

HIGHLIGHTS

- Catch up on the latest SOCAL news in this Fall edition.
- What's your favorite water polo story??? Write and tell us - the best one will be published and wins a new swim suit

INSIDE THIS ISSUE:

- KTLA meets SOCAL 2
- SOCAL athletes commit to colleges 2
- Did you Know? 2
- Splashball fun 3
- Where are they now?? 3
- Don't Forget! 4
- Dino Dash appearances 4

What's New in the Pool?

I am grateful to be leading the USA's premier water polo club. SOCAL Water Polo Foundation, Inc. is a non-profit organization motivated to teach great water polo skills, form great teams, win championships and teach the Life Lessons of sports that last beyond careers.

It's Thanksgiving. I reflect on the number of SOCAL Water Polo players who are playing for the top colleges in the Mountain Pacific Sports Federation (MPSF) Championships this weekend, the number of girls who just committed to University who were birthed by SOCAL, and the recent successes of our Youth Programs this Autumn. These are all great young men and women with great lives ahead of them outside of the pool.

Thank you to the athletes who dedi-

cate the effort to learn. Thank you to the parents who form our Community and are our primary "investors." Thank you to the Coaches who dedicate themselves to SOCAL WPF tirelessly and devotedly. Thank you to Tustin Unified School District for being able to use three 50 meter pools to develop our athletes. Thank you to my wife Joan who allows me to be away so much for this "water polo" gig.

Congratulations to Shane Unger who will be Coaching the Men and Women at Tustin High School. Shane's commitment to aquatics, but more importantly, the character and humanity of the players he coaches, is extraordinary. I thank Shane for stepping up in a big way to Coach our Swim Conditioning program.

It's the Winter Quarter -- and yes,

there is Water Polo for the Youth and High School Boys. I would remark that Winter is the BEST time to embark on taking your swimming and conditioning to the next level. Coach Lynch has instituted time standards to make his "Black" Youth Boys team and Coach Reynolds is watching his Youth Girls like a hawk. All for the better!

Happy Holidays and Go SOCAL!!!



Andrew Rowe,
General Manager and President

Meet the Coach - Alex Ferraro

Alex Ferraro brought a lot to the pool deck when she began coaching for SOCAL last year. She brought water polo and swimming experience and a love for coaching.

She began playing polo when she was 13 and trained with Dion Gray (USA Women's Olympic Team). She played four years at Northwood HS and saw her team qualify for CIF for the very first time.

Alex went on to play for Coaches John Wright and Gabriel Martinez at Santa Ana College. She

finished Top 10 in state her first year and was voted All Conference her second year.

All the while, she swam and worked hard in the classroom - values she learned from Coach Wright who instilled the importance of being a scholar/athlete.

The favorite thing Alex loves about coaching is seeing kids improve and achieve personal goals. She sets high standards for her girls because she knows they want another Junior Olympic title!

Something you may not know about Alex is this - being an avid dog lover, she can name more breeds of dogs than most car enthusiasts can list car models.

Thank you Alex for loving our girls toward excellence!



KTLA MEETS SOCAL



Last September, Gayle Anderson from KTLA news featured SOCAL's own splashball on their morning program.

News crews showed up at Beckman at the crack of dawn as kids straggled in wearing

pajamas, ready to jump into the pool. SOCAL Alum and Olympic Gold medalist Courtney Mathewson joined Coach Dan Klatt in front of the camera as Gayle learned the fundamentals of the sport and learned some passing skills from Noah Rowe.

Courtney displayed her gold medal to the Splashball kids and shared about her recent Olympic experience in London.

All in all, it was a great morning and an excellent opportunity to showcase our supreme club!



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

Shannon Crowley - Brown University

Eleanor Lee - Loyola Marymount

Morgan Martinez - UC Irvine

Kelsey Roland - UC Berkeley

Robby Stiefel - Air Force Academy

Nikki Quinn - UC Santa Barbara

Ashley Zwirner - UCLA

If you have committed to play after high school - please let us know!



DID YOU KNOW??

