

## WATER POLO AS PART OF COMPETITIVE SWIMMING TRAINING

Water polo is the most under-recognized sport in the northeast despite the USA women's gold-medal performance in the 2016 Olympics. It is also the perfect complimentary sport for competitive swimming! This notice is sent to swimming programs to help promote the use of water polo as a feature to attract, retain and develop swimming talent. It is also provided to encourage the growth of water polo as a sport in this area. There are many veteran NCAA players and people interested in seeing this sport succeed locally. In certain areas, help with running starter programs is also possible.

Look at the seasons for these sports and you'll see why water polo and competitive swimming work together. Encouraging participation in water polo (which is normally played in the spring and fall) helps fuel improvements in swimming!

Try offering water polo as a *fun Friday* activity or as an addition to regular training days. A half hour is all the time that's needed with a volley ball and kick boards. Make water sports a year round activity without losing out in the off seasons!



For help or more information - [jharding3@nycap.rr.com](mailto:jharding3@nycap.rr.com) (Jim)  
or [cwalsh41@nycap.rr.com](mailto:cwalsh41@nycap.rr.com) (Chris)