

CHECK IT
OUT:

- **Take a moment and find out what's happening in SOCAL WWP**

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SOCAL SPOTLIGHT

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From the President



We have just finished SOCAL's second round of Positive Coaching Alliance seminars. These seminars and the culture of our club are

crucial to me. Attracting and retaining young athletes to water polo is difficult and challenging. Our Coaches can win and teach life lessons along the way in a positive environment. Our parents can change the way they behave on the pool deck, in the private of their cars, and at games. Our Players can put in great efforts, learn, and rebound after mistakes. In short, we can revolutionize our culture. A big thank you to Lisa Gorlinski and Jenny Ayala who selflessly organized the seminars at Tustin High School.

SOCAL embarks on its Spring Quarter on March 1. The Spring Quarter lasts from March 1 to May 31 and carries us through Memorial Day. SOCAL wants to build our base of young athletes. Please spread the word. We will be having a meeting for new families at 7 PM on March 3rd at Foothill.

Congratulations to all of our High School girls who are just wrapping up their seasons. We welcome all of our High Schoolers back to keep their skills sharp during their swim seasons.

Congratulations to all of our successful Olympic Development Program participants, from Emily Feher and Jillian Kraus on the Senior Team to all our youngsters who put in the extra time to learn the "American system of play."

The Tustin High School pool will be out of commission this summer. Remember, we believe that every athlete in 8th grade and below should be swimming. Our local Club is SOCAL Aquatics. Their summer morning programs will fit nicely with our water polo training regimens. Swimming FAST helps us coach better water polo.

As the rains fade and the sun rises earlier, thank you for your investment in SOCAL Water Polo -- three time winners of the Champions Cup for best club in the Unites States of America.

Andrew Rowe



Chalk Talk with Ryan Brown

When Ryan was 10, he was out playing in a friend's backyard by the pool. They decided to throw a ball across it and his friend, Brian Brown, said, "Hey, try to block these shots." Later, Brian told his mom that Ryan needed to try water polo and be a goalie.

Weeks later, Ryan was in the pool on the SOCAL WWP team doing just that. He's been playing and coaching ever since. At 11 1/2, he went to his first Junior Olympics and then on to play for Foothill HS all four years. His team won the CIF Championship in 1995 - the first in Foothill's history.

From there, he played at Goldenwest College where they won two state championships and then on to Uni-

versity of Pacific where they ranked top 5 in the nation. After graduating with his Bachelors and Masters degrees in Business, he took the role of Head Women's Coach for 2001 - 2005. He also started up the Pacific Water Polo Club where he coached boys and girls in the Stockton area.

USA Water Polo pulled him up to coach on the Men's Senior National Team in 2006 and where he traveled to Beijing to coach them in the 2008 Olympics. He became the Head Coach for the Junior National Team in 2010. He's come full circle to join us at SOCAL and what a privilege for us to have him!

His goals for his players are that they learn to love the game and give back to it, that they get as much fulfillment

out of the sport as he has and that they learn life's lessons that water polo teaches.

Did you know he's a Chocolate fiend, a Star Wars fan and loves celebrating Halloween?



Ryan is the Head Youth Boys Coach, is married to Rebekah and the father of Reese (2) and baby Russell

ODE TO A POOL by Kylee Shimomura 14U

I swim and play in thee,
 And I prefer thee over the sea,
 I play water polo in thee, and swim in thee as well.
 But what I like best about thee is hard to tell.
 I play polo and get kicked in the face,
 I also swim and lose a race.
 When it comes to horseplay, I hopefully won't drown,
 And sink to the bottom of thee, sinking down.
 But thee is still very fun, and hasn't led me astray,
 And no matter what season, in thee I play.
 Although thee makes my eyes burn and water,
 If thee was gone, my life would be odder.
 I need thee, to swim and play.
 And loyal to thee, I will stay.



“And no matter what season, in thee I play”



SPLASH BALL -
 the t-ball of water polo!
 For ages 5 - 9
 starts up March 1 at
 Beckman HS
 T - Th 4:30 - 5:30 PM

Super Swimmers

Congratulations to the following swimmers who made the 2011 SOCAL Short Course Junior Olympic Team:

Individual/Relays:

Val Ayala
 Chas Hornecker
 Emily Konishi

Brooke Maxson
 Billy Monjay
 Cole Othmer

Relays:

Isabella Baia
 Sophia Baia
 Mark Cuozzo

Bridget Griswold
 Vince Matos
 Julia Sellers
 Gavin Scott
 Zane Scott

Individual:

Paul Reynolds



What's
 New
 With
 You???

Send it in!

Pentathlon winner? Star in a musical? We want to know! We'd love to share the accomplishments of our players outside the pool.

Send any news to Janet Zwirner at
jzwirner@socalwaterpolo.org
 We'll try to publish it!

SOCAL Youth BFF Night



(Bring a Friend Friday)
March 11
 7:00-8:30 PM
 at Tustin HS (girls)
 And Foothill HS (boys)

Boys and Girls—bring a friend for a fun practice, food, and prizes. See you there!

