

CHECK IT OUT:

- Welcome to the premier issue of SOCAL's newsletter!
- Take a moment and find out what's new in the club!

INSIDE THIS ISSUE:

Meet the Coach 1

Poem 2

PCA award 3

Splash Ball –Off to a strong start 3

PCA 4

The SOCAL Spotlight

VOLUME 23, ISSUE 1

JANUARY 2011

What's New in the Pool?

Meet Andrew Rowe!

Andrew grew up in Australia where he started competitive swimming at the young age of 4, which is not unusual since water sports are dominant in Australia. When he was 8, he got a taste of water polo and enjoyed both until he was 15 where he dropped the swimming and dedicated himself to polo playing for the West Sydney Water Polo Club.

Andrew played on their National League team from 1989 to 1994. He played

on the Jr. National Team and was also a member of the National Team squad. He moved to the US with his wife of 11 years, Joan. They have two children - Noah, age 7, and Ava, age 2.

Andrew started coaching for SOCAL in 2006, became the General Manager in 2008 and now holds the position of GM/President.

He's excited that SOCAL is emphasizing swimming and looks forward to seeing the sport grow bigger in Orange County.

He misses eating meat pies and hearing the term "Mate" - "Dude" just doesn't cut it.



Andrew Rowe,
General Manager and
President

SOCAL SOUTH - Welcome Ya'll!

The SOCAL Water Polo Foundation is expanding operations into South Orange County by forming a natural linkage to one of its original founding managers and former Board members, Craig Brown. The stated mission of SOCAL "is to develop young

players" water polo skills so that they may participate in high school and college water polo at levels commensurate with their fully developed talents." Adding members and solid coaching at Santa Margarita High School allows SOCAL to continue its mis-

sion through organic, natural growth of the program and improved benefits to its members. Black and Gold are spreading south to the benefit of all. (For more information, please see the article on SOCAL's website under news)

I Am..... by Carsten Pran, age 10



"I am an energetic boy who loves water polo!"

Did you know...?
Water Polo was the first team sport in the Olympics?



**What's
New
With
You???**

I am an energetic boy that loves water polo

I wonder if I can get a career with water polo

I hear the pool water splash around me

I see people grabbing viciously for the ball

I really want to win the game

I am an energetic boy that loves water polo

I pretend to be a pro sometimes but I guess that will take awhile

I feel the slippery grip of the ball

I touch the cold surface of the water as I jump in

I worry if my coach will make it to the game

I want to cry when I realize that I have a substitute

I am an energetic boy who loves water polo

I understand that I should have more variety but,

I say that water polo is my true sport

I dream to continue playing water polo with my friends for as long as I can

I try to encourage more people to join water polo

I hope water polo is recognized more across the world

I am an energetic boy who loves water polo.

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. Please send any news, poems, college entrance, academic success stories, band or drama performances to us and we'll include it in our quarterly newsletters.

Send your news to:

Janet Zwirner at:

jzwirner@socalwaterpolo.org



SOCAL WATER POLO

2006, 2009, 2010 Recipient

USA WP Chairman's Cup Award

Congratulations to:

Ed Reynolds

2010 Winner of

USA WP Brent Bohlender

Distinguished Women's Coaching
Award

What's Jr. Polo?



Sometimes it's really intimidating jumping into the pool when you don't really know anyone and wondering what the coach means by things like "egg beater", "6 on 5" and "cage". We have a program for that!

Jr. Polo is for beginning players who want to ease into the sport. It's a program for guys and girls ages 10-13.

Signing up with Jr. Polo allows you 12 practices with the regular age group, a lot of play time in special scrimmages and communication between coaches and players. The cost is \$150. Annual USA Water Polo memberships are needed and can be found at usawaterpolo.org

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

Bernadette Bevins, UC Santa Barbara
 Kelli Boling, San Diego State
 Carina Carballo, San Diego State
 Cory Dodson, Stanford
 Sara Macias, USC
 Brooke Learmouth, Goldenwest
 Rachel Noll, Pomona Pitzer
 Sara Salamon, USC
 Jillian Yokum, UCI

Splash Ball - off to a strong start

Maybe you've seen them—a bunch of young players running around with wet hair, snacks and big smiles on their faces.

They're Splash Ball kids. They are learning what water polo is all about in what's known as the T-Ball of water polo.

Kids ages 5 to 9 can play in shallow water and have special rules like

you can catch the ball with two hands and pass and shoot with one. You can bounce off the bottom of the pool and wear floaties. It's all about fun.

Splash Ball is the newest SoPac program that was recently adopted as a USA Water Polo program. It's a county-wide program and SOCAL is one of its sites. If you happen to see a little one running around,

take time to give him or her a high-five. Let 'em know you think they're great. Better yet, let your younger brother or sister or neighbor know there's room on the team.

Registration for Spring Splash Ball will begin in February on-line at the SOCAL website.



PCA Athletes 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. The following players have brought their winning spirit outside the pool into life:

November:

Will Lapkin (14U) for his willingness to not only agree at the last minute to be the back-up goalie in Houston but stepping up without complaining

and playing well when we lost our starting goalie. Without any cage experience, he only allowed 18 goals in 3 1/2 games.

December:

Ian French (10U) - exemplifies a positive attitude, a hard work ethic and dedication in every practice and game. He's working on his swimming and continues to impress his coaches.

January:

Jack Denny (12U) is completely dedicated to be become the best water polo player, not only for himself, but his team, where he's the biggest supporter, always cheering for his teammates. His efforts towards swimming and energy he brings to water polo has skyrocketed his abilities.

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

SOCAL SPOTLIGHT

Published quarterly

Janet Zwirner, Editor

Robin Baia, Michele Scott,

Ed Reynolds, Contributing Editors

Printing courtesy of

THE REYNOLDS GROUP

Restoring the Earth and Groundwater

www.reynolds-group.com

**Register Now for the
Winter Session**

PCA

Positive Coaching Alliance

Up-coming Workshops at Tustin High School:

7-9 PM February 4 - Parents, Youth Athletes
and Coaches

12:30-2 PM February 6 - High School Athletes

Plan now to attend the PCA workshops. Athletes
will learn how to become a Triple-Impact Com-
petitor and parents can explore the three stages
of talent development and how to develop win-
ners in life through sports.

For more info. contact Lisa Gorlinski
and Jennifer Ayala at:

positivecoaching@socalwaterpolo.org

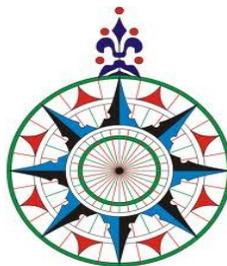


Navigating the website

There have been a few changes at the SOCAL website.

- One addition is the upper tab labeled NEWS. We have so much to boast about, there's just not enough room on the home page. Take a moment to see some of our recent championships. Guess who just was named CIF player of the year?
- Also, since privacy can be a concern, only members can view our photo gallery. You must use your login and password to view it. And while we're talking photos - don't forget to send us some! Send them to: photos@socalwaterpolo.org

- Finally, glancing at the calendar can be overwhelming. To screen out the other practice schedules, use the drop down tab at the top marked facility. Choose which team you want to view and presto!



**THE
SOCAL
WATER POLO
FOUNDATION
WISHES YOU AND
YOUR FAMILY
A PEACEFUL AND
PROSPEROUS NEW
YEAR!**

HAPPY 2011