

GIRLS WATER POLO

OPEN HOUSE

PAROCHIAL POLO is now available to female middle school athletes!

If you have a 6th, 7th or 8th grader that is interested in learning more about water polo here is their opportunity. Listed below is the contact information in order to find out more information on open houses, camps and practice sessions that will provide the athlete an introduction to the sport of water polo:

“THE BEST GAME ON THE PLANET”

Cathedral Catholic High School Girls Water Polo invites you to try the game

BEGINNERS WELCOME!!! NO EXPERIENCE NECESSARY!!!

*** LEARN WATER POLO *
* RULES * OFFENSIVE STRATEGIES * CONDITIONING *
TEAM WORK * PASSING SKILLS * SWIMMING *
DEFENSIVE STRATEGIES * AND MORE ***

**LEARN THE GAME AND BE READY AND COMPETITIVE FOR
THE HIGH SCHOOL LEVEL AT CATHEDRAL CATHOLIC HIGH SCHOOL LIKE
2004 ATHENS OLYMPIC BRONZE MEDALIST KELLY RULON
AND 2008 BEIJING OLYMPIC SILVER MEDALIST MARIAH VAN NORMAN**

**You will play local San Diego teams, Los Angeles and Orange County teams and will eventually
travel to events such as the National Junior Olympics, Maui Invitational and the
Hawaiian Invitational Water Polo Tournaments**

SATURDAY OCTOBER 17, 2009 2:00 - 4:00

SUNDAY OCTOBER 25, 2009 11:00 – 12:30

SUNDAY NOVEMBER 1, 2009 11:00 – 12:30

SATURDAY NOVEMBER 7, 2009 2:00 – 4:00

ALL events will be held at the Waite Aquatic Center on the Cathedral Catholic campus.

For more information contact:

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or

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