



Freshmen Water Polo 2019

To all freshmen interested in playing water polo, De La Salle High School offers three teams: Varsity, JV, and Frosh-Soph. The JV team will play all of our league games and an assortment of non-league matches and tournaments while the Frosh-Soph team will play a non-league and tournament schedule.

Any freshman trying out who meets the minimum performance standards by the end of five days of tryouts will be placed on one of the two teams. The minimum swimming requirements are completing 100 yards of freestyle in under 1:40.00 and treading water for five minutes.

On the first day of tryouts, there will be a swim test that will record times for swimmers 200, 100, 50 and 25 freestyle time. Throughout the second and third day of tryouts coaches will be looking for the ability to perform basic skills such as eggbeater, balanced throwing and catching in the water, and ability to change direction in the water. In addition to these skills, individuals must show a general understanding of the basic principles of the game - which will be presented in the first week - in order to be placed on a team. There will be games almost every week and each player will receive playing time based on the mastery of the skills described above.

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1130 Winton Drive • Concord, CA 94518 • Phone 925-288-8100 • Fax 925-686-3474 • www.dlsbs.org