is playing with a person up.

A

- Anticipation:** The ability to foresee what will happen next and react accordingly.
- Assist:** A pass to a teammate that leads directly to the scoring of a goal.

B

- Back Door:** Offensive player on the weak side gets behind his/her defender and is open for a quick shot.
- Bad Pass:** Statistic recorded when a player throws a pass which results in a turnover.
- Balance:** To have offensive players evenly spread in the front court offense.
- Ball Out:** The referee calls for the ball to be thrown to him/her during a timeout or dead time. (Etiquette requires that the player spins the ball to get the water off of it prior to throwing the ball to the referee.)
- Ball Side:** Side of your opponent that is closes to the ball. It is best when driving to drive on the ball side.
- Ball Under:** The player holding the ball, if it is forced under water as a result of contact with a defender, is charged with an ordinary foul, and loses possession.
- Bar:** The cross bar or side bars of the goal. To **bar the ball** means to hit a bar on the goal face.

- Block:** To stop the balls flight, to hinder a players progress by position; and to have the goalie save the ball from a goal.
- Brutality:** A violent foul with intention to harm. Fouling player is ejected from the game with a **six** game suspension. Opposing team is awarded a 5-meter shot and a six on five. After 20 seconds, the both teams are back to full strength.

C

- Cage:** Another name for the water polo goal.
- Call Your Numbers:** To call out the cap number of the opponent who you are guarding.
- Caps:** Visiting team field players wear numbered white cap, and home team field players wear dark caps. Both starting goalkeepers wear quartered red caps, numbered "1", substitute goalies caps are numbered "1-A".
- Center Forward:** Offensive player positioned at the 2-meter line in front of the opposing team's goal. Also called 2-meter offense or hole set.
- Cherry Picking:** A player stays on his offensive end of the pool when the rest of his team is defending, waiting for a turnover, often resulting in a long pass and uncontested goal.
- Corner Throw:** Free throw awarded to the attacking team when the ball is deflected over the goal line and out of the playing area by the goalkeeper (but NOT defending field player). An attacker puts the ball in play from the 2-meter mark at the edge of the pool.
- Counterattack/Counter:** Transition when the defensive team retains control of the ball, advances the ball and sets up offense in front of the opponents' goal.
- Crash:** To drop or slough in an aggressive manner toward the center forward.

D

- Delay of Game:** Failure of a team to be ready to begin play after a timeout or period change.
- Deny:** To contest all passes thrown to your opponent by playing in front of the opponent or playing in the passing lane of the opponent, thus, trying to deny your opponent the ball.
- Draw a Foul (Ejection):** Causing an opponent to receive a foul (or ejection).
- Drive:** An effort to swim past the defensive player.
- Driver:** A perimeter player in the 3-3 offense, positioned on either side of the point or center forward, who attempts to swim toward the goal to escape his/her defender, receive the ball and score.
- Drop Back Defense:** Defenders swim back to the center of the pool to block passes and shots by advancing attackers, while a defender presses the ball carrier to cause a hurried pass.
- Dry Pass:** A pass thrown and caught in one hand between players; the ball does not touch the water. This pass allows for optimal speed due to fluid motion between catching and throwing.
- Dumping the Ball:** An attacking player throws the ball into a far corner, away from the defenders, before the 30 seconds of possession expires for his/her team, to avoid a fast break opportunity for the opposing team.

E

- Egg-beater:** A form of treading water, named because the circular movement of the legs resembles the motion of an egg-beater. This kick allows the player to maintain a constant position to the water level, and also by kicking faster for a brief period, the player can get high out of the water for a block, pass, or shot.
- Ejection:** See foul exclusion.

Entry Pass: Also called **entering the ball**, refers to the pass, most often a wet pass, into the center forward or 2-meter man. Most offenses focus on entering the ball early in the shot clock, and reacting if a foul or ejection is drawn.

Exclusion: A player is removed from the water by the referee for 20 seconds of playing time because of a rule violation.

Eye-Eye Contact: Eye-to-eye contact between passer and receiver is essential for good play.

F

Face-Off: Like a jump ball, the referee tosses a ball between offensive and defensive players who each attempt to gain possession of a ball.

Fake: To make believe that you are going to pass shoot, drive, or make any move in order to fool an opponent.

Field Player: One of a team's six players who swim up and down the field of play, excluding the goalkeeper.

Flat: An offensive player position, on either side of the point, about 5-to 8-meters out from the goal.

Force to the Outside: Force the player with the ball to the sides of the pool, thus restricting the direction in which the ball can be passed.

Forcing the Ball: An ill advised pass to a teammate who is well covered by his/her defender.

Fouls: Very common in water polo, both as a defensive strategy or because of holding (usually underwater) and rough play.

Ordinary or minor foul: The referee signals with one short whistle blow and points one hand to the spot of the foul and the other hand in the direction of the team who gains possession. Play continues immediately.

- If by a defender preventing the free movement of an opponent who is not

holding the ball, the attacking team has a free throw. The player fouled has three seconds to make a free pass to another offensive player.

- If the attacking team delays a play, allows the ball to be pushed underwater, has a player inside the two meter area without the ball or pushes a defending player to create space for a pass or shot, the opposing team is given possession of the ball and play resumes immediately.

Exclusion or major foul: A referee signals a major foul by two short whistle bursts and indicates that the player must leave the field without impacting play and move to the penalty area for twenty seconds.

- Dunking, intentional splashing or pulling an opponent's back who does not have the ball, also interfering with a free throw or attempting to block a shot with two hands.
- Striking another player intentionally, misconduct or disrespect will also result in exclusion for the entire game.

Penalty foul: The referee signals by blowing his whistle and raising five fingers.

- Any foul committed inside the 5-meter line and the offensive player had an opportunity to score, or a goal was prevented by the foul. A penalty shot is awarded from the 5-meter line.

Exclusion and **penalty** fouls are called **personal** fouls. A player who receives three personal fouls must sit out the remainder of the match.

Foul and Drop:

When a defensive player commits a foul to slow play so he/she can drop back to defend an offensive player closer to the goal.

Free Throw:

After an ordinary foul, a player of the team retaining possession of the ball puts the ball in play without delay.

The defender may not challenge the player in possession until the ball leaves his/her hand. After a foul, the player putting the ball in play may only make a direct shot on goal if he/she is beyond the 5-meter line and shoots with one continuous motion.

Front: Defensive tactic by the hole D when guarding the center forward close to the 2-meter line. The hole D moves between the center forward and the ball to cut off the passing lane.

