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A NEW HOME

Plans announced for new Five Point Aquatic Center
to serve as home for USA Water Polo in Irvine, California



VOLUME 34, NUMBER 4, WINTER 2019

**WATER POLO
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P. 23





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ON THE COVER...

USA Water Polo athletes and staff celebrate the announcement of a new aquatic facility in Irvine with the Great Park Board of Directors.

Photo by Mai Lam



pg10 TYR ReCaps Champions Cup

SOCAL & Vanguard Win Big In Houston



pg14 TYR ReCaps 2019 Golf Tournaments

Water Polo Community Turns Out For Two Great Day Of Golf

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Look Ahead...

Next Issue

>ODP Returns To North Carolina; Heads To Utah



> Team USA Takes Indy!





Innovative Partnership Leads To New Home For USA Water Polo

USA Water Polo has a new home. This is the result of many years of work to create a new, world-class stadium and national training center ("NTC"). Our efforts paid off in October when the board of the OC Great Park and the Irvine City Council approved a program to create a three-pool, seven-acre aquatic center that will become the permanent home of USA Water Polo. The new facility will accomplish two of our longstanding goals:

- 1. Provide our athletes with a superior environment in which to train and compete.***
- 2. Provide spectators with a dramatically enhanced experience, both in the arena and via media outlets.***

The new NTC initiative is the product of an innovative partnership with the City of Irvine, FivePoint, USA Water Polo, and the U.S. Olympic and Paralympic Committee. FivePoint, the commercial entity developing the Great Park, designs and develops mixed use, master-planned communities in coastal California. The new facility will have a multi-story parking garage that will serve our needs and those of other Park residents, including our new neighbor, the Anaheim Ducks. We anticipate that the new NTC will be completed by early 2023.

The OC Great Park is located on the site of the former El Toro Marine Corps Air Station, an area spanning approximately 1,300 acres. Within the boundaries of the park, more than 200 acres have been developed, with 688 additional acres in the planning and design phases. Upon completion, we believe the OC Great Park will be among America's national treasures that sets a new standard for great metropolitan parks around the world.

Irvine itself attracted our interest because it's nationally recognized as one of America's safest and most successful master-planned urban communities. Top-rated educational institutions, an enterprising business atmosphere, sound environmental stewardship, and respect for diversity all contribute to Irvine's enviable quality of life. This family-friendly city features more than 16,000 usable acres of parks, sports fields, and dedicated open space. It also is accessible via numerous excellent airports and light rail stations.

The NTC will be an athlete-centric facility. Our national team athletes have been an integral part of the design process. In addition to the pools, our national teams will benefit from spacious locker rooms, team rooms, a culinary kitchen, Olympic weight room, film and control rooms, an auditorium, as well as a permanent Hall of Fame installation. It's also important to note that the NTC will be built at no additional cost to ANY member of USA Water Polo. In addition to the senior national

Renderings courtesy of Five Point Holdings



An artist rendering of Five Point Aquatic Center.

team, the NTC also will become the site of ODP camps, new tournaments and test events, and many other member events and activities on a year-round basis.

Water polo always has suffered as a spectator sport because, among other things, it can be hard to see what's happening in the water. Our goal for the NTC is to make it the world's #1 water polo venue. We plan to transform the spectator experience through the use of technology, including high definition scoreboards and multiple video camera installations, both above and below the water. We are benchmarking professional sports like football and basketball to improve the media experience via broadcast and streaming, and we will be consulting with some of the best in the business to ensure that we can do better as an entertainment experience.

Although more than 90 percent of funding for the project has been secured, we will be launching a legacy campaign to create a fund that will support special costs during design and construction, while also "future-proofing" the NTC so that funds will be available for future needs that cannot be fully anticipated. We are deeply grateful to the water polo community, which already has pledged more than \$10 million for this purpose. We expect to start this campaign later in 2020, and we promise there will be many exciting ways to participate.

Water polo is a team game, and our new National Training Center will be the result of many dedicated volunteers, some of whom have worked for years toward this result. It also has been made



No USA Water Polo membership dollars will be used to build the facility and it is expected to open prior to the 2024 Olympic Games.

possible because of the terrific effort of athletes, coaches, and officials every day. We are grateful to Mayor Christina Shea and the Irvine City Council and Chairman Farrah Khan and the OC Great Park Board of Directors, as well as John Russo and the staff at the City of Irvine, and Emile Haddad and his team at FivePoint. I want to thank Mike Graff and our board of directors, whose generosity and commitment to widening the impact of water polo is making a difference—and without whom we never could have accomplished such an auda-

cious goal. The new NTC will be a game-changer for water polo. We will keep you informed as this transformative project moves forward.



