

# Water Polo Programs



## FALL 2013

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# Bulldog Water Polo Club



The Bulldog Water Polo Club is an introductory group that is designed to expose both boys & girls to the basics of water polo and friendly competition. All levels are welcome, no prior water polo experience is necessary. Swim development and fundamental water polo drills are the focus of every practice session. Our coaches are experienced at youth athlete development in the game of water polo.

## FALL 2012 SESSION DATES:

SEPTEMBER 3<sup>rd</sup> – October 24<sup>th</sup>  
OCTOBER 28<sup>TH</sup> – DECEMBER 19<sup>TH</sup>



## Practice Schedule

### Groups:

Water Polo (8 – 12yrs)

### Practice Times:

Monday - Thursday: 5:30 – 6:30pm



**Samantha Fallon, Lifeguard Supervisor & Water Polo Coach:** Samantha recently graduated with a Communication degree from the University of California, Santa Barbara. Although she played a number of sports in high school (water polo, soccer, softball, and swimming), she has always been drawn to water sports. She started playing water polo at the age of 13 with the College of San Mateo's coach, Randy Wright, and has been in love with the sport ever since. Samantha has been lifeguarding and teaching swim lessons for the past 7 years, and is now a certified Lifeguard Instructor with the American Red Cross.