G

Game Clock: Clock on which the playing time of the game is kept.

Give and Go: Offensive move where a player passes the ball and then drives or breaks towards the goal for a pass and a shot.

Goal: Refers to both the result of a score and the physical structure that defines that a score is achieved. A goal is scored after the ball passes completely over the goal line, between the goal posts and under the crossbar.

Goalie: The player for each team assigned to remain directly in front of the goal to prevent the opposite team from scoring. Within the 5-meter area in front of the goal, the goalkeeper may touch the ball with two hands, strike the ball with a clenched fist and touch the bottom of the pool. He/she cannot cross the half-distance line.

Goal Throw: A free pass by the defending goalkeeper from behind the 2-meter line to restart play, if anyone but the defending goalkeeper was last to touch the ball before it went over the goal line.

Goalie Out: An alert by teammates when the opposing goalkeeper has ventured out of immediate goal area.

Guard: Defensive field player whose primary responsibilities are to stop offensive players from scoring and from passing correctly.

H

- Hands Up:** A call to remind the defensive player to hold his/her arms up during dead time or when defending a player who has inside water within the 4-meter line. This will help avoid an ejection foul or a penalty shot.
- Heads up Swimming:** Water polo stroke which allows a player to have the best vision of his/her surroundings by holding the head above the water while swimming.
- Help the Ball:** A called reminder to help a teammate who has the ball and is under pressure and having trouble trying to pass.
- Hips Up:** A prone treading position with the hips at water level which is essential for good offensive and defensive play.
- Hole:** Area in front of the cage.
- Hole D:** Defensive player or position on the 2-meter line directly in front of the goal. This position is also called 2-meter defense or hole guard.
- Hole Set:** Offensive player or position on the 2-meter line directly in front of the goal. This position is also called 2-meter offense or center forward.

I

- Illegal Entry:** To enter the field of play before being allowed to by the table officials or a referee which results in being rolled.
- Inside Water:** Best position for a defender: between the attacker he/she is guarding and the goal.
- Interference:** To disrupt or interfere with the taking of a free throw by an opponent which results in an ejection.
- Ironman:** Having just seven players and playing a game/tournament without having substitutions available.

K

Kick Off: To use the foot to push off of an opponent to gain an advantage.

Kick Out: When a player violates a rule and is removed from the water by the referee for 20 seconds of playing time.

L

Lane Defense: Defenders closely guard the player with the ball and attempt to block the passing lanes.

Lead: To throw a pass ahead of a teammate who is swimming.

Leg Up: To be on your side with top leg high in water to allow for effective rear up for a shot or pass.

Lob Shot: An outside water shot thrown with a high arc, intended to pass over the goalie's hands and under the crossbar.

M

Man Down: A player's ejection resulting in a team having to play a 5-on-6 defense,

Man to Man: Defensive tactic where each attacker is guarded by a specific defender, regardless of his/her position on the field of play.

Man-Up: A team has one player more than its opponent, after a player of the opposing team is ejected for an exclusion foul.

Match Hands: Right-to-left, left-to-right, matching of defender's hands to the shooters.

Moving Pick: Moving screen intended to free an offensive player for a release pass and/or shot.

N

Nail Check: Pre-game checks by referee to insure that finger or toe nails of players don't constitute a hazard.

No Set: A call from the goalie or point to his/her offensive teammates to avoid passing the ball into the hole set because of close coverage by defenders.

O

Offensive Foul: Foul committed by an offensive player.

Off the Bottom: Player using the pool bottom to gain advantage or simply to play the game is a rule violation.

Open: When an offensive player is not guarded by a defender.

Overtime: If the score is tied at the end of regulation play, two overtime periods of three minutes each are played.

P

Pass: See dry pass and wet pass.

Pass and Go: Offensive move where player passes the ball and then drives or breaks towards the goal for a pass and a shot. (Also called *Give and Go*).

Passing Lane: The path between the player with the ball and his/her teammate to whom he/she intends to pass.

Penalty Shot: Free shot at goal from the 5-meter line.

Perimeter Passing: Usually refers to passing during a 6-on-5 situation or against a zone on the outside of the setup.

Period: The game is divided into four periods; the length depends on the level of play.

Level of Play	Team Level	Time Each Period
US High School	Varsity	7 minutes
US High School	Jr. Varsity	6 minutes
US High School	Novice	5 minutes

Penalty Throw: A shot awarded when any foul is committed inside the 5-meter line **and** the offensive player had an opportunity score, or a goal was prevented by the foul. The penalty shot is attempted from five meters with play stopped. Any defenders flanking the player taking the shot must be no closer than two meters. The goalkeeper must be on the goal line. The referee signals with a whistle and by lowering his arm, and the player taking the penalty shot must immediately throw the ball with an uninterrupted motion toward the goal.

Perimeter Player: The five offensive positions, other than the center forward, i.e., wings, drivers and point. The perimeter players interchange their positions several times during a single offensive play.

Person to Person Defense: Each defensive player is guarding one player during a time. This is opposed to guarding an area as in a zone defense.

Pick: Defender is screened by a second offensive player allowing first offensive player to get free.

Playing the Ball: Player is going for the ball and not the player's opponent.

Point: Position on offense in the center of the line furthest from the goal. The point player's position provides opportunities to pass to teammates and communicate among the offense, like the point guard in basketball.

Pop Shot: An inside water shot, executed by scooping the ball with the non-dominant hand and "popping" the ball upward, as the player treads up out of the water to meet the ball at its highest point with his/her outstretched dominant hand and shoots at the goal. During the flight of the ball from when it is "popped" up until it reaches the shooting-hand, and any

contact from behind by a defender will result in a 5-meter penalty shot, and thus it is an effective tool when one has inside water.

- Possession:** Undisputed control of the ball. The team with the ball has 30 seconds to take a shot until possession is given to the opposing team.
- Post:** Refers to a position in front court on 2-meter line directly in front of a goal post (whether on offense or defense).
- Press:** Defensive pressure on the attacking team by closely defending each player man to man.
- Primary Set:** First player on team who would be chosen to play the center forward or 2-meter position.
- Pump Fake:** When using an outside water shot, the player gets position to shoot but stops halfway through, immobilizing or misdirecting the goalkeeper before releasing the ball.
- Push Off:** To use the hand or arm to push off of an opponent to gain an advantage. If detected, offending player is ejected.

Q

- Quarter:** Game is divided into four time periods each of which is called a quarter.