Chris

**Stay current with
USA Water Polo by visiting
USAWaterPolo.org
or joining our social
media community!**



LETTERS TO THE EDITOR

If you have a comment or question concerning *Skip Shot* magazine, send in a letter to the editor. You can write to *Skip Shot* Magazine:
c/o USA Water Polo, 6 Morgan, Suite 150, Irvine, CA 92618 or send an email to:
media@usawaterpolo.org



My Music

JACOB BORMAN, SACRAMENTO WATER POLO (CA)

"Space Cadet" by Metro Boomin

—Fun to listen to after a game and when I'm with my friends.

"Warm Up" by NF

—By far one of my favorites to jam to when I'm in the car or on my way to a game.

"Simple Man" by Lynyrd Skynyrd

—Whenever I'm with my family, I always love listening to this song because it reminds me of all the great times I have with them.

"The Lazy Song" by Bruno Mars

—Reminds me to take some time off and give myself a little bit of a breather after a long season.

"Stereo Hearts (feat. Adam Levine)" by Gym Class Heroes

—When I was younger, I would play this song quite frequently because it always made me feel good about myself and kept me happy.

Did You Know?

The Women's Senior National Team won its third straight FINA World Championship this summer, which set a record for consecutive world championship titles in a row for a men's or women's water polo program.



FINDING THE FUNNY IN WATER POLO

Ah, winter water polo is upon us.

The time of year when the sun goes down earlier, there's a nip in the air, and water temperatures plummet to sub-arctic levels. Even indoor pools feel less like natatoriums and more like snow globes.

True Northerners will brag, "During the winter, you need to LAYER. It's all about LAYERING!"

When it comes to sports, sometimes that works. Hockey players obviously can bundle up. Football players wear thermal undergarments and tote hand warmers. Even basketball players widely sport sleeves and leggings!

But layering for us would just mean wearing a second suit, since I imagine mittens and earmuffs would hinder our ability to get up and down the pool.

Sure, most pools are heated, and once you start playing, your body temperature is usually pretty high. But nothing will ever alleviate that initial plunge into the pool.

It's always brutal. Don't trust the teammate who says, "It's not that bad." They're just covering up that the pool feels like it was iced down to be a polar bear habitat.

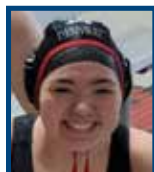
As a player, I would stare at it for as long as possible, hoping it would somehow, some way, magically warm up.

Now, as a coach, I yell, "It's not gonna warm up from staring at it. GET IN THE WATER!"

Unless the Polar Bear is out. Then we cancel practice.



Dave Williamson,
www.DaveWilliamsonComedy.com
Host of "Water Polo Dojo" podcast @WaterPoloDojo



Sakura Gavin—
Saint Louis Area Polo (MO)

TikTok: Many people think of this app as cringe, but they don't understand the true art and culture that lies within the cringeworthy.

My New Year's Resolution: Spend more time with my friends and family along with balancing my time better.

Coffee Cake: An underrated dessert. Proud to say my mom makes some of the best.

Why Try Water Polo: Although the sport is very intimidating, the water polo community is very welcoming and supportive. Some of the best people in my life come from water polo.

2020 Olympics: Happy that Tokyo is hosting because it's where my mom is from. Super excited to see our teams do amazing things. No Sleep 'Til Tokyo!



Rio Tomlinson—
Third Coast Aquatics (MI)

TikTok: Funny but addicting. My friends got me hooked on it, so now when I'm bored, I might accidentally spend an hour or two watching goofy videos.

My New Year's Resolution: Chillax and go with the flow. Don't let others' negativity drag you down.

Coffee Cake: Never had it, but why have crumb cake when you can have a cupcake?

Why Try Water Polo: It's so fun and inclusive, and you'll make so many friends. Plus, in the new "High School Musical" series, water polo is mentioned a lot, so you know it's getting more popular.

