



WATER POLO TEAM

The HCP water polo program offers swimmers the ability to learn an exciting sport building on skills they have learned in their swimming lessons. Our program includes both a competitive team, which will compete against other pools, and introductory lessons for newcomers.

Joining the Team

There are 4 competitive water polo teams each with different entry requirements:

Bantam Boys and Girls: Must be 12 years old or under and have successfully passed red level.

Cadet Boys and Girls: Must be 16 years old or under and have successfully passed blue level.

The first week of the season, all swimmers are welcomed to come and enjoy the water polo experience.

Water polo meets

There will be two meets every week, on Mondays and Thursdays, against other pools, throughout the summer.

Attendance

If you wish to participate in our seasonal games, you must attend scheduled practices. The attendance policy excludes family vacations, but the parents must notify the coaches when their child will be absent.

Introductory Lessons

For swimmers who are just beginning water polo and would not be comfortable playing against teams, we will be holding lessons on Fridays, from 1pm to 2 pm, alongside our team practices. These will teach swimmers how to properly handle, control and throw the ball while swimming, developing new swimming maneuvers and water polo specific techniques.

If there are any questions or concerns, do not hesitate to contact either coaches, following practice or by email.