R

- Rear-back:** A move used by an attacking player to create space between him/herself and their defender in an attempt to become open for a pass and subsequently attempt a shot. The attacker begins to swim toward the opponents' goal and abruptly stops and slides backward, awaiting a pass from a teammate, usually the center or 2-meter man.
- Rebound:** A defensive move to eliminate the shooter or a defensive person from retrieving a rebound after a goalie block or barred shot. The defensive player cuts in front of the

shooter or another offensive player immediately after the shot is taken.

- Rebounder:** After an unsuccessful shot at the goal, the ball becomes free in the water, and can be recovered by the offense for another goal attempt or by the defense for a counterattack. A rebound after a shot on goal resets the 30 second possession clock.
- Red:** Shouted to teammates when 5-10 seconds remain on the shot clock.
- Red Card:** Shown by a referee to signify that a player or coach has been excluded for misconduct, and is required to leave the playing area immediately and cannot return to the game.
- Red Flag:** A red flag is used by officials at the scorer/timekeeper's table to signal when a player has received three exclusion fouls and must sit out the rest of the game.
- Re-entry:** Area at the end of each pool near each team bench, designated by a red line, where players may enter and exit the playing area for substitution or exclusion of penalties.
- Referee:** The two referees control the players, game play and the playing area throughout the match. Their decisions are final including rule infractions, fouls, scoring, possession of the ball and rulings of the timekeeper and goal judges. One referee stands on each side of the pool. The referee with the goal to his right when a team is on the attack is called the attacking or offensive referee. The other, the defensive referee, remains as far back as the attacking player who is furthest from the goal. When the other team regains the ball, their roles reverse as the ball moves to the other goal.
- Release:** To break free from a defender to receive a pass.
- Rotate:** Offensive player moves on to next position in an offensive play scheme.

S

- Save:** Successful blocked shot by the goalkeeper.
- Screen:** Offensive move to slow or stop a teammate's defender by physically blocking his/her path.
- Set:** Field player whose primary offensive position is on the opponents' 2-meter line.
- Setting a Screen/Pick:** An offense player is positioned to allow his/her teammate to swim by, while blocking or delaying his/her defender.
- Setting the Ball:** To pass the ball into the center forward, ideally just out of reach of his/her defender, allowing the center to lunge for the ball and sweep it into the goal with a backhand or power shot.
- Shootout:** A tie breaker if the score is tied after two overtime periods. Five players and a goalkeeper are chosen by the coaches of each team. Players shoot from the 5-meter line alternately at either end of the pool in turn until all five have taken a shot. If the score is still tied, the same players shoot alternately until one team misses and the other scores, deciding the winner.
- Shot (Backhand):** Type of shot thrown backwards with the thumb of the throwing hand pointing to the water.
- Shot Clock:** A clock at each corner of the pool deck counting down (30 seconds) the time remaining for a team to take a shot. Also known as the possession clock.
- Shot (Screw):** Shot is pushed forward and spun as it is released toward the goal in a screwing type motion.
- Skip Shot:** An outside water shot executed by throwing the ball at an angle directly into the water. If done properly and with enough force, the ball will skip off the water into the goal, since the goalkeeper cannot easily anticipate the angle.

Sprint: At the start of each period, teams line up on their own goal line. At the referee's whistle, both teams swim to midpoint of the field, where the referee drops the ball. The first team to recover the ball begins their offense.

Steal: A statistic recorded when a defender takes the ball from player he/she is guarding.

Strongside: The side of the pool where the ball is located.

Submarine: To duck or swim under an opponent to gain offensive or defensive advantage.

Switch: Players change defensive assignments to cover a teammate who has fallen behind an opponent, or to match up better with an offensive player in size or speed.

T

Tee Shot: Executed by scooping the ball with the non-dominant hand, loading the ball to the dominant hand, and propelling the ball forward. The off-hand sets itself up as a tee, as in golf or baseball, and the two hands also finish in the shape of a "T".

Time Out: Each team may call two 60 second timeouts in the four periods of regulation play, and one timeout if the game goes into overtime. During game play, only the team in possession of the ball may call a timeout.

Trailer: The person who chases the sprinter at the start of each quarter. If the sprinter wins possession, he/she will toss the ball back to the trailer to start the offense. Also means a defender who has been beaten and is chasing the opponent on the counterattack.

Transition: Going from defense-to-offense, or offense-to-defense.

Turn A Defender: An offensive move to get by an opponent using leverage or strength. The result is a 180 degree turn, where the defender is "wheeled" around, resulting in the attacking player possessing inside-water, or position towards the goal,

with the defender trailing behind. This maneuver often results in the defender being forced to foul.

Turnover: A team loses possession of the ball, which reverts to the opponent, as a result of a foul or possession for more than 30 seconds without a shot on goal.

Two Hands: Use of two hands by a player other than a goalie to catch or play the ball will result in a turnover. If the infraction occurs inside the 4-meter line, a penalty shot is awarded.

U

Umbrella Offense: Style of offense where the five field players on the back line are deployed in a manner representing an umbrella shape and the sixth field player is in the center forwards' position.

Utility Player: A player skilled at several different offensive or defensive roles, often coming off the bench for substitutions.

V

V-Out: An offensive move which allows a player to get free for a pass from the center forward. The player swims to the right side of a defender, stops and swims back on his/her back several strokes making his/her path form a V with the point on the defenders' right side. This move helps free the right hand for a pass from the center forward. This move can also be made to the left side of the defender to try and free the left hand.

W

Walk It In: The attacker grips the ball in one hand and either eggbeats or strokes in toward the goal.

Weak Side: When an offensive player has possession of the ball on one side of the playing area (the **strong** side), the opposite side is called the weak side. Players will shout "weak" to notify a teammate with the ball that they are open on the other side of the pool.

- We're Down:** Alert to players that our team is now down a person.
- We're Up:** Alert to players that our team is now up a person.
- Wet Pass:** A deliberate pass into the water, just out of each of the intended teammate and their defender. The receiving player can then lunge towards the ball and out of the water to make a shot or pass.
- White Ball:** Alert to team that the white team now has control of the ball.
- Wing:** The position on offense on either side of the center forward, along the 2-meter line. Players at this position may set screens for the drivers, recover rebounds, and shift laterally or toward the half-distance line to spread out the defenders. More generally, the **wing** is a player or location to either side of the center of the playing area. To move toward the side of the pool to get open for a pass is to **wing out**.
- Wing Out:** On a counterattack, an offensive player releases or separates from his/her defender in order to receive a pass.
- Wrap Around:** To move to raise a player up and around an opponent so the player can receive a pass for a possible shot on goal.

