



RANCHO SD NORSEMEN

WATER POLO

HIGH SCHOOL AGE GIRLS'
@ Valhalla H.S. Aquatics Complex

Girls' Schedule:

Mondays, Wednesdays, and Selected Sundays.

Date(s): 8/23 thru 11/7

Practice Time: (5:45-7:00pm)

Scrimmages are on Selected Sundays, Dates and Times are To Be Determined.

No Practice Date(s):

9/6, 9/22, 10/11, 10/18, 10/25

Requirements:

- 1.) Must be able to swim and tread water.**
- 2.) Complete Club application (available on www.valhallaaquatics.com website under Forms, Club Information).**
- 3.) Possess a current U.S. Water Polo membership, Club registration ID # is 17548 (Membership is \$60 annually and includes insurance, forms are available on-site or online at www.usawaterpolo.com. The cost is \$225.00 per participant. This amount is non-refundable, please make checks payable to:
TVF- RSD Norsemen Polo.**

