

## 2011/12 Girls Water Polo Vacation Schedule

- Mon. Nov. 14<sup>th</sup> season officially begins.
- First official scrimmage: Tue 11/22 vs. Capo Valley
- First official Home game: 12/6 vs. Sunny Hills

### Thanksgiving Week: Nov. 21st- Nov. 27<sup>th</sup>

Varsity/JV = Mon-11/21-AM practice 8:00-11:00; PM practice 3:00-6:00  
Tue- 11/22- AM practice 8:00-11:00; PM = Scrim. vs. CVHS @ 3:15  
Wed- 11/23 AM practice 8:00-11:00; NO PM PRACTICE  
Thurs- 11/24 **OFF**...eat lots of turkey  
Fri- 11/25 **OFF**.... recover from eating lots of turkey  
Sat/Sun-11/26-27 **OFF** enjoy the weekend and get prepared for season!!!!

Frosh/Soph = Mon- 11/21- AM practice 10:00-12:30  
Tue-11/22- AM practice 10:00-12:30; PM = Scrim. vs. CVHS @ 3:15  
Wed- 11/23 AM practice 10:00-12:30  
Thurs- 11/24 **OFF**.... eat lots of turkey  
Fri- 11/25 **OFF**... recover from eating lots of turkey  
Sat/Sun-11/26-27 **OFF** enjoy the weekend and get prepared for season!!!!

### Winter Break: Dec. 17<sup>th</sup>-Jan.1<sup>th</sup>

Varsity/JV = Dec. 17<sup>th</sup> - Dec. 25<sup>th</sup> **OFF ... relax, recover, get/stay healthy**

Mon 12/26- AM practice 8:00-11:00; PM practice 3:00-6:00  
Tue 12/27- Costa Mesa Tournament: Possible practice before/after games  
Wed 12/28- Costa Mesa Tournament: Possible practice before/after games  
Thur 12/29 – Costa Mesa Tournament: Possible practice before/after games  
Fri 12/30- AM practice 8:00-11:00; PM practice 3:00-6:00pm  
Sat 12/31- AM practice 8:00-11:00; **NO PM PRACTICE**

Frosh/Soph = Dec. 17<sup>th</sup> - Dec. 25<sup>th</sup> **OFF ... relax, recover, get/stay healthy**

Mon 12/26- AM practice 10:00-12:00; PM practice 5:00-7:00  
Tue 12/27- AM practice 10:00-12:00; PM practice 5:00-7:00  
Wed 12/28 – AM practice 10:00-12:00; PM practice 5:00-7:00  
Thur 12/29- AM practice 10:00-12:00; PM practice 5:00-7:00  
Fri 12/30- AM practice 10:00-12:00; PM practice 5:00-7:00  
Sat 12/31- AM practice 10:00-12:00; **NO PM PRACTICE**

# **2011/12 Girls Water Polo: Year Round Calendar**

## **OVERVIEW**

June 27<sup>th</sup> – Aug. 1<sup>st</sup> = ALISO POLO Summer Club Season (optional)

Aug. 2<sup>nd</sup> – Sept. 7<sup>th</sup> = VACATION (38 days): Summer - NO WATER POLO

Sept. 7<sup>th</sup> – Nov. 14<sup>th</sup> = ANHS Pre-season: 6<sup>th</sup> period only;

Sept. 12<sup>th</sup> – Nov. 14<sup>th</sup> = ALISO POLO Fall Club Season (optional)

Nov. 14<sup>th</sup> – Feb. 14<sup>th</sup> = ANHS Girls Water Polo Season

Nov. 24<sup>th</sup> – Nov. 27<sup>th</sup> = VACATION (4 days): Thanksgiving NO WATER POLO

Dec. 17<sup>th</sup> – 25<sup>th</sup> = VACATION (9 days): Winter Break - NO WATER POLO

Feb. 17<sup>th</sup> – 20<sup>th</sup> = VACATION (4 days): Presidents Weekend - NO WATER POLO

Feb 21<sup>st</sup> – May 4<sup>th</sup> = ANHS Girls Swim Season (optional)

March 5<sup>th</sup> – June 15<sup>th</sup> = ALISO POLO Spring Club Season (optional)

May 28<sup>th</sup> – 30<sup>th</sup> = VACATION (3 days): Mem. Day Weekend – NO WATER POLO

May 6<sup>th</sup> – June 15<sup>th</sup> = ANHS spring training: 6<sup>th</sup> period only

June 26<sup>th</sup> – July 27<sup>th</sup> = ALISO POLO Summer Club Season

Aug 6<sup>th</sup> – 12<sup>th</sup> = ALISO POLO 16U girls tournament in HAWAII ☺ (optional)

If you have any questions regarding our program please contact Coach Lynch at:

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