

TAKE ONE



# SUMMER 2019 WATER POLO!!!



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Check it Out

**Dates:** June 10 through July 25, Monday through Thursday

**Times:** 6:30 AM to 8:30 AM

**Place:** Gilroy High School Pool

**Who is Running it?** : Coach Pickford, GHS Water Polo Head Coach

**Who is it For?** : Anyone (Boys & Girls) interested in GHS Water Polo; Fr/So/Ju/Sr in Fall '19 OR graduated in Spring '19. Must be able to swim (these are not swimming lessons... sorry)

**What Will We Do?** : Conditioning, Drills, Rules, Tactics, Scrimmaging, even Games! And, of course, we will have a blast!

**How Much Does it Cost?** : Nothing, other than a positive attitude

**What are the Obligations?** : None – you can come to only the days that your schedule allows – if you don't like it, just stop coming...

**What do I need to do?** : You MUST complete a signed waiver before you can participate at ANY level, NO EXCEPTIONS

**Questions?** : Contact Coach Pickford - [gilroyhs.waterpolo@gmail.com](mailto:gilroyhs.waterpolo@gmail.com)

**Parents Welcome! (actually encouraged)**