



# NEWSLETTER

*"If you don't have time to do it right, when will you have time to do it over?" -John Wooden*

## Athletes of the Month

RWP is extremely proud of each and every one of our athletes and understands all the hard work they put into their teams. Starting this month we will be announcing a Female and Male Athlete of the Month.

For the month of September we would like to recognize and congratulate SAMANTHA "JEDI" MALOUFF and EVAN AUSMUS for their 2014 Junior Olympics All American Honorable Mention!!!



## 2014-2015 Preview

We are coming off our greatest year since the beginning of our program. In order to keep it growing we need to come together stronger than ever. Your support and involvement is what is going to continue to make this program successful!

\*Bring a Friend- SATURDAY SEPT 6 from 10-11:30 a.m. Please encourage your friends to come out and try water polo!!! This is a great opportunity for them to see what it is like to be a part of a team while playing this amazing sport!

\*SPA League- This Fall league is the first league of the year and is a great opportunity for individual and team development.

\*RWP Skill Olympics- This event, formerly known as the Swim A-Thon, will take place on OCT. 7. Athletes will be able to raise money for their water polo skills and swim endurance.

## Athlete Nutrition

Being an athlete means that you may have to eat more because you are burning more when practicing and playing water polo. It is important to fuel your body with the proper foods, vitamins and minerals.

What to eat and what food to find it in:

- protein (meat, poultry, seafood, eggs, beans, nuts, and dairy foods)
- carbohydrates (fruits, vegetables, and whole grains are the best sources)
- vitamins (fruits and vegetables), minerals like calcium (found in dairy products)

What do these do for our body?

- **Protein:** Helps rebuild and make muscles stronger after it is broken down from your daily activity, which in turn protects our bones and makes them stronger as well.
- **Carbohydrates:** Your energy source. Think of it as the fuel to your engine. Your digestive tract breaks carbs down into sugars, which are then absorbed and moved into your bloodstream. Your cells import some of the sugar from your blood and use it for energy.
- **Vitamins/Minerals:** Vitamins and minerals boost the immune system, support normal growth and development, and help cells and organs do their jobs. For example: Calcium helps make your bones strong and Iron helps you from feeling too tired.

\*State Line- NOV. 8 or 15. This quick turnaround trip is a great opportunity for fundraising and to bring our athletes families together. Come join us for this RWP social!

\*Parent/Player Scrimmage- Once a quarter we want to invite the parents to come out and see what our sport is all about. This great opportunity helps support your athletes development. First match will take place after the RWP Skill Olympics OCT. 7.

\*Clinics- We think it is very important for our parents to be a part of the game, so we are putting clinics together to educate them on how to operate our clock system, record scoresheets, how to use the wave in flags, and to also give you a better understanding of our system of play. The first clinic will be held on SEPT 25. The clinics will be quarterly and 45 min long.

\*Responsibilities of Athletes and Parents- It is important that you are checking the website frequently.

## 2013-2014 Highlights

Every year we have been making great strides to becoming one of the top competitors in the nation. With the exceptional play that was displayed from our athletes and coaches last season, we have proven to be just that.

Many of our teams finished top five in the various tournaments that they competed in all year long. These victories led them to strong finishes for the 2014 Junior Olympics. Our 10u Coed team finished by placing 9th in the nation; 12ub finished 21st in the nation; 14ug took 8th in the Championship Gold Division; 14ub finished 8th in the Classic Gold Division; 16ug took 14th in the nation; 18ub finished 2nd in the Bronze Division. Coming off of this successful season, we anticipate that 2014-2015 will be the strongest year yet!

A big THANK YOU to our families for all of the volunteer work they did during each of the events we hosted. Most importantly, the International events, FINA and UANA. We were excited to share the opportunity to host some of the BEST athletes in the WORLD with all of you and would not have been successful without your help!

