

SPRING HIGHLIGHTS

- Catch up on the latest SOCAL news in this Spring edition.
- What's red and smells like blue paint? Be the first to email the correct answer to:

jzwirner@socalwaterpolo.com
and win a free tee shirt!

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What's New in the Pool?

Welcome to SOCAL's summer quarter. The youth program just completed a fantastic trip to the "Grommet Cup" in San Diego to celebrate a great weekend for spring water polo. Many thanks to our volunteer administrators, coaches and parents who made Grommet Cup such a positive travel experience for our players.

As I write this, the Youth Junior Olympic zone qualifications have concluded. Once again, SOCAL was the top performing club in the Southern Pacific zone of USA Water Polo. Our placements assured SOCAL top bracketing at the national tournament at the end of July. In the first week of June, the older JO qualifications will be held. I expect our per-

formances will be similar to our excellent youth results. A team "travel policy" for JOs will be announced soon.

This month, I am proud to feature Coach Shane Unger, one of our coaches and long time member of our community who was just named Head Aquatics Director at El Modena High School. A big shout out to Shane for helping our water polo players learn the lessons of life beyond the pool deck by continually encouraging our players in ways that many of those parents and colleagues never see. Congratulations and thank you Shane.!

Another big thank you to Lisa Gorkinski and Jenny Ayala who continue

to incorporate the Positive Coaching Alliance into SOCAL's culture. Please remember to be model cheerleaders for SOCAL's teams. Let us coaches worry about the scoreboard while you help fill their emotional tanks.

Have a wonderful summer,



Andrew Rowe,
General Manager and President

Meet the Coach - Shane Unger

My journey with SOCAL began six years ago when I started out as a swim conditioning coach and worked my way to head coach for the 16U boys where I won 2 consecutive National Club championships. Eventually I landed in my current position as the Asst. Coach for the 18U boys team, which has won the last 2 Junior Olympic titles with high hopes of making it a 3-peat this summer.

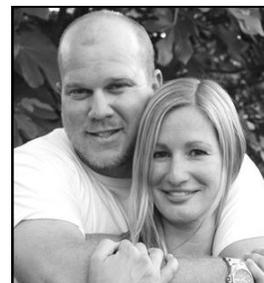
I grew up in North Orange County and attended Sonora HS where I played soccer, baseball and, of course, water polo. I went on to Mt. Sac where I

played baseball and water polo. Once I graduated, I played a short stint of rookie ball with the Seattle Mariners program. I am currently one semester away from receiving my Bachelor's Degree in Kinesiology from Cal State Fullerton. Recently, I was hired as the Aquatics Director for El Modena High School, which I am very excited about.

The most significant news in my life, however, is my marriage to Katie. In July of 2010, in a beautiful ceremony along a river in Washington, I married the most important person in my life. She

is a huge sports fan - a huge plus in my book. She's supportive, athletic, outgoing and beautiful, inside and out. I am sure that if you come around our games this summer you might catch her in the stands cheering us on.

GO SOCAL!!!





ODE TO WATER POLO

THERE ONCE WAS A CLUB THAT WAS COOL,
 SOCAL WAS ITS NAME; THEY RULED THE POOL,
 IT'S GONNA GET ROUGH,
 WHEN WE SHOW YOU OUR STUFF,
 IF YOU DON'T GET OUT OF OUR WAY, YOU'RE A
 FOOL!

ANONYMOUS



Phillip Waldman says,
 "Sometimes straw is better than HAY!"

*"... no need for
 cologne or
 perfume when
 you're always
 wearing Eau de
 Chlorine."*



Top 10 Reasons Why SOCAL Water Polo is the Best By Gretchen Reynoso

10. You never get sweaty
 9. Your mom doesn't have to wash your uniform between games.
 8. Most people can't swim well, so it's easy to impress almost anyone.
 7. You can take less showers
 6. You have an excellent reason for having messy, discolored hair.
 5. You can't lose your only piece of equipment. You'd probably notice if you did, because you'd be naked.
 4. No need for cologne or perfume when you're always wearing Eau de Chlorine.
 3. No need for bathroom breaks.
 2. SOCAL has the BEST coaches!
- And the #1 reason why SOCAL Water Polo is the best sport in the city ...and the world:
1. Water Polo is the best sport known to mankind and SOCAL dominates!

Send it in!

Student of the Month? Accepted to College? We want to know!

We'd love to share the accomplishments of our awesome players outside the pool.

Send your news to Janet Zwirner at:

jzwirner@socalwaterpolo.com

While we can't promise we'll print it, we'll sure try!

Congratulations to Mason Reynoso for being named Student of the Month for his Citizenship and Outstanding Achievement in Math.

Also - See if you can find **Zach Ennis** on the USA WP website - Hint: click on the Junior Olympics icon.



