

**SPRING HIGHLIGHTS**

- Catch up on the latest SOCAL news in this Spring edition.
- What was the first Olympic team sport? Be the first to email the correct answer to:

[jjzwirner@socalwaterpolo.org](mailto:jjzwirner@socalwaterpolo.org)

and win a free tee shirt!

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## What's New in the Pool?

In this cover letter let us celebrate one family and their SOCAL story -- the Zwirners. The Zwirner's lives are much deeper than SOCAL, but they stand as a story of hundreds of families who have passed through us.

Janet and Mark began their family nearly three decades ago -- Brandon, Ryan, Brittany, and Ashley. After some work as missionaries, the Zwirners settled in Tustin.

Janet has been our Community Marketing Director for nearly seven years reaching out to the local community. Janet is "retiring" from marketing for SOCAL at the end of June. Mark has helped Janet with the infectious enthusiasm around our Splash Ball program. Mark was featured as the poster



man for USAWP surrounded by our little tad-

poles. Brandon played SOCAL Water Polo and attended Foothill. Brandon now coaches at SOCAL. Ryan is graduating from UCSB in a few days having a short stint of water polo in community college. Brittany played for Coach Ed who then led her to a successful career at Princeton and recently "representing" SOCAL in the Boston NCAA's. Then baby "leftie" Ashley, graduates from high school in a few weeks with a bright new future at UCLA. All played for SOCAL.

Janet and Mark will be empty nesters. Much of their lives included trying to read SOCAL calendars, interpret tournament brackets, schlep to pools, and celebrate the triumphs and agonies of Youth Sports. But more importantly, the Zwirners have taught life lessons to their children. Yes, water polo careers end, our houses empty, and our children move on. Fond memories of SOCAL Water Polo stay with us. Who won or lost games becomes a difficult question to

answer with the passage of time. But family, friendships, life lessons and fond memories of blue water, good times, and friendships last a lifetime.

Janet, thank you for all your dedication to building our SOCAL Community and placing the Team first. We are grateful for the base you have built us. Thank you.

(Our new marketing director will be Lisa Gorlinski).

The cycle of SOCAL life continues. Welcome to Summer.



Andrew Rowe,  
General Manager and President

## Meet the Coach - Jason Lynch

Although Jason Lynch has only been on SOCAL's coaching staff since 2011, he is in no way new to the sport. He brings with him years of experience and success. Jason started competitive swimming at age 7 to become water safe because he grew up sailing. He started playing water polo at Marina High School. Despite looking into walking on at UC Santa Barbara, He chose not to play.

"I regret this decision everyday and it is one of the things which I try to inspire and prepare my athletes to do," admits Jason.

While teaching high school Biology, Jason has over 20 years of coaching (boys and girls water polo and swimming) under his belt. More impressive is his record of winning 18

league championships, three CIF Runner-ups, two CIF championship in boys water polo and one in swimming allowing him to become one of a handful of coaches to win a title in both water polo and swimming. Beginning in 1997 until present, he has been involved with the USA Water Polo Men's National Team Program as Youth Team Head Coach, Cadet team Head Coach, Development team coach and Junior Team Assistant Coach as well as the Southern California Regional Technical director for ODP.

Jason came to SOCAL as the Youth Boy's Technical Director in 2011 where he feels honored to have the opportunity to coach for a club with such a great tradition and excellent

administration. He takes great pride in teaching technical, and tactical skills to the I4&U Boys and feels that this is the most important age to build a solid foundation for the athlete's future.

A fun fact about Jason - he has coached water polo in 15 different countries. .



Jason is married to Kim and has two daughters: Kristen and Jessica, who plays on the I4U team



# LET THE GAMES BEGIN!

WATER POLO TAKES MANY INDIVIDUALS IN DIFFERENT DIRECTIONS. FOR HANNAH LAPKIN, IT'S TAKING HER TO ISRAEL. HANNAH HAS BEEN CHOSEN TO COMPETE IN THE 19TH MACCABI GAMES THIS SUMMER FROM JULY 17 - 30.

BEGINNING IN 1932, THE "JEWISH OLYMPICS" HAS BEEN HELD EVERY FOUR YEARS. THIS YEAR 8,000 ATHLETES OF JEWISH DESCENT REPRESENTING 60 COUNTRIES WILL COMPETE IN THE HOLY LAND.

