

Northgate High School
Fall 2008 Water Polo



Information Meetings

for all players interested in playing water polo at Northgate this fall season

Boys

Sunday, August 10, 2008

5:00pm

at

Sports Basement

1881 Ygnacio Valley Road (Ygnacio Center)

Girls

Monday, August 11, 2008

7:00pm

at

Sports Basement

1881 Ygnacio Valley Road (Ygnacio Center)

Both PLAYERS & PARENTS should attend.

COACHES:

Boys:

Jim McClelland

(925) 941-5450 (w)

(925) 788-6974 (c)

jmcclelland@mdm-architects.com

Eric Lewin

(925) 925.580.6630 (c)

eric.lewin@Nissan-Usa.com

Cameron McClelland

(925) 932-6048 (h)

(925) 360-3272 (c)

rocklobsterburrito@hotmail.com

Steven Woods

twigytwo2@yahoo.com

Girls:

Gabriel Flores

(925) 939-8600 (w)

(510) 459-6742 (c)

gflores76@hotmail.com

floresg@mdusd.k12.ca.us

Mike Zamolo

(925) 381-3316 (c)

mike.zamolo@gmail.com

Parent Advisor: Chris Seely (925)939-2755

Team Parents: (Boys) Darolyn Nollsch (925) 934-7929 (Girls) Patty Trenkwalder (925) 687-0167

PRACTICES will start on Monday, August 18, 2008

Morning Conditioning: Boys: Mon-Fri.....6:30am - 8:30am - Woodlands Cabana Club pool
Girls: Tue-Thu-Sat.....8:30am - 10:30am - Woodlands Cabana Club pool

Evening Practice: Boys: Mon-Fri.....7:00pm - 9:30pm - Soda Aquatic Center (Campolindo HS)
Girls: Mon-Fri.....7:00pm - 9:30pm - Diablo Valley College

To be eligible to participate in Northgate athletics, students must have a 2.0 GPA for the prior semester (this also applies to including incoming freshmen), completed Athletic Activity Clearance (medical clearance form signed by a licensed physician), completed Contract for Non-Use of Steroids, District Overview for Participation in Sports, proof of insurance, and completed District Release for Public Photos (for our websites). These forms will be posted on the online Walk-Thru Registration site on Aug 1, 2008.

Sports physicals will be provided at Northgate on **Wed., August 13 at 6:30 p.m.** in the girls' locker room. There is a nominal cost. Should you prefer to have your family physician perform the physical, please schedule that NOW. Players may not practice or play without the completed Athletic Activity Clearance form on file.

See you at Sports Basement!