

RANCHO CUCAMONGA SUMMER WATER POLO
2018
June 11th – July 13th



Coaches

Aaron Avalos – Boys/Girls Aquatics Coach: aaronavalos93@yahoo.com

Noah Nowell – Boys/Girls Aquatics Coach: Noahnowell13@gmail.com

Summer Water Polo: \$150

We request this amount to help offset fees for refs and tournament entry for the summer games we will play.

Summer Practice Schedule: at RCHS pool begins Monday June 11th

Boys: Monday/Wednesday: 8-11 am

Girls: Tuesday/Thursday: 8-11 am

Tentative Game schedule

Mondays – Varsity/Upper Level Boys Games: RCHS 1:30-5:30 pm

Tuesdays – Varsity/Upper Level Girls Games: RCHS 1:30-5:30 pm

Wednesdays – Novice/Lower Level Boys Games: @ TBD 1:30-5:30 pm

Thursdays – Novice/Lower Level Girls Games: @ TBD 1:30-5:30 pm

Physicals

You must have a complete physical to participate in the RCHS Summer Aquatics program. Please visit www.RCHSsports.com to see all the details regarding physicals and physical paperwork.

CLUB Summer Water Polo: Begins May 7, 2018

Many of our top-level players play on a club/outside team.

Here are two high level clubs in our area. Please contact them directly for information

CHAWP Water Polo Club – www.chawp.com

Foothill Water Polo Club – www.foothillwaterpolo.com

For updates regarding **RCHS Water Polo and Swim**

Please use the Remind App

Text the number **81010** and the following codes for the teams
you wish to follow:

Boys Water Polo: @rchsboysw

Girls Water Polo: @aaronhiss

Swim: @rchspo

Coach's Contact Information

Aaron Avalos: aaronavalos93@yahoo.com

Noah Nowell: Noahnowell13@gmail.com