HANNAH IS ONLY ONE OF TWO HIGH SCHOOLERS THAT MADE THE WOMEN'S WATER POLO TEAM. THEIR GOAL? BEAT OUT THEIR TOUGHEST COMPETITION - HUNGARY AND ISRAEL.

"I'M SUPER EXCITED ABOUT EVERY ASPECT OF THE COMPETITION. I'M LOOKING FORWARD TO EXPERIENCING THINGS I'VE LEARNED IN TEMPLE SUCH AS THE DEAD SEA AND THE WAILING WALL," SAYS HANNAH. "I REALLY APPRECIATE ALL SOCAL HAS DONE TO PREPARE ME FOR THIS ADVENTURE. I

ESPECIALLY APPRECIATE (COACH) ANDREW FOR MAKING ME AWARE OF THE MACCABI GAMES AND FOR HIS SUPPORT. "

GOOD LUCK HANNAH! SOCAL WILL BE CHEERING YOU ON!



## RULIN' THE POOL at CAL CUP

SOCAL rocked the California Cup State Championships! Congratulations to all the teams for your hard work and making SOCAL proud. Here are some of the top winners:

1st place: 10U Mixed, 14U Boys and 18U Girls

2nd place: 14U Girls and 16U Boys teams

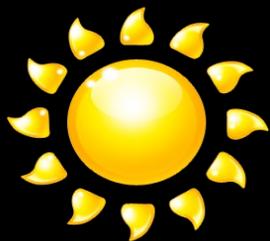
3rd place: 16U Girls

4th place: 18U Boys

5th place: 12U Boys

7th place: 12U Girls

14th place: 14U Girls Gold



Register now for  
SUMMER  
SESSION!



### a note of thanks

**Note from the Editor:** As my time with SOCAL comes to a close, I leave with a heartfelt appreciation for the coaches who have loved my own kids, the parents who have graciously offered their time and support, and the smiles on the kids who just shot the ball into the net for the first time.

SOCAL is a winning club - and I'm not just talking about the Chairmans Cup. SOCAL wins in every way - it's the most organized (thank you Robin and Michele), the most professional, and the coaching is outstanding. Thank you, Andrew, for allowing me to serve a great club. Most of all, thank you, Ed, for your contagious passion to build a great sport into an even greater community. My respect for you deepens daily.

I'm pleased to leave everything in Lisa's very capable hands. I know she'll continue to be a valuable asset for SOCAL.

Sincerely,  
Janet Zwirner



# PCA Players of the Quarter

**Congratulations** to our SOCAL PCA Players of the months of February, April and May.

These athletes were chosen by their coaches for demonstrating excellent sportsmanship, teamwork and dedication

**Splashball - Sarah Naulty:** Sarah continues to show great improvement and consistency. She attends every practice and displays a great attitude.

**10U - Tyler Son:** Tyler brings a very positive attitude to everything he does; in workouts, in games or as an enthusiastic teammate. Quick with a smile and always determined to do his best, Tyler makes being a Positive Coach easy for the entire coaching staff.

**12U Girls - Mallory Reynoso:** Mallory cares deeply about improving her teammates and herself. Through her great efforts, Mallory has embraced the physi-

cality of water polo to make herself and her teammates better competitors. Mallory always has a smile, is coachable, and learns from her mistakes. Her improvement due to her effort, learning and mistake management were evident at Grommet Cup.

**12U Boys - Cole Valdez**  
Cole is always at practice, never misses a games and has improved the most by far.

**14U Girls Gold - Danielle Smith:** Danielle Smith has put water polo into high gear. Her workouts (effort) have improved, she interacts with coaches to give her feedback (learning), and she tries her best to manage mistakes well by not repeating them. Danielle is a key contributor to the Gold team, putting her and other teammates with the desire to succeed in leadership roles. Danielle epitomizes ROOTS, respecting the rules, her opponents the officials, her teammates and herself. She improves constantly.

**14U Girls Black - Bella Baia:** Bella is a veteran of many SOCAL Youth Girl (YG) campaigns and the Spring 2013 14s

PCA awardee. Bella has taken on the unheralded task of assigned defender and fights mightily for inside water. Bella sets the standard always in practices for her intensity and sets the standard for "game on" when the whistle first whistle blows. Bella's dedication to fitness (building her base), learning new skills for her toolbox, and being a loyally positive teammate always are traits of a PCA winner.