Y

Yellow Card:

Shown by the referee to indicate that a player or coach has been officially cautioned for misconduct, but may continue participating in the game. If a player or coach receives a second yellow card caution, it has the effect of receiving a red card and the individual must leave the playing area for the rest of the match.

Z

Zone Defense:

Defensive arrangement in which players are assigned to defend an area, rather than a specific opponent.

Referee Signals

Common Referee Signals



start



attack direction



exclusion



double exclusion



substitution



w/o substitution



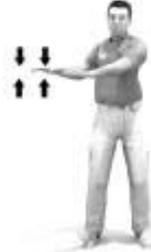
5 meter penalty shot



goal



holding



sinking



pull back



kicking



striking



confused

Numbers:



1



2



3



10



4



5

•Signals are made using both hands when the number exceeds five.

•One hand shows five fingers with the other hand showing additional fingers to make up the sum of the player's number

•For ten, a clenched fist is shown

•If the number exceeds ten, one hand is shown as a clenched fist with the other hand showing additional fingers

ADVICE FOR THE COLLEGE BOUND WATER POLO PLAYER

by

Dante Dettamanti

Water Polo Coach

Stanford University, 1977-2001

CHOOSING A COLLEGE IS ONE OF THE IMPORTANT DECISIONS THAT A STUDENT-ATHLETE WILL EVER MAKE.

In 35 years as a collegiate assistant and head water polo coach and high school coach, I have counseled hundreds of high school players and their parents about playing water polo at the collegiate level. My experience encompasses recruiting and coaching for every type of college and university, ranging from small private schools to large public institutions. The purpose of this paper is to help high school students and their parents learn about the college recruiting process; and to help guide them in picking a college that is the right fit for them. A college should have the right combination of academics, athletics, and social structure, and provide an atmosphere in which the student/athlete will feel comfortable in. The school you choose should enable you to achieve the goals and successes that you desire. Along the way you are going to have to identify your needs, set priorities, and make decisions based on numerous factors.

STARTING THE PROCESS

You should start the process of identifying schools that you are interested in sometime during your sophomore year in high school, junior year at the latest. Some of the factors that you should consider in the college that you are looking for:

1. Type of school- large, small, private, public, military.
2. Location of the school- urban, rural, east, west, distance from home.
3. Academics-Liberal Arts, Humanities, Science, Engineering, special programs, all-around or general campus.
4. Athletics-Do they have a water polo program, division I, II or III, varsity or club? How do you fit in?
5. New or established program? Experienced coach? Past success of team? Rebuilding?
6. Cost and financial aid available. Athletic scholarships? Academic or need scholarships?

ASSIGN PRIORITIES

Assign priorities in your identification process. Which of the above factors is most important to you? If you are not sure what you are looking for, identify a variety of different kinds of schools in different locations; but narrow your choice down to a workable number of about eight or ten schools. Later on you might want to narrow down to about four or five schools that you will apply to. Filling out applications for more than that is unnecessary, and very time consuming. It is better to do a good job on fewer applications than do a poor job on too many applications. Starting in your freshman year, work hard to achieve the highest grades and test scores that you can, and at the same time become the best water polo player that you can be. The better your grades are, and the more water polo ability you have, the more choices you will have.

START THE PROCESS

It is up to you to start the recruiting process by sending a letter or e-mail to the coaches of the schools that you are interested in. You should do this during the winter of your junior year, right after your fall semester grades are in. By that time you will have finished three high school seasons if your sport is played in the Fall semester. By then you should also have accumulated enough information about yourself so that both you and the coaches will have a good idea of where you stand, academically, and in water polo.

DON'T SIT AT HOME AND WAIT FOR COLLEGE COACHES TO CONTACT YOU!

They may not know who you are, or you may have slipped through the cracks. It is up to you to make yourself known to the schools that you are interested in. Don't let your ego keep you from contacting a school you are interested in. It is up to you to sell yourself to a college, not the other way around.

NCAA RULES

Remember that there are NCAA rules that coaches have to follow in regards to their communications with you. Officially coaches initiate contact by either letter, e-mail or phone to a high school prospect, until September 1 start the start of his/her junior year in high school. If you contact the coach prior to that time, he can send you back a generic letter and ask you to fill out a questionnaire that you can send back to him. A college coach also cannot call you on the telephone, or have personal off-campus contact with you, until July 1st after you have completed your junior year of high school. So, if you run into a coach at a summer tournament in your sophomore or junior year, he may greet you; but he is not allowed to talk to you. He is not trying to snub you; he is just not allowed to have personal contact with you other than a cordial greeting.

After July 1st there is also a limit of to the number of times a coach can see you off campus, and he can only call you on the telephone once per week.

There is no limit to the number of times he can correspond by mail or e-mail. Once a coach gets past the questionnaire stage with a high school athlete, and starts corresponding and calling; that athlete is considered a "recruited athlete" by NCAA rules.

LETTER TO THE COACH

Include in a letter to a college coach some information about yourself:

GENERAL INFORMATION such as name, address, phone, e-mail address, year in school, high school, coach's name, etc.

HIGH SCHOOL GRADES AND SAT SCORES

Some schools accept weighted GPA's and some do not. Weighted means that honors and AP classes are weighted higher than the grade received. i.e., A"B" grade received in an honors course is recorded as an B+ on your transcript. Honors classes look great on your transcript, but don't take so many that your grades suffer. You should plan on taking SAT tests several times during your junior and senior years. Some schools require only the three standard SAT II tests, critical reading, writing, and mathematics; while others require both the standard tests and three SAT III advanced placement tests. Get a tutor if you test low in standardized tests. It is well worth the investment. The earlier you take the SAT test the better for you. You should improve each time that you take the test, and only the highest scores will be considered by the college.

WATER POLO STATISTICS, HONORS AND AWARDS, AND SWIM TIMES

It is strongly recommended that you go out for your high school swim team in order to improve your swimming ability, and also to give the college some swim

times to look at. It is also a good idea to try out for US Water Polo Cadet, Youth and Junior National teams. This is great way for coaches to see where you stand in relation to other players from around the country; an important consideration, especially in awarding scholarships.

LETTERS OF RECOMMENDATION

Not absolutely necessary, but a letter from your high school coach about your playing ability and your attitude can help. Even more important is to include your high school coach's phone number, so that the college coach can call your coach and talk to him directly. Also include a copy of your game schedule, so that the coach can come and see you play. Remember that if high school and college seasons are at the same time, a college coach might not be able to attend your games. Attending college water polo camps is a good way to be seen and evaluated by coaches. Plus, you can learn something about the coach, the school, the water polo program and the system that they play, at the same time.