2020 Olympics: Let's gooooo! I'm so hyped and ready to watch some epic polo games. The Olympics are a great way to celebrate the best of the best in sports. It's neat to see what everyone has to offer.



Noah Luebbert—
Coronado Aquatics Club (CA)

TikTok: Only funny when people don't take it too seriously.

My New Year's Resolution:

Focus on making my younger teammates better as much as I can so they can play better than we did last season.

Coffee Cake: If my mom makes it, I will eat the entire thing. Best possible breakfast.

Why Try Water Polo: It brings out the best version of yourself and has the best community in sports.

2020 Olympics: I got to train with a few Team USA athletes playing next summer, and they were super friendly. I wish them the best!



Kayley Queen—
West Suburban Water Polo League (IL)

TikTok: Very fun app with some of the funniest

videos. My friends and I actually have a shared page that only we can see, and we laugh at the videos we make for each other.

My New Year's Resolution: : I don't have a New Year's resolution, but I wouldn't be surprised if it's about water polo when I make one.

Coffee Cake: My family has the best coffee cake recipe that I love to bake (and eat) in my free time.

Why Try Water Polo: Water polo is a super fun sport and a great opportunity to make friends and get close to new people.

2020 Olympics: I can't wait to watch swimming and water polo in the Olympics this year. Still sad that I won't get to watch Michael Phelps destroy in his events, but it will still be amazing.



Frederik Stein—
Redlands Renegades (CA)

TikTok: I use it; there are some really funny videos.

My New Year's Resolution:
To become the best water polo

player I can be.

Coffee Cake: Iconic breakfast food; deadly combo with some coffee.

Why Try Water Polo: A great sport, and it's really fun.

2020 Olympics: The scenery is pretty, and I hope the U.S. polo team wins!

INSIDE Instagram

A three-pack of pictures from one of your favorite Team USA athletes. Be sure to give them a follow!



Makenzie Fischer
@makenziefishy
Women's Senior National Team,
2016 Olympic Gold Medalist





