

June 2017

Dear Water Polo Wildcats:

It is hard to believe that the fall 2017 water polo season start in a little more than a month and I am hoping that you guys are as excited as I am for the season.

Many if you already know me from club experience, but here is a little bit about me. I was born and raised in Naples, Italy, and I started playing water polo at 12 years old with the [C.N. Posillipo](#), the famous water polo club in Naples that is almost 100 years old. I played in every youth category before playing in the Division 1 professional league for 20 years. While a member of the Posillipo team, the club won five Italian championship, one Italy Cup, one European Champions League and one European Cup. I was also a member of the Italian National Team.

After retiring I became a coach, first at Posillipo (Head Coach for the Junior Men's team and for the Junior Women's team) and then for the Italian National Team (assistant coach for the Junior Men's National Italian team and South Italy Goalkeeper's Observer and Selector for Junior Men's and Women's Italian National.)

In 2014 I moved to California with my family and I have been Boys' Junior Varsity coach at M-A High School and at Bellarmine College Prep, Head Coach 12U, 14U, and 16U at the College Park Water Polo Club, and I am currently Assistant Coach 18U and Head Coach 16U at Mid-Pen Water Polo Club.

My dream was always to help build youth teams. I hope to pass my knowledge to the kids, but also my love and passion for water polo because these two things are the most important in sport and in life. I value the trust that parents and players put in me and I hope to repay that trust.

If you have read so far, here are is important info about the season.

The first day of practice is Friday, August 4 at from 4 to 7 PM.

You are NOT going to be attend practice unless you are cleared by the school to do. Clearance for athletics is a two-step process:

1. Your physical must be updated annually. PLEASE schedule a physical ASAP so that there is NO DELAY with the start of the new season. Here is the [link](#) to the physical form - your physical is valid for one year and must be updated annually.
2. You must complete the online Registration. Here is the link: <https://sportsnethost.com/woodside/index.php?page=sign-in>. Take care of this ASAP!

Practice Schedule Prior to School Beginning

Friday, Aug. 4: 4 - 7 PM

Saturday, Aug. 5: 1 - 3 PM

Monday - Friday, Aug. 7-11: 4 - 7 PM

Saturday, Aug. 12: 1 - 3 PM

Monday - Tuesday, Aug. 14-15: 4 - 7 PM

As you can see, practices before school starts are going to be three hours long: 10 days of intense and hard conditioning and practices – I believe it is usually referred to as “hell week.” I suggest you find a way to get into shape before starting the season: if you are participating in a summer water polo club, great! If not, find a pool and swim laps daily.

After school starts (beginning Wednesday, August 16th)

Monday - Friday: 5 - 7 PM

Saturday: 1 - 4 PM

We have two scrimmages scheduled on Saturday, Aug. 19 and Wednesday, Aug. 23 and the varsity team has its first tournament Friday-Saturday, Aug. 25-26.

Team Rules and Website

Please review the team rules attached.

Click [here](#) for the Shutterfly group for scheduling and communication.

Looking forward to a great season and to get to know all of you,

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WHS Boys' Water Polo Head Coach

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WOODSIDE HIGH SCHOOL WATER POLO

2017 SEASON RULES

- 1) **Respect Each Other and Communicate with Respect.** To build a unified team we must respect and encourage each other. No negative talk will be tolerated. If you have concerns about the team, practices, etc., communicate them respectfully. Come talk to one of your coaches. If you ask your parents to talk with me, I will ask you to be there also.
- 2) **Manage your Time.** It shows respect for yourself, your family, and your team.
 - Academics come FIRST, water polo comes second – BUT
 - We expect you to be able to balance both school and sports: PLAN AHEAD.
 - Being a student-athlete is a privilege - don't lose it because of poor planning.
- 3) **Be on Time and Ready to Go.** It shows respect for your team and your coach, and it is an important life skill.
- 4) **Practice is MANDATORY.** It shows respect for your team.
 - a) TEXT your coach **beforehand** (24 hours) if you cannot attend.
 - b) If you don't attend practice/don't contact a coach, you will not play the next game.
 - c) The athlete, not the parent, not a teammate, must contact the coach.
- 5) **WE WILL ENFORCE DISTRICT RULES.** Respect yourself!
 - a) You have signed documents stating you will not drink, smoke or use drugs.
 - b) Zero-Tolerance Policy: One infraction and you are off the team.
 - c) Your mind and body are your two most important assets. Do NOT abuse them.