VIDEO

A video of one of your games. They can be useful as an introduction. Make sure the quality is good and not something put together by a parent standing on the deck. A voice over that can identify you in the water is also helpful. Water polo is not an easy sport to video, and many times it is difficult to identify the players. I have never been a big fan of player videos. I don't get that much out of them, unless they are well made. I would rather see a player in person, than see a home-made video of him scoring ten goals in a blowout game against a weak opponent.

TWO THINGS THAT YOU SHOULD NEVER DO!

Never send a generic letter or form letter. Take the time to learn the coach's name and include that along with the school's name and something specific about that school, and why you are interested in that program. *ABSOLUTELY DO NOT ASK ABOUT ATHLETIC SCHOLARSHIPS* in your first letter to the coach. The time to discuss financial aid is during your campus visit, or during a phone contact; well into the recruiting process. Wait for the coach to bring up the topic of financial aid. If that doesn't happen, then you can inquire about the criteria for and the availability of scholarships.

THE CAMPUS VISIT

For boys, the best time to visit college campuses is during spring semester of your junior year, or in January or February following your last water polo season in your senior year. For girls, the best time is prior to November of your senior year or Spring of your junior year. You may visit as often as you like at your own expense. Let the coach know when you would like to visit, and arrange to meet him on campus. He will probably arrange for someone to show you around; so it is a good idea to visit when classes are in session and the students are on campus. You might want to attend a practice or game. Sometimes a full two day campus visit during the collegiate season is not always the best time to visit. The coach may be preoccupied with coaching his own team and might not be able to spend a lot of time with you. If you just want to see a game, then go on your own. Let the coach know that you will be there and are interested in the program and the school. He might invite you to meet him after the game, especially if his team wins the game.

WHO PAYS FOR A CAMPUS VISIT

Some schools will set up a special recruiting day for groups of prospective athletes during the season. This will allow you to visit, see a game, and meet with school administrators and coaches. Make sure that you get the OK from your high school coach to make this visit. He might not want you to miss a training session, or important game, to visit a college campus right in the middle of your season.

Recruited athletes are allowed to make expense paid visits, paid for by the school; but each athlete is limited to visits to only five different schools. If you are lucky enough to be invited for a paid visit, the coach will make all the arrangements. Because of limited finances, not all colleges can do this. If not, pay your own way and visit the schools that you are most interested in. You may visit at your own expense as often as you like, and anytime that you want to.

ASK QUESTIONS

During your visit is the time to find out whether the school and the water polo program is the right fit for you. Attend classes, attend practice sessions, visit or stay in a dormitory, find out what campus life is like. Don't be afraid to ask questions of the players and the coach about water polo and academic topics. When and how long are team practice sessions, how do you fit in to the team, how many players are playing your position, what are your chances of playing right away, what about red-shirting? You may bring your parents on your campus visit; but I would recommend visiting on your own the first time. It is you that the coach is interested in; and he wants to talk and get to know you, without a lot of parental interference. If you do bring your parents, make sure that they do not dominate the conversation with the coach. There will be plenty of time for the coach to talk to your parents, especially if he decides to visit your home.

HOME VISITS

If you are a "recruited" athlete, the college coach may want to visit your home and meet your parents, family and your high school coach. If he does visit your home, there are certain restrictions about what you can or cannot do during the visit. The coach will know the rules and let you know what to expect. Let the coach initiate the topic of the home visit. Some colleges do not have the budget to pay for the coach's home visits; so don't expect this to happen very often, unless you are a highly recruited athlete.

GETTING ACCEPTED-WHAT IS REQUIRED

Every university has different criteria for being accepted. The same holds true for student/ athletes. Almost all college coaches can submit names to their admission office for consideration. Where the difference lies is in the criteria that a school will accept for an athlete to be accepted. At some colleges it is very easy to be accepted, if you are on the coach's list; even if you don't meet the academic requirements for admission. Other schools are much more difficult to be accepted to; and at some schools you have to meet the same stringent academic requirements as a normal student. The best way to find out what your chances are for admission is to ask the coach. He cannot submit the name of every recruit. In some cases the number is very limited.

Some schools have a certain number of slots available to each sport and those are usually reserved for the top athletes that are being recruited. Most colleges look at several key factors like GPA, SAT scores, and athletic ability. Other schools will also look at your GPA in core courses only, strength of your high school curriculum, status of your high school, number of honors and AP classes taken, outside activities besides athletics, and family history at that particular college. These are things that you should find out early in your high school career, so that you can make adjustments in the classes that you are taking if you have to.

EARLY DECISION

Early decision at most colleges is reserved for outstanding students who want to find out early in their senior year if they have been admitted. This usually requires a commitment on your part that you will attend that school if you are admitted. In most cases, if you are also an outstanding athlete, the coach would rather have you on his athletic track than on the school's early decision track. You will get the decision at about the same time, and it is usually easier to get in through the athletic track. Talk to the coach about this before you decide to apply for early decision.

WHAT ARE COLLEGE COACHES LOOKING FOR?

All college coaches are looking for talented players. Some coaches recruit for size and speed, some recruit for need at a certain position, some look at the player's intensity and aggressiveness, passion for the game, attitude, coachability, knowledge of the game, and the ability to make things happen. College coaches are looking for players that can contribute to the success of their team. Most coaches look for all of these criteria; with some having more weight than others. Making the All-American or All-League team is important, but is usually not the deciding factor in whether the coach wants you on his team or not.

IT'S A DIFFERENT GAME

Remember that the game is a lot different at the college level. For one thing, the water polo course for men is longer, 30 meters versus 25 yards. For women it is 25 meters. This means that swimming ability and speed become more important. The game is played at a faster pace at the college level than it is in high school. The players that you will compete against for a position on the team were all high school all-stars. If you are looking to receive a scholarship or simply to make the team, know that coaches are looking to recruit "difference makers". Players who can help the team compete at the national level; versus players who are good, but won't help the team get to the next level.

BE REALISTIC

Be realistic about your abilities as a water polo player. Aim for the programs that suit your abilities and for a college that you will feel comfortable with. Success at the high school level does not guarantee success at the college

level. There are no guarantees of playing time. You will have to earn your position on the team along with everyone else.

FINANCIAL AID

There are many different ways to obtain financial aid to help pay for your college education. Full ride athletic scholarships consist of tuition, room and board, books, and fees. Division I and II colleges can offer a maximum of 4.5 full scholarships for men's water polo, and 8 full scholarships for women's water polo.