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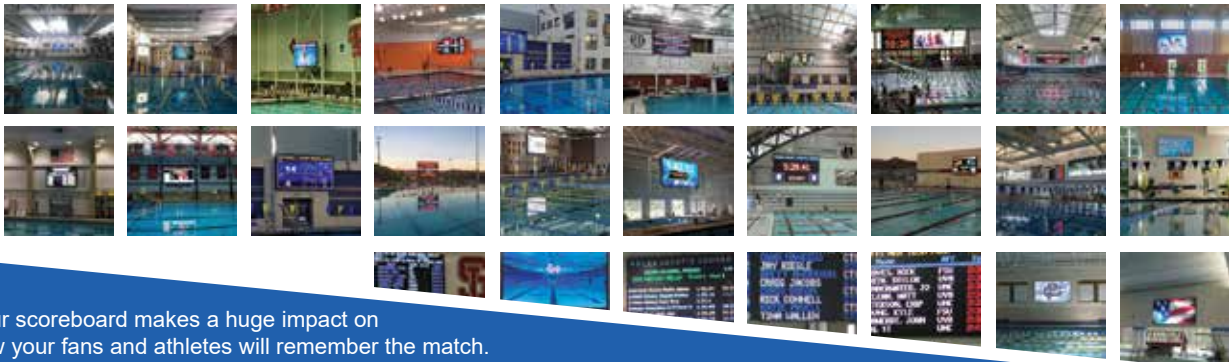
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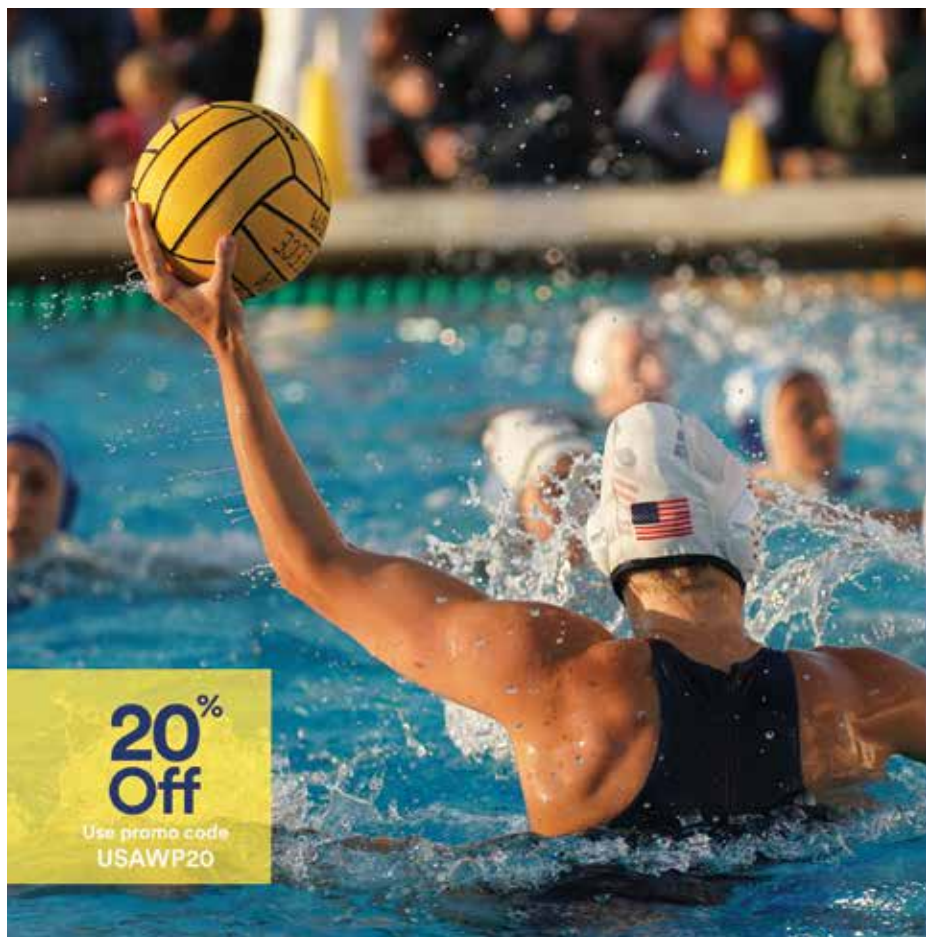
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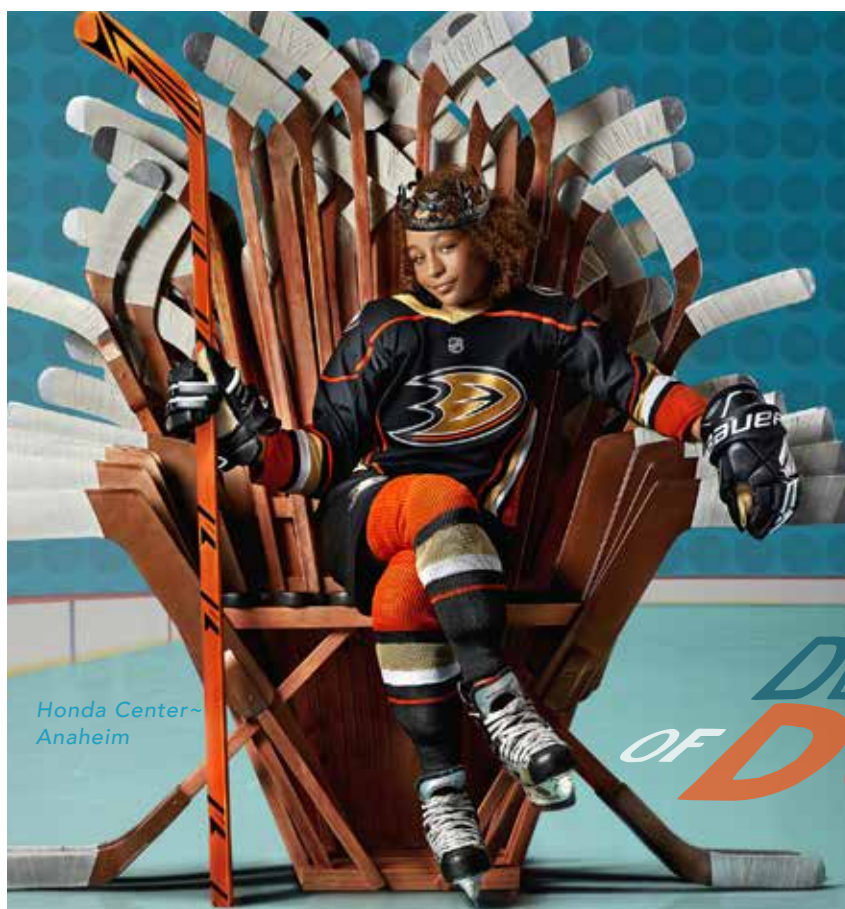
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TEXAS WELCOMES RETURN OF CHAMPIONS CUP WITH VANGUARD & SOCAL TAKING TOP HONORS

