



2016 Lamorinda's Winter Programs

Lamorinda Water Polo Club (LWPC) is pleased to announce our 2016 Winter program offering. LWPC is expanding our Athlete Development Programs by offering extended water polo training to athlete's 8-years-old and younger as well as our 10u, 12u, 14u, 16u and 18u age groups.

For the 2016 Winter Season, LWPC is implementing a new and dynamic systematic athlete development program focusing on building a seamless and inter-connected athlete, coach and team development (8u to 18u) pipeline. Each Age Group Athlete Development Program will have specific training themes and emphasis, key critical factors and appropriate training and competition ratios.

Age Group	Athlete Development Program	Theme	Training Emphasis
8u	FUNDamentals 1	Play	Physical & Fundamental Skills
10u	FUNDamentals 2	Participation & Passion	Attacking & Defending Skills
12u	Learn to Train	Athleticism & Practice	Dynamically Structured Training
14u	Train to Train	Build the Engine	System Preparation
16u	Train to Compete	Specialization 1	Competition Preparation
18u	Train to Perform	Specialization 2	On Demand Performance

Training Schedules

All practices are held at Soda Aquatic Center on the campus of Campolindo High School (300 Moraga Road, Moraga, CA), unless otherwise noted. We make every attempt to address potential alterations and/or interruption to training practices in a timely manner; however, there are occasions where we may need to modify. At our earliest opportunity, we will notify all registered athletes by email.

Age/Gender	November 28th thru December 17th	January 3rd thru February 10th
8u Girls	Tue: 6:15pm - 7:45pm Thu: 6:15pm - 7:45pm	Mon: 4:00pm - 5:30pm Wed: 4:00pm - 5:30pm

Age/Gender	November 28th thru December 17th	January 3rd thru February 10th
10u Girls	Tue: 6:15pm - 7:45pm Thu: 6:15pm - 7:45pm	Mon: 4:00pm - 5:30pm Wed: 4:00pm - 5:30pm
12u Girls	Mon: 6:00pm - 8:00pm Wed: 6:00pm - 8:00pm Fri: 5:30pm - 7:30pm	Mon: 5:00pm - 7:00pm Wed: 5:00pm - 7:00pm Fri: 4:00pm - 6:00pm
14u Girls	Mon: 6:00pm - 8:00pm Tue: 6:45pm - 8:45pm Fri: 5:30pm - 7:30pm	Mon: 5:00pm - 7:00pm Tue: 6:45pm - 9:00pm* Wed: 5:00pm - 7:00pm Fri: 4:00pm - 6:00pm
16u Girls	Tue: 6:45pm - 9:00pm Thu: 6:45pm - 9:00pm Fri: 6:15pm - 8:30pm	Mon: 6:45pm - 9:00pm Tue: 6:45pm - 9:00pm Thu: 6:45pm - 9:00pm Fri: 5:45pm - 8:00pm
18u Girls	Tue: 6:45pm - 9:00pm Thu: 6:45pm - 9:00pm Fri: 6:15pm - 8:30pm	Mon: 6:45pm - 9:00pm Tue: 6:45pm - 9:00pm Thu: 6:45pm - 9:00pm Fri: 5:45pm - 8:00pm
Age/Gender	November 28th thru December 17th	January 3rd thru February 10th
8u Boys	Tue: 6:15pm - 7:45pm Thu: 6:15pm - 7:45pm	Tue: 4:00pm - 5:30pm Thu: 4:00pm - 5:30pm
10u Boys	Tue: 6:15pm - 7:45pm Thu: 6:15pm - 7:45pm	Tue: 4:00pm - 5:30pm Thu: 4:00pm - 5:30pm
12u Boys	Mon: 6:45pm - 8:45pm Wed: 6:45pm - 8:45pm Sun: 10:00am - 12:00pm @ TBD	Tue: 5:00pm - 7:00pm Thu: 5:00pm - 7:00pm Fri: 5:15pm - 6:45pm
14u Boys	Mon: 6:45pm - 8:45pm Wed: 6:45pm - 8:45pm Fri: 4:00pm - 5:45pm	Mon: 6:45pm - 8:45pm* Tue: 4:00pm - 6:00pm Wed: 6:45pm - 8:45pm Thu: 4:00pm - 6:00pm
16u Boys	Mon: 7:15pm - 9:00pm Tue: 3:30pm - 5:30pm Thu: 3:30pm - 5:30pm	Tue: 6:45pm - 9:00pm Wed: 6:45pm - 9:00pm Thu: 6:45pm - 9:00pm Fri: 3:30pm - 5:45pm

Age/Gender	November 28th thru December 17th	January 3rd thru February 10th
18u Boys	Tue: 3:30pm - 5:30pm Wed: 7:15pm - 9:00pm Thu: 3:30pm - 5:30pm	Tue: 6:45pm - 9:00pm Wed: 6:45pm - 9:00pm Thu 6:45pm - 9:00pm Fri: 3:30pm - 5:45pm

* Optional 4th practice for 14u athletes selecting the 4-practice program.

No practice on January 16th; however, LWPC will host a free clinic for LWPC athletes.

Additional Training Clinics

LWPC will be hosting four (4) clinics this season for registered athletes at **no additional cost**. The clinics will provide LWPC athletes the opportunity to further develop specific skills related to their position. The clinics will feature skills that will make a significantly positive difference in the development of each athlete. The clinics will also feature skills that can be done individually at times away from practice.

Clinics are open to both Girls and Boys and separated by age/development. Clinic dates are December 3rd, January 7th, January 16th and January 29th. More information will be posted on each team's home page, including sign up link.

Coaching Staff

Executive Director: Guy Baker
 Technical Director – Boys: James Lathrop
 Technical Director – Girls: Joe Born
 Technical Director – Beginners: Bill Brown

18u Girls Head Coach: Kim Everist/Guy Baker
 16u Girls Head Coach: Lance Morrison
 14u Girls Head Coach: Joe Born
 12u Girls Head Coach: Guy Baker
 10u Girls Head Coach: Arlynda Huerta
 8u Girls Head Coach: Arlynda Huerta

18u Boys Head Coach: James Lathrop
 16u Boys Head Coach: Clark Tamariki
 14u Boys Head Coach: Eldad Hazor
 12u Boys Head Coach: Jeff Paul
 10u Boys Head Coach: Bill Brown
 8u Boys Head Coach: Bill Brown

2016 Winter Fees

Age Group	Winter Fee	Total Training Hours	% of Increase in Training Hrs
8u Boys & Girls	\$ 275.00	30	N/A
10u Boys & Girls	\$ 275.00	30	11%
12u Boys & Girls	\$ 540.00	60+	11%
14u Boys & Girls 3-practice option	\$ 540.00	60+	11%
14u Boys & Girls 4-practice option	\$ 680.00	80+	48%
16u Boys & Girls	\$ 680.00	80+	48%
18u Boys & Girls	\$ 680.00	80+	48%

Registration for our Winter session will open on November 10th, 2016.

**LAMORINDA WATER POLO CLUB
OPEN HOUSE MEETING
WEDNESDAY, NOVEMBER 16TH
MIRAMONTE HIGH SCHOOL
6:30-8:00**

The LWPC Open House is open to all LWCP Members and is also to non-LWPC members. We will be presenting the new LWPC Organizational Structure and Key Strategic Elements, 2016 Fall Season Recap, 2016-17 Winter Season Plan, Implementation of the new and innovative LWPC Athlete and Coach Development Program and the Spring of 2017 Camogli, Italy trip for the 16u Girl's and Boy's Program. Meeting location is near Bill Brown Aquatic Center