



SACRAMENTO WATER POLO

- Monthly and Year-round Training and Competition
- K through 12th Grade Athletes
- Beginner to Elite Levels
- Professional and friendly coaching staff

Skill training for appropriate age and ability with an additional emphasis on the importance of **team work, developing friendships, and personal growth** — all in a fun and healthy environment.

Home of two Team USA Olympians

Locations:

- Sierra College Pool
- Whitney High School

Programs:

- Splashball/Development:** Perfect place for brand new players.
- Competitive Youth:** 8th grade & under who want to compete in local tournaments
- Competitive:** High School aged athletes
- Masters:** All College age athletes with Varsity exp.



Alex Obert



Ben Stevenson

- USA Water Polo National Team experienced coaching staff with international experience
- Scrimmages and game-situation training
- We host local tournaments throughout the year for our Competitive Program athletes
- Beginner to collegiate All-American — all are welcome.



Registration and info at
www.SacPolo.com

For Practice Schedules and Program Fees, please visit our website: www.SacPolo.com

Questions? Contact Tina: Coach.themphill@gmail.com

Sacramento Water Polo has an open door, no obligation policy. Come try out a practice, meet the coaching staff, and see how you like it. Join us at any time, mid-season if necessary, year-round

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