

Northgate High School

Fall 2010 Water Polo

Information Meetings

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

Girls:

Sunday, August 1, 2010

6:00pm (come at 5:30 to try on water polo suits)

at

Sports Basement

1881 Ygnacio Valley Road (Ygnacio Center)

Boys:

Sunday, August 8, 2010

4:00pm

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

Girls:

Gabriel Flores

(925) 939-8600 (w)

(510) 459-6742 (c)

gflores76@gmail.com

floresg@mdusd.k12.ca.us

Team Parents: (Boys) Jane Erdiakoff 4ijerds@sbcglobal.net (925) 938-9479

(Girls) Kris Cropper cropperfamily@sbcglobal.net (925) 934-0843

Parent Advisor: Chris Seely (925) 939-2755 fseely@astound.net

PRACTICES will start on Monday, August 16, 2010

Morning Conditioning: Boys: Mon-Fri 6:00am - 8:30am - Woodlands Cabana Club pool

Girls: Mon-Fri 8:30am - 10:30am - Woodlands Cabana Club pool

Evening Practice: Boys: Mon-Fri 7:00pm - 9:30pm Soda Aquatic Center (Campolindo HS)

Girls: Mon-Thurs 7:00pm - 9:15pm Diablo Valley College (Friday TBD)

To be eligible to participate in Northgate athletics, students must have a 2.0 GPA for the prior semester (this also applies to incoming freshmen), a completed Athletic Activity Clearance (medical clearance form signed by a licensed physician), a 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 2, 2010.

Sports physicals will be provided at Northgate on Thursday, August 12 at 6:00 p.m. in the girls' locker room.

The cost will be \$50. 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.