

Girl's Water Polo Frequently Asked Questions

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 your 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. The Physical and Athletic Activity/Emergency forms are due in the office by November 1st. There are folders next to the Athletic office where you turn in your forms. You would use the Water Polo folder.

Q: When does practice start for Girl's Water Polo Season?

A: Players must check in with the coach during 6th period starting August 21st. Normally for the first week or so the girls just check in, later they will start doing dryland and some short pool workouts. It is not until mid-November for longer 2 hour practices.

Q: When do Freshman start practicing with the team?

A: Freshman need to sign up for zero period, and check in at zero period for the first few days. Once they have completed the 8to18 form, and Coach knows they would like to play water polo, he will have them moved into period 6.

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

A: The practice schedule for Varsity is 2-4 PM M-F and some Saturdays; along with early morning practices 5:45 to 6:45 M-F. The practice schedule for JV/FS is 3:45 to 6:00 PM M-F and some Saturdays.

Q: Why are there three sports season and two school semesters?

A: The school has fall sports, winter sports and spring sports. Aquatics uses the pool for boy's water polo during the fall, the girls play water polo in the winter, and boys and girls both swim in the spring season. Girls season overlaps first and second school semester. When girls season is over they can continue with water polo or switch to swim.

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 and Frosh/Soph. There are 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 does a Costa polo player do to make the starting Varsity line up at Mira Costa ?

A: Most all of the starting water polo players at Costa play club polo year-round, they usually have a 100 yd free time less than a 1:00, and they swim for Costa during the Spring season.

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. Atonis Nahabed is also an Assistant Coach and he coaches JV and Frosh/Soph.

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

A: The season runs from mid-November until February. There are typically 2 games per week plus practices. CIF rules will not allow you to play for your club during high school season.

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 for girls' water polo. We ask that you donate time to work at least two shifts (2 hours each) at the Snack Stand.

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

A: The Water Polo Boosters are parent volunteers with players on the team. The Girl'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.

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. Currently the website is run by the boy's program during fall season and the girls program will maintain the website in the winter when girls water polo is in season.

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.

Q: What CIF Division do we play in?

A: Division 1/2

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

A: Patti Terry, President, Mira Costa High School Girl's Water Polo Boosters 310-874-1252
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