Register now for
**SUMMER
 SESSION!**

SOCAL ALUMNI - Where are they now??

Marty Florman attributes his ability to compete four times in Alcatraz swim races (across the San Francisco Bay) to his training with Foothill HS and SOCAL coaches - the driving force of which was his love for water polo from age 11.

His first immersion came at the age of five when he met Tom DeLong (coach of Foothill Fins which segued to become SOCAL)

He swam with SOCAL until high school, maintaining his close water polo friendships with Shane Griswold, (father of Ryan (12U) and uncle of Bridget (10U)) and Mike Reynolds (Coach Ed's younger brother). At Foothill, he was one of the top all-time five scorers and was named "Knight of the Year" his senior year. One key memory marked his junior year where he scored 5 goals before adding the winning goal in the last second to win the league championship. The following year, his

team proceeded to the CIF quarterfinals (their best finish at that time.)

Marty spent summers teaching swimming to kids including the mentally and physically handi-capped, in Foothill WP Coach Dave Simcox's neighborhood, which brought his hours in the pool to over 12 hours daily. He also coached.

As a senior, during the US Junior National Team tryouts, which he made, he met then UCLA Head Coach Bob Horn, who offered Marty a scholarship. Marty never formally applied to UCLA (or any other school). His application went from Coach Simcox to Coach Horn.

Following four years at UCLA, he was invited to tryout for the US team at the 1985 Maccabia Games to be held in Israel, one of the largest international competitions. In the first hour of the three day tryouts, he was head-butted, which split open his cheek. He received seven stitches

and ordered not to swim for one week. Marty immediately returned to tryouts and told the coach the doctor had cleared him to get back in the water. He made the team as a starter. The US won a silver medal and this was his final competition.

"I still view swimming as an important part of my life," Marty states. "Now I occasionally get in to swim with Warner Griswold while my son Adam (10U) practices. (Warner is much faster than me). I enjoy playing in the Foothill alumni game and try to swim Alcatraz yearly. As a lawyer, I represent a few water polo players in their businesses and now I get a kick out of watching Adam's games and meets."

Adam Florman looks forward to playing in the Junior Olympics and training for his first Alcatraz swim this summer - with his dad.

Splash Ball Stuff

Splash Ball just finished its 7th session with a fun and crazy player-parent inner tube challenge. Although the score remained neck and neck for most of the game, the Splash Ball players pulled it off with a 13 - 12 win over some very tired parents!

We're gearing up for our summer session beginning June 21st.



"The players pulled off a 13-12 win over some very tired parents"

PCA Player of the Month

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

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

April

10U - Vincent Matos

12U Girls - Danielle Ayala

12U Boys - Mark Cuozzo

May

14U Boys - David Molina

14 U Girls - Lyric Soto

Be sure and give them a high 5 or fist bump when you see them on deck!

Congratulations to the following SOCAL seniors who have signed to play water polo in college:

Catherine Carpenter, Stanford

Adi Gosselin, San Diego State

Kellie Guerin, Goldenwest

Paul Reynolds, UCLA

Philip Rosenbaum, UCLA

If you have signed a letter of commitment to play after high school - please let us know!

**DON'T FORGET TO
CHECK THE CALENDAR
OFTEN!!!**

RULIN' THE POOL

Here's a shout out to some of our teams :

Mikasa Cup - Congratulations to our 16U Boys team for finishing first!

**Youth JO Quals -
10U - 4th place
12U Girls - 3rd place
12U Boys - 1st place
14U Girls - 2nd place
14U Boys - 2nd place (shoot out)**

Special thanks to our gold teams which worked hard and represented our club well. The success of any of our teams is attributed to the hard work and dedication of all of our players.

SOCAL SPOTLIGHT

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Triple-Impact Competitor Pledge

I pledge always to strive to make myself better.

Winners are people who give maximum effort, continue to learn and improve and do not let mistakes, or fear of mistakes, stop them.

- ◆ I will learn by watching others, asking questions and getting coaching.
- ◆ I will strive to meet not only my outcome goals, but my stretch and effort goals as well.
- ◆ I will develop and use a mistake ritual that will help me to overcome mistakes.

I pledge to make my teammates better.

I understand that my teammates will do their best when their "emotional tanks" are full.

- ◆ I will focus my efforts on the team and how I can best support my teammates.
- ◆ I will strive to be the best teammate I can be.
- ◆ I will fill my teammates' emotional tank
- ◆ I will give five positive statements for every one tank drain-er that may occur.
- ◆ I will be truthful and specific in my statements to make sure I am contributing fully to my teammates' emotional state.

I pledge to make the game better.

I understand the importance of setting a good example for my teammates.

- ◆ No matter what others do, I will show Respect for the Rules, my Opponents, the Officials, my Teammates, and my Self.
- ◆ I will develop my own "honoring the game" routine, such as shaking the official's hand before and after every game.