PLEASE KNOW THAT THERE ARE NOT THAT MANY SCHOLARSHIPS AVAILABLE IN WATER POLO, especially on the men's side. There are probably less than ten colleges in the country that offer the maximum number of scholarships for men. More schools, as many as twenty-five or more on the women's side offer scholarships. Most collegiate teams have to offer more for women because of Title 9 requirements, and the need to balance scholarships between men and women. If 50% of a school's student body is composed of women, then 50% of the athletic scholarships offered must go to women. A university that offers 85 scholarships to football must offer the same number to women's programs. Because of football, many schools offer more women's teams than men's teams.

VARSITY AND CLUB, DIVISION I, II, AND III

Some Division II schools offer athletic scholarships, but Division III schools cannot. In many sports Division II and III schools compete in their own national championship events. However, because of the small number of schools offering varsity water polo in this country, Division I, II and III schools all compete together in the same NCAA Water Polo Championship event. Less than 50 colleges offer varsity water polo for men, while over 65 schools have varsity women's water polo. They are all eligible to participate in NCAA sponsored national championships. To find out which schools offer varsity water polo, check out the USA Water Polo website under collegiate teams.

CLUB WATER POLO

If you don't feel that you have the ability to play NCAA sponsored water polo, then maybe club level water polo is for you. There are well over 100 colleges that offer club water polo. Since there are no eligibility requirements to play club water polo, those teams cannot play in the NCAA championships; but do participate in a national collegiate club championship. Club programs cannot offer scholarships and usually do not have paid or full time coaches; but also do not have the rules restrictions on eligibility etc. that the Varsity programs have. All of the above NCAA

rules on recruiting and eligibility do not apply to club programs. Any student on campus can play on a club team.

COMMUNITY COLLEGES

In California, two year Community (Junior) Colleges offer Varsity water polo programs and are a great alternative to four year colleges. Junior colleges are far less expensive than four year colleges, they give you a chance to build up your grades, they give you an opportunity to improve your game, you will receive an AA degree, and all of your courses will transfer to any four year college in the country. Two years of JC water polo will use up two years of your four years of eligibility at a four year college; leaving you with two years of eligibility remaining. A student may transfer to a four year college after one year at a JC; but two years is recommended.

EQUIVALENCY SPORT

Water polo is an equivalency sport; which means that the sport can offer the equivalent value of 4.5 full scholarships for men and 8 full scholarships for women at any one time. A full scholarship consists of tuition, room and board, books and fees. A full "ride" for one person in water polo is very rare. Most schools will offer partial scholarships of less than full value. In that way, more players on the team can receive some financial aid. These partial scholarships range in value from books, to room and board, to partial or full tuition. The total value of all the scholarships on the team added together, however, can not be more than the value of 4.5 full for men and 8 full for women. Some schools may have committed most of their scholarships to returning players and only have a small amount of scholarship money available for incoming freshmen. In that case, the coach may start a player out with a small scholarship in his freshman year; and then increase that amount each year as more money becomes available when players graduate. To obtain a scholarship to a Division I school, you must be one of the top players in the country and be able to contribute significantly to the team's success.

Contrary to popular opinion, athletic scholarships cannot be promised for four years. They are automatically renewed each year, unless you break rules that cause you to lose the scholarship. They cannot be taken away for lack of ability, or if you are injured and cannot play. Division I Ivy League schools do not offer athletic scholarships in any sport, but do offer academic and need based financial aid that is available to all students. On the other hand, every student at a military school has their education completely paid for, whether they are athletes or not.

RED-SHIRTING

Every collegiate athlete has only four years of eligibility; but he has five years in order to complete those four years. The process starts once you enroll in college. An athlete may red-shirt, or sit out one year during his college career. He may practice with the team, but

cannot play in games during his red-shirt year. By red-shirting, he may come back and play in his fifth year. He may also receive financial aid during that fifth year, but at the coach's discretion. If the coach does not want to give you financial aid for that 5th year, you have the option to play without the scholarship or not play at all. Red shirting is usually done in the freshman year; so that a player can gain one year of experience without losing any eligibility. If he is not going to play very much in his first year, he might as well red-shirt; rather than sit on the bench. Some schools will red-shirt upperclassmen, so that other less experienced players on the team can catch up to them; thus producing a team full of experienced players and a better chance for the team to win. If an athlete has enough units to graduate after four years, he may elect not to graduate and play for the first semester of his 5th year; or he may elect to graduate and play during the first year of graduate school at the same college. Once you play one minute of one game in any year, that year counts as one of your four allotted years. That is, however, unless you happen to get hurt early in the season and cannot play again for the rest of the year. If you have only played in 20 percent of the games in the first part of the season before you get hurt, then you may petition the NCAA to receive an additional year to play. This is called a "medical" red-shirt and is in addition to a one year "athletic" red shirt. If you are hurt after you have played more than 20% of the games during one season, then you will lose that year of eligibility. Extra eligibility or red-shirt years can also be granted for military service or religious missions.

If a player receives both a "medical" red-shirt year and an "athletic" red-shirt year, it may take him six years of college to complete his four years of water polo.

OTHER SCHOLARSHIPS

There are many other ways to obtain financial aid besides athletic scholarships. These other scholarships are available to all students at that college and are usually based on academics. They cannot be based on athletic performance if you are part of a varsity athletic team. If athletics are any part of the criteria for awarding the scholarship, it must count toward the team's equivalent number of scholarships. Some schools offer academic scholarships to outstanding students in order to attract top scholars to the school. In some cases these are worth more than an athletic scholarship that may be offered in water polo. If you are a truly outstanding scholar, you should consider applying for an academic scholarship. An academic scholarship, or any scholarship that is not based on athletic performance, can be used by an athlete and will not count against the equivalency for his sport.

NEED BASED SCHOLARSHIPS

Many schools, especially the private schools and Ivy League schools, offer financial aid to all students on a need basis. If you are accepted to a school, the amount of aid that you receive is determined by a formula based on your family income and other factors. Because of the high cost of private colleges, many families can qualify for aid in this way. Some states offer State Scholarships to residents of that particular state. Again a formula is used to figure out the amount that you may receive based on both academics and need. Federally financed students loans are also available from the U.S. government. The advantage of these loans is that the interest rates are low, and you do not start paying back the loan until you graduate from college.