**14U Boys - Sebastian Banales:** His work ethic and reliability in and out of the pool is impeccable. He possesses outstanding leadership skills as well as skills needed to work within a team. Sebastian is able to listen to directions and immediately implement that instruction to better himself as a player. He is a person who is truly dedicated to this sport.

**Great Job Athletes! SOCAL is proud to have you on our team.**



## Splash Ball Stuff

It just keeps getting better! We had one of our biggest turn outs for the spring session. It was a time of great improvement, challenging scrimmages and a bundle of giggles!



*Splashball has two goals - first is learn water polo, second is have fun.*



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GOT PICS? SOCAL IS ON INSTAGRAM!

"socalwaterpolo" - <http://instagram.com/socalwaterpolo>

## SOCAL SPOTLIGHT

Published quarterly

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Printing courtesy of the

**THE REYNOLDS GROUP**

Restoring the Earth and Groundwater

[www.reynolds-group.com](http://www.reynolds-group.com)

## Water Polo Lite



**Same fun with half the commitment!** So describes the introductory program SOCAL created to help kids from ages 9 - 13 learn about water polo. 26 boys and 10 girls jumped on board to ensure the program's success. The athletes' hard work mixed with supreme coaching helped raise the level of performance for each player.

"No one is born knowing this," said one mom. "I encouraged my daughter to keep trying and now she's having a lot of fun."

Water Polo Lite's success partnered with the efforts of SOCAL's Lisa Gorlinski helped the program get picked up by the Tustin Sports and Rec program this summer. Any one desiring to play can sign up beginning June 5 at

<http://www.tustinca.org/departments/parksrec/classes/>



## Understanding the Game of Water Polo

Water Polo can be a confusing game for spectators. The whistle is constantly blowing and the play never stops, even when someone is ejected for a penalty. In addition, there are many misconceptions about the game, including how the players keep their horses swimming. Well, hang in there, because the following information should help to make the picture much clearer.

General Information

1. Each team has 6 field players & a goalie
2. Field players can only use one hand to touch the ball, goalies two.
3. The game consists of four quarters and the clock stops on the whistle. If the game is tied at the end of regulations, the teams play two three-minute overtime periods. If it is still tied, the game goes into sudden victory. At times overtime is played with a shoot out.
4. The object of the game is to score by placing the ball completely in the goal within the allowed time on the shot clock (30 seconds for younger- 35 for collegiate). Players may move the ball by swimming or passing.
5. Teams may substitute after a goal is

scored, during a time-out, or during the play from the ejection area.

6. Each team receives three time-outs and one 30-second time-out per game.
7. Shots blocked out of bounds by defensive players result in the defensive team receiving possession. If a defender uses two hands to block a shot, the offensive team receives a penalty shot. If the shot is blocked by a goalie, the offensive team gets the ball at the two meter line and a new shot clock.

### Types of Fouls

When an infraction of the rules occurs, the referee will point in the direction of the team taking possession while blowing his whistle. The ball is put back into play with an action called a free throw. This means the player gets three seconds of free time to throw the ball to another teammate or swim it up the pool. A player cannot shoot his free throw unless outside the five-meter line. If the ball is not put into play within three seconds, the other team takes possession.

Fouls can be ordinary or major. Ordinary fouls are best understood as minor fouls - i.e., a defender may reach over an opponent's back to get at the ball while facing away from the goal. An ordinary foul earns a

free throw for the opposing team. Major fouls are more severe and are penalized accordingly. For example, when a defender fouls an opponent too aggressively or from behind when the opponent is facing the goal, the defender is ejected for 20 seconds (players may reenter if their team recovers the ball before the ejection time is up, or if the opposing team scores.) When the foul occurs with five meters of the goal and the referee believes the player had a high chance of scoring, the opposition shoots a penalty shot. Major fouls can also occur through disrespect to the referee or when a player interferes with an opponent's free throw. Players may only receive three major fouls before elimination.

If all of this has you totally confused, just sit back and enjoy the game. The easiest way to follow the play is by watching the scoreboard. If your team is ahead at the end, great! If not, well consider that you have expanded your horizons. When the game is over, you can at least explain to your friends that the horses never get wet.

From Kap Seven