Middle School Mania



Middle School Mania is back for its 4th season. Tustin Middle School kids are invited to show up on the Foothill pool deck in the month of March and April to learn how to play water polo - for free!

A pizza party completes the session with information how they can make the next step into regular programs.

The crazy thing about it - is it's FREE!

Current SOCAL players are invited to come with their friends for fun.

Details to follow - keep on the lookout for dates on our website.

Each Saturday morning, the boys practice from 9 to 10:30, then the girls practice from 10:30 to noon. Guys can wear board shorts, if desired.

SOCAL YOUTH GIRLS ARE TALENTED MUSICIANS!

The coaching staff takes great pleasure in allowing musical talents to blossom and give special dispensations for concerts, marching band commitments and recitals.

Angela Russo, Abbey Blake, Emily Konishi and Nicolette Ragone tickle the ivories. **Rava Rahbari** now practices 90 minutes every day—just starting Rachmaninoff!

Lily Aguirre plays the electric bass and her teammate, **Sofia Baia**, plays the electric guitar. **Kimberly Delgado and Dani Ayala** play the flute.

Val Ayala plays the trombone and **Lyric Soto** is a percussion specialist and plays drums at Ladera Vista Middle School.

Molly DiLalla started playing the cello last year and played the trumpet at Hewes band. She learned the trumpet because there were only three valves to worry about although the “lip thing” takes a little getting used to..

Finally, **Caroline Torn** reports that she is the best air guitar player on the planet and practices anytime she can cut loose.

How about the boys? Let’s hear from you!

Let music fill our lives.

Champions Cup



The Water Polo Champions League will be kicking off its 3rd season on Friday, Feb. 25th! WPCL is designed to bring the highest level of play to the United States and increase the awareness of and participation in, water polo.

Come out and see some of the nation's top water polo players right here in Orange County at Beckman, El Toro HS! Team rosters will be posted soon on the website.

PCA Athlete of the Month

PCA (Positive Coaching Alliance) players hold to the philosophy that it is important to win in the game, but also win in life. Featured players have brought their winning spirit outside the pool into life.

February - Katie Hungerford
Katie Hungerford is currently on injury reserve this Winter Quarter strengthening her legs and chomp-

ing at the bit to get back in the water. Katie was not a leading scorer at the Champions Cup last November but

“Katie was not a leading scorer...but she was a prime Leader in the tournament”

she was a prime LEADER in the tournament, a strong voice for team unity, and a key to the championship.

Katie puts in 110% effort to everything

she does, she respects her teammates and lifts them up, and she focuses them.

Like her SOCAL water polo teammates Katie is very comfortable asking a lot of questions and learning the game in the water and out of the water. Katie embodies the PCA “Gerbil” spirit of the Youth Girls. This winter while she has been doing more dry land than water work, she has been a huge supporter on the deck. Katie is an 8th grader at Hewes Middle School.

**REGISTER NOW
FOR THE SPRING
SESSION !**

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**UP-COMING
TOURNAMENTS!**

While the Youth Girls fly back from Canada and the boys compete in Cal Cup and in CHAWP land, here are more tourneys for us to anticipate:

- ODP Regional Champs 2/26-27 11th - 8th grade teams
- Turbo OC Cup 3/18-20 youth teams
- Milkasa Cup 4/16-17 High School teams
- Grommett Cup - 4/29-5/1 8th grade and younger
- SOPAC Junior Olympic Quals 5/13-15 youth teams
- State Finals 5/20-22 in Northern California for youth
- State Finals 5/28-30 in Southern California for HS



PCA WORKSHOPS A SUCCESS

The SOCAL Water Polo community showed up in force to attend the PCA workshops held at Tustin High School on February 4th and February 6th. More than 250 parents, athletes and coaches participated in the workshops that focused on the core Positive Coaching Alliance principles:

- Coaches are Double-Goal Coaches who want to win and use sports to teach life lessons.
- Parents are Second-Goal Parents who let the coaches and athletes focus on winning so they can focus on helping their children take away positive life lessons.

- Athletes are competitors who commit to making themselves, their teammates, and the game itself better.



SOCAL Water Polo is committed to fostering positive life experiences for our athletes in and out of the water. Look for ongoing PCA communications coming soon!

CONGRATULATIONS!!

SOCAL WP had a fabulous week-end of water polo Feb. 12-13! Teams participated in the KAP 7 and Winterfest Tournaments.

Here are the results:

KAP 7



- 10U mixed - 4th place
- 12U Black - 2nd place (Platinum)
- 12U Gold - 1st place (gold)
- 14U Black - 1st Place (Platinum)

Winterfest

- 14U South/Tustin - 1st place (Div. A)



CONGRATULATIONS to the Youth Girls who took **FIRST PLACE** in the Valentines Day Tournament in Victoria, Canada!

Well Done ALL!