LOCAL AND NATIONALSCHOLARSHIPS

There are also scholarships available for graduating high schools seniors from the community that you live in, or from various national organizations. National Merit scholarships are awarded nationally to students that do well in the National Merit Exam. Check with your high school counselor about National, state and community scholarships, WORK STUDY University financial aid to students in need of money usually consists of a package of 60-80% cash, 15-20 % student loan, and about 5-10% work study. Work study allows students to get a job on campus, for which the University will pay a salary; up to a certain limit that is specified as part of the financial aid package.

COMBINING SCHOLARSHIPS

Remember, that if any part of a scholarship is based on athletic ability, it will count against the team equivalency at a Division I or II school. Also know that you cannot combine athletic and non-athletic scholarships from the university that you are attending, without the total amount of both scholarships counting against the team equivalency limits of 4.5 and 8 full scholarships. You can receive one or the other, but not both kinds of scholarships at the same time; without both of them counting.

LETTER OF INTENT

A Letter of Intent is offered only to incoming freshmen that will receive an athletic scholarship. Once you sign the letter you are committed to attend that school for one year. If you decide, after signing the letter, that you want to change schools, you may do so. However, the penalty is harsh. You may not receive athletic aid, and also have to sit out and not play for your first year at the new school. Another alternative is for the original school that you signed with to release you from your obligation; thus freeing you to play and receive aid right away at another school. Once you have signed a Letter of Intent it is very rare that a school will release you from that letter.

SIGNING DATES-DECISION TIME

There are specific signing dates for Letters of Intent; an early signing period in February for men and November for women, and then again in April for both sports. The early signing period in November for women makes it even more important to have all of your paperwork done before the start of your senior year. You have a two-week period after the letter is issued to decide which school you want to sign with. After that, another letter may be issued. Sometimes the decision is difficult to make; but if you have done your homework on the various schools, you should be able to decide within the two-week period. Try not to string schools along for a long period of time. Athletic scholarships are limited and someone else will be waiting for that scholarship if you turn it down. On the other hand, don't let coaches pressure you into signing a letter of intent immediately, especially if you are not sure about your decision. Remember you have two weeks to sign. After that, if you don't sign, the school at their discretion can withdraw the Letter of Intent or issue you another one.

VALUE OF YOUR EDUCATION

There are a lot of factors to consider in making the decision on which college to attend. Academically, you are going to get a good education at most colleges in the United States. Some colleges are better in some areas than in others; but in most cases, when it comes to getting a job when you graduate; how you interview and how you did in school are more important than which school you attended. If you want to attend medical, law, business or graduate school, how you do in the standardized graduate tests for those particular professions are important in deciding whether you get in or not. Personal interviews and grades are also important factors. Attending a college as an undergraduate does not necessarily give you an advantage in getting in to a graduate school at the same college. Sometimes it even has the opposite effect. Many graduate schools are looking for diversity of applicants from other colleges around the country, not just from their own university.

MAKING THE DECISION

When you are making a decision, try to take water polo and the coach out of the equation, if you can. If water polo doesn't pan out for you, or if you are injured and cannot play again, pick a school that you will be comfortable at, and one in which you will enjoy the other aspects of college life. The same holds true for picking the school for the coach. What if he decides to take a job at another college after you arrive there? You can always transfer to another school if it doesn't work out for you; but transferring can be messy and difficult. Do your homework, know what you are getting into; pick a school that fits your needs and is a comfortable fit for you. If water polo is one of your main criteria for selecting a college, pick a school that is best

suiting for your talent and ability; and where you will get a fair chance to play and contribute. Be honest about your capabilities. Not everyone is suited for Division I level water polo. Sometimes it is very difficult for your parents to do; but try taking money out of the equation. There are a lot of ways to finance your education. Once you have exhausted all of the financial aid possibilities, and you still cannot afford a particular school, then look elsewhere; perhaps a local school or community college that will allow you to live at home and save money. You have to spend four-five years of your life at a college of your choice. Your future profession will be effected by the college you choose, and the friends and contacts that you make will last a lifetime. MAKE IT A GOOD CHOICE.

MEN'S COLLEGIATE WATER POLO PROGRAMS

Name of College	Web Address	Conference	Division	State
Brown University	http://www.brown.edu/	The Ivy League	I	RI
Bucknell University	http://www.bucknell.edu/	Patriot League	I	PA
California Baptist University	http://www.calbaptist.edu/	Pacific West	II	CA
California Institute of Technology	http://www.caltech.edu/	So. CA. IA	III	CA
California Lutheran University	http://www.callutheran.edu/	So. CA. IA	III	CA
Chapman University	http://www.chapman.edu/	So. CA. IA	III	CA
Claremont McKenna-Harvey Mudd-Scripps	http://qoo.gl/qO9Ns	So. CA. IA	III	CA
Connecticut College	http://www.conncoll.edu/	New Eng. Small College Athletic	III	CT
Fordham University	http://www.fordham.edu/	Atlantic 10	I	NY
Fresno Pacific University	http://www.fresno.edu/	Pacific West	II	CA
Garron University	http://www.gannon.edu/	Penn. State Athletic	II	PA
George Washington University	http://www.gwu.edu/	Atlantic 10	I	DC
Harvard University	http://www.harvard.edu/	The Ivy League	I	MA
Iona College	http://www.iona.edu/Home.aspx	Metro Atlantic Athletic	I	NY
John Hopkins University	http://www.jhu.edu/	Centennial	III	MD
Long Beach State University	http://www.csulb.edu/	Big West	I	CA
Loyola Marymount University	http://www.lmu.edu/	West Coast	I	CA
Massachusetts Institute of Technology	http://web.mit.edu/	New Eng. Women's/Men's	III	MA
Mercyhurst University	http://www.mercyhurst.edu/	Penn. State Athletic	II	PA
Monmouth College (Illinois)	http://www.monmouthcollege.edu/	Midwest	III	IL
Notre Dame College (Ohio)	http://www.notredamecollege.edu/	Mountain East	II	OH
Occidental College	http://www.oxy.edu/	So. CA. IA	III	CA

