

Hi Water Polo Families,

We have some summer and season updates that we are excited to share!

SUMMER CLINICS - START THURSDAY!!

- Coach Jonathan has coordinated a summer clinic that will be held on **Tuesdays & Thursdays, 1:15-3:30 PM, starting this Thursday (July 11) and running through Thursday, August 8.**
- Clinics will include both weight training and time in the pool.
- **Cost is \$125/player.**
- See attached flyer for additional details. You can use the barcode to register, or **register directly at NorthgateBroncos.org/camps.**
- **Clinics are open to all 14-18 year old girls** - no water polo experience is necessary, and participants don't have to attend Northgate. We are really hoping to get new players interested in the program, so **please help spread the word!**

WATER POLO TRYOUTS

- Tryouts will be held **Monday, August 12-Wednesday August 14.**

SEASON REQUIREMENTS - REGISTER AND GET YOUR PHYSICALS!

- All players must be registered and cleared through the Athletics Department prior to tryouts on August 12.
- In order to play a fall sport, every athlete must be registered on SportsNet.
 - Sign up on the Broncos Website: [Broncos Athletic Registration](#)
- Part of the registration process is to obtain **MEDICAL CLEARANCE** by uploading the required physical documentation into SportsNet.
 - **All athletes registering for Northgate's water polo season will need medical clearance dated June onwards and signed by a doctor.**
 - You can take the Northgate required forms (available on the registration link above) to your physician.
 - Sports Medicine will be hosting a Physicals Fundraiser on Tuesday, August 6. Cost will be \$60; stay tuned for more details.

We are looking for new players, so please forward this email and the clinics flyer to anyone who might be interested in giving water polo a try!

Go Broncos!