**Boy’s Water Polo Frequently Asked Questions 2020 (as of 5/31/2020)**

**Q: Is Water Polo a cut sport at Mira Costa?**

A: No, water polo is not a cut sport. Anyone who wants to play regardless of their experience is welcome. There are three different teams: Varsity, Junior Varsity (JV) and Frosh/Soph (F/S). There are usually a number of try-outs prior to the start of the season. Once in season, your position on any roster is dependent on participation, ability and attitude. Rosters are fluid and athletes may be asked to play up or down at the Coach’s discretion.

**Q: What is 8to18 and why do we have to register there?**

A: 8to18 is the athletic portal for Mira Costa High School. Even though you sign up with your counselor to take water polo as you PE class, you must also register on 8-18. Here is the link to the website (<https://miracosta.8to18.com/accounts/login>). You are required to fill out information regarding player conduct, transportation, and player medical history. You must get a physical from a licensed Physician before you are allowed to play. Generally, the Physical and Athletic Activity/Emergency forms are due in the office by mid-August. There are folders next to the Athletic office where you turn in your forms. You would use the Water Polo folder. This year, the website may have different instructions for how to turn in your forms (perhaps by mail instead of in person since the office is closed.) We will update you as we learn more.

**Q: When does practice start for the Water Polo Season?**

A: Normally practice starts in August. “Hell Week” typically starts a week and a half before the first day of school. For the normal 2020 Season this would begin August 17th and consist of several hours every day and some weekends leading into the start of the season. However, due to COVID-19 and the as of yet undetermined start of the season, all water polo players are being asked to join the MBX summer school program – where shorter conditioning sessions will take place, with suggestions for how to add work outs on your own over the entire summer.

**Q: What is the Practice schedule for the week before school starts?**

A: Typically practices for Varsity Players are M-F 2X per day, once in the morning and again in the afternoon, along with Saturday mornings. For JV/FS it is usually once per day M-F with the occasional Sat. We will need to be flexible depending on what happens given COVID-19 protocols surrounding the use of the pool and other areas, and impacting the number of athletes that can be in one location at a time.

**Q: What is the practice schedule once the season starts?**

A: The normal practice schedule for Varsity is 2-4 PM M-F and some Saturdays. The practice schedule for JV/FS is 3:45 to 6:00 PM M-F and some Saturdays. Again, flexibility in the coming year will be required based on COVID response/protocols.

**Q: Who are the Coaches and what team do they Coach?**

A: Jon Reichardt is the Head Coach and he coaches all the teams but primarily the Varsity and JV Teams. Dave Halushka is the Assistant Coach and he coaches Varsity, JV and Frosh/Soph. Adonis Nahabed is also an Assistant Coach and he coaches JV and Frosh/Soph. Dylan Linnell is an Assistant Coach who coaches Frosh/Soph.

**Q: How long is the season and what is the commitment? Do you still practice with your club?**

A: The traditional season runs from mid-August until November. There are typically 2 games per week plus practices. You do not play for your Water Polo Club during the High School Season. This coming season start/end may differ – stay tuned.

**Q: How much does the Booster Club ask the Parents to contribute during the season?**

A: The Booster Club “Ask” is $300.00 per Athlete to pay for Coaches Stipends, Equipment, Trainers, Transportation, Awards, Events, Facility Maintenance, and Tournament Fees.

There are also fundraising events that require you pay or donate time/products. There is a Parent Party, Year End Banquet and Snack Stand. The “Snack Shack” is open during all home games and is one of the largest fundraisers for Boys WP. We ask that you donate time to work at least three (3) shifts (2hrs each) at the Snack Stand and donate the amount of products that you feel comfortable with. If you don’t have time to shop, you can pay the “buy out” amount of $50.00. For 2020, the Ask may change, depending on our expenses, and while we are currently hoping to still have a parent party and year-end banquet, the dates and format of these may change from prior years. In addition, the Snack Shack requirements and type of donated product may differ, assuming we are able to open.

**Q: Who are the Boosters and what do they do?**

A: The Water Polo Boosters are Parent volunteers with Children on the Water Polo on the team. The Boy’s Water Polo Booster Club is a School Connected Organization (SCO) with a Board of Directors that runs the various events and fundraising for the team. They must have officers, a budget and an official operating agreement with the MBUSD Supervisor. The funds are handled mostly through the MBX Foundation. The Board welcome volunteers to assist – please let us know if you are interested in learning more.

**Q: How do we find out what is going on every week in addition to the emails?**

A: Please check the Mira Costa Aquatics Website for the latest information on the program. The website address is [www.mustangaquatics.org](http://www.mustangaquatics.org). It will begin to be updated around June 8th.

**Q: What is Remind Text Tree and how to I get on it?**

A: Remind is the text chain app we use for Mira Costa Water Polo Texts. You can be added based upon your team (Varsity, JV and F/S) – **these numbers may change for 2020 so please do not sign up until we can confirm – sometime in late June:**

Varsity: Enter this number: 81010 and Text this message: @bmoste

JV: Enter this number: 81010 and Text this message: @bmostel

F/S: Enter this number: 81010 and Text this message: @mchsfro

**Q: What happens when Water Polo Season is over?**

A: There is a short break until Off-Season Water Polo or Swim Team begins. During that break, you must sign in at the pool on a daily basis. There are also off-season requirements, such as volunteering to teach in the Junior Guard program hosted by Costa Aquatics (Swim, Girls WP and Boys WP together).

**Q: Who can I call if I have questions not addressed here?**

A: Reach out to your Co-Presidents, Mira Costa High School Boy’s Water Polo Boosters – if we don’t have an answer we will track one down for you. We are here to take this type of stuff off the coaches’ plates. Best to reach out to us at [costaboyswaterpolo@gmail.com](mailto:costaboyswaterpolo@gmail.com)

If it is more urgent, reach us as our personal emails or cell phones:

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