PA State Univ., Erie, Behrend College	http://psbehrend.psu.edu/	Allegheny Mtn. Collegiate	III	PA
Pepperdine University Colleges	http://www.pepperdine.edu/	West Coast	I	CA
Pomona-Pitzer Colleges	http://www.pomona.edu/	So. CA. IA	III	CA
Princeton University	http://www.princeton.edu/main/	The Ivy League	I	NJ
Salem International University	http://www.salemu.edu/	Great Midwest Athletic	II	WV
Santa Clara University	http://www.scu.edu/	West Coast	I	CA
St. Francis College Brooklyn	http://www.sfc.edu/	Northeast	I	NY
Stanford University	http://www.stanford.edu/	Pac-12	I	CA
U.S. Air Force Academy	http://www.usafa.edu/	Mountain West	I	CO
U.S. Naval Academy	http://www.usna.edu/homepage.php	Patriot League	I	MD
University of California, Berkeley	http://www.berkeley.edu/index.html	Pac-12	I	CA
University of California, Davis	http://www.ucdavis.edu/	Big West	I	CA
University of California, Irvine	http://www.uci.edu/	Big West	I	CA
University of California, Los Angeles	http://www.ucla.edu/	Pac-12	I	CA
University of California, San Diego	http://www.ucsd.edu/	CA. Collegiate Athletic	II	CA
University of California, Santa Barbara	http://www.ucsb.edu/	Big West	I	CA
University of La Verne	http://laverne.edu/	So. CA. IA	III	CA
University of Redlands	http://www.redlands.edu/	So. CA. IA	III	CA
University of Southern California	http://www.usc.edu/	Pac-12	I	CA
University of the Pacific	http://www.pacific.edu/	West Coast	I	CA
Washington and Jefferson College	http://www.washjeff.edu/	President's Athletic	III	PA
Whittier College	http://www.whittier.edu/	So. CA. IA	III	CA

WOMEN'S COLLEGIATE WATER POLO PROGRAMS

Name of College	Web Address	Conference	Division	State
Arizona State University	http://www.asu.edu/	Pac-12	I	AZ
Azusa Pacific University	http://www.apu.edu/	Pacific West	II	CA
Brown University	http://www.brown.edu/	The Ivy League	I	RI
Bucknell University	http://www.bucknell.edu/	Patriot League	I	PA
California Baptist University	http://www.calbaptist.edu/	Pacific West	II	CA
California Institute of Technology	http://www.caltech.edu/	So. CA. IA	III	CA
California Lutheran University	http://www.callutheran.edu/	So. CA. IA	III	CA
California State University, Monterey Bay	http://csumb.edu/	CA. Collegiate Athletic Association	II	CA
California State University, Bakersfield	http://www.csub.edu/	Western Athletic	I	CA
California State University, East Bay	http://www20.csueastbay.edu/	CA. Collegiate Athletic Association	II	CA
California State University, Northridge	http://www.csun.edu/	Big West	I	CA
California State University, San Bernardino	http://www.csusb.edu/	CA. Collegiate Athletic	II	CA
Carthage College	http://www.carthage.edu/	College Confer. Of Ill. & Wisconsin	III	WI
Chapman University	http://www.chapman.edu/	So. CA. IA	III	CA
Claremont McKenna-Harvey Mudd-Scripps	http://goo.gl/gO9Ns	So. CA. IA	III	CA
Connecticut College	http://www.conncoll.edu/	New Eng. Small College Athletic	III	CT
Fresno Pacific University	http://www.fresno.edu/	Pacific West	II	CA
Garron University	http://www.gannon.edu/	Penn. State Athletic	II	PA
George Washington University	http://www.gwu.edu/	Atlantic 10	I	DC
Grove City College	http://www.gcc.edu/Pages/Grove-City-College.aspx	Presidents' Athletic	III	PA

Hartwick College	http://www.hartwick.edu/	Empire 8	III	NY
Harvard University	http://www.harvard.edu/	The Ivy League	I	MA
Indiana University, Bloomington	http://www.iub.edu/	Big Ten	I	IN
Iona College	http://www.iona.edu/Home.aspx	Metro Atlantic Athletic	I	NY
Long Beach State University	http://www.csulb.edu/	Big West	I	CA
Loyla Marymount University	http://www.lmu.edu/	West Coast	I	CA
Macaester College	http://www.macalester.edu/	Minnesota Intercollegiate Athl.	III	MN
Marist College	http://www.marist.edu/	Metro Atlantic Athletic	I	NY
Mercyhurst University	http://www.mercyhurst.edu/	Penn. State Athletic	II	PA
Monmouth College (Illinois)	http://www.monmouthcollege.edu/	Midwest	III	IL
Notre Dame College (Ohio)	http://www.notredamecollege.edu/	Mountain East	II	OH
Occidental College	http://www.oxy.edu/	So. CA. IA	III	CA
PA State Univ., Erie, Behrend College	http://psbehrend.psu.edu/	Allegheny Mtn. Collegiate	III	PA
Pomona-Pitzer Colleges	http://www.pomona.edu/	So. CA. IA	III	CA
Princeton University	http://www.princeton.edu/main/	The Ivy League	I	NJ
San Diego State University	http://www.sdsu.edu/	Mountain West	I	CA
San Jose State University	http://www.sjsu.edu/	Mountain West	I	CA
Santa Clara University	http://www.scu.edu/	West Coast	I	CA
Siena College	http://www.siena.edu/	Metro Atlantic Athletic	I	NY
Sonoma State University	http://www.sonoma.edu/	California Collegiate Athl. Assoc.	II	CA
St. Francis College Brooklyn	http://www.sfc.edu/	Northeast	I	NY
Stanford University	http://www.stanford.edu/	Pac-12	I	CA
University of California, Berkeley	http://www.berkeley.edu/index.html	Pac-12	I	CA
University of California, Davis	http://www.ucdavis.edu/	Big West	!	CA
University of California, Irvine	http://www.uci.edu/	Big West	I	CA

University of California, Los Angeles	http://www.ucla.edu/	Pac-12	I	CA
University of California, San Diego	http://www.ucsd.edu/	CA Collegiate Athletic	II	CA
University of California, Santa Barbara	http://www.ucsb.edu/	Big West	I	CA
University of Hawaii, Manoa	http://manoa.hawaii.edu/	Big West	I	HI
University of La Verne	http://laverne.edu/	So. CA. IA	III	CA
University of Michigan	http://umich.edu/	Big Ten	I	MI
University of Redlands	http://www.redlands.edu/	So. CA. IA	III	CA
University of Southern California	http://www.usc.edu/	Pac-12	I	CA
University of the Pacific	http://www.pacific.edu/	West Coast	I	CA
Utica College	http://www.utica.edu/	Empire 8	III	NY
Villanova University	http://www1.villanova.edu/main.html	Big East	I	PA
Virginia Military Institute	http://www.vmi.edu/	Big South	I	VA
Wagner College	http://wagner.edu/	Northeast	I	NY
Washington and Jefferson College	http://www.washjeff.edu/	President's Athletic	III	PA
Whittier College	http://www.whittier.edu/	So. CA. IA	III	CA