Robby Stiefel was featured on the cover of the SC Times San Clemente Local News. Robby, a member of SOCAL's 18U team and a senior on the San Clemente Boys team is shown as one of the team captains. Looking good Robby!

<http://www.sanclementetimes.com/2012/09/20/fall-sports-preview/>

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!

SOCAL ALUMNI - Where are they now?? Sandy Hohener

Sandy Hohener can't imagine what life would be without having played water polo. He still keeps in touch with all his water polo friends even after moving to San Francisco. But that's getting ahead of ourselves.

Sandy was only 9 when he started water polo. In fact, he was on the 9U team - (yes, that's what they called it back then) He played in the field until he was 12 where he was rotating in the goal with two other players (Steven Willinger - who later played at Claremont McKenna and Frank Reynolds - who later

played at Cal) when Coach Ryan Brown asked which player was going to be in the goal full time. Sandy was asked last so he didn't really have a choice. It turned out pretty well, however. He continued on his goalie career into high school at Foothill where he was a two time All-American and a member of the Youth National Team and Stanford where he was a three time All-American.

After graduating with his BS degree in Civil Engineering and a MS in Structural Engineering, Sandy works for a Structural Firm in San Francisco focus-

ing on earthquake engineering for buildings. He recently celebrated his first wedding anniversary with his wife, Megan.

He plays masters water polo for the Olympic club in San Francisco. I guess one could say Sandy still can't imagine life without water polo and the life long friends it provides.



PCA Players for Fall ???

It could be you - winners will be announced at the banquet

Riding the Wave of SUCCESS

SOCAL Celebration Banquet

All youth players and parents are invited to a dinner honoring our awesome athletes!

Tuesday, December 4 from 6:30 - 8:30 PM

Foothill Event Center - Dress : surf attire

Cost \$15 - register on-line for food, fun, special speaker, awards



Splash Ball Stuff

Pool, balls, food and laughter... need we say more?

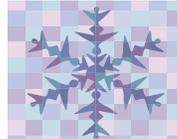
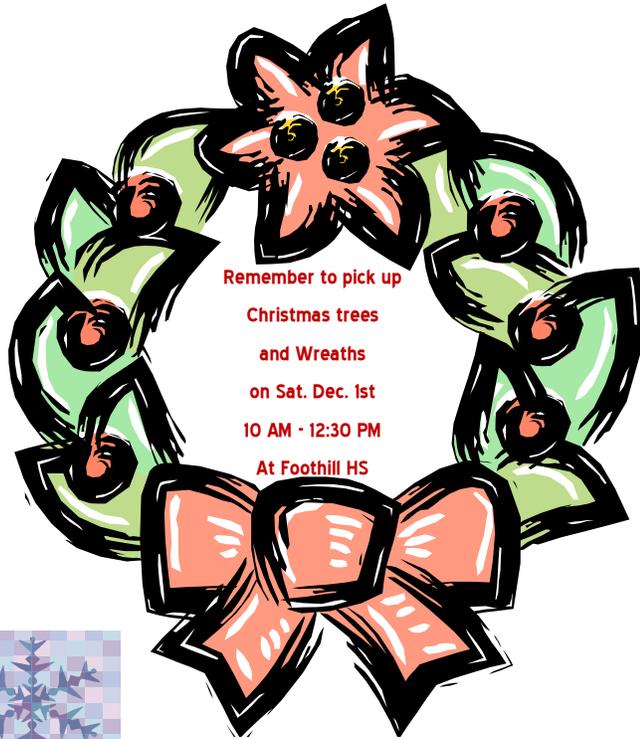


DON'T FORGET TO
CHECK THE CALENDAR
OFTEN!!!

SOCAL SPOTLIGHT

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Register now for

WINTER

SESSION!

SOCAL Supports Tustin Public Schools

Earlier this month, SOCAL WP was represented at Tustin Public Schools Foundation's annual fundraising event, the Dino Dash



USA Water Polo's Shiedly graced the SOCAL booth with his presence and greeted some of the runners and their fans. SOCAL loves to help the TPSF and the schools in whose pools we find our passion.