The Champions Cup came to Houston, Texas, from Nov. 8-10. SOCAL repeated as Gold medal winners in the girls' division while Vanguard took Gold in the boys' division. In the girls' division medal matches, SOCAL squeezed past Northwood 9-8 in the final while SB 805 shut down San Diego Shores 7-3 to take Bronze. On the boys' side, Vanguard took down Newport 11-8 in the final while Greenwich took Bronze with a convincing 13-8 victory over San Diego Shores.

Prior to the first and third place games, the Jody Campbell and Maureen O'Toole Sportsmanship Awards were presented to athletes from each team at the Champions Cup. Campbell and O'Toole have a storied history within USA Water Polo, as Campbell helped the USA Men's Olympic Water Polo Team to consecutive Silver medals at the 1984 and 1988 Olympic Games while O'Toole was a key member of the USA Women's Olympic Water Polo Team that won Silver at the 2000 Olympic Games—the first to ever offer women's water polo. Congratulations to all the athletes selected.

All photos courtesy Sherie Smith

Jody Campbell Sportsmanship Award Recipients

Oliver Sherwood - CC United Black (A)
Nazareth Longoria - Commerce Aquatics
William Zimmer - Del Mar Water Polo
Ryan Ohi - Greenwich Aquatics
Trent Smith - Newport Beach Water Polo, Inc.
Teddy Rountree-Shtulman - Rose Bowl
Andrew Panatierre - San Diego Shores
Jordan Pomier - Southside Water Polo Club Honey Badgers
Tyler Hogan - Stanford
Owen Kroh - Thunder Black
Jay Pyle - Vanguard Aquatics
Mason Hofmann - West Suburban Water Polo-Naperville

Maureen O'Toole Sportsmanship Award Recipients

Xiomara Trejo - Chicago Park District
Sofia Martinez - Commerce Aquatics
Lucy Galbraith - Diablo Alliance
Lauren Steele - Greenwich Aquatics
Natalie (Tali) Stryker - Lamorinda Water Polo
Mallory Kesler - Lone Star Water Polo Club
Bella Calderon - Northwood
Rachel Williams - San Diego Shores
Abby Webber - Santa Barbara 805
Summer Stelk - Santa Cruz Waxem
Peyton Pierson - SOCAL Black (A)
Jojo Walters - Thunder Black



One athlete from each club was recognized for outstanding sportsmanship displayed during the 2019 Champions Cup.

2019 Final Standings

Girls

1. SOCAL
2. Northwood
3. SB 805
4. San Diego Shores
5. Commerce
6. Diablo Alliance
7. Greenwich
8. Lamorinda
9. Santa Cruz Waxem
10. Thunder
11. Chicago Parks
12. Lone Star



Boys

1. Vanguard
2. Newport
3. Greenwich
4. San Diego Shores
5. Del Mar
6. CC United
7. Stanford
8. Commerce
9. Southside
10. Rose Bowl
11. Thunder
12. West Suburban



Girls 1st – SOCAL



Boys 1st – Vanguard



Girls 2nd – Northwood



Boys 2nd – Newport



Girls 3rd – SB 805



Boys 3rd – Greenwich

FAST GROWING ROCK-TOBER CHAMPIONSHIP FOCUSES ON FUN WATER POLO & SPORTSMANSHIP

The Rock-tober PCA 12 & Under Classic took place Oct. 18-20 in Mesa, Arizona. Commerce A took Gold in the Rock division with an 8-6 victory over Greenwich Aquatics in the final while ORWP won the Roll division with a 7-4 victory over the Greenwich Girls. The Rhythm division saw SB 805 B coming out on top with a 14-9 victory over Thunder Black while Power Aquatics stormed past Commerce B with a 17-10 victory to claim the top spot in the Rhyme division.



PCA 12 & UNDER CLASSIC

ROCK-TOBER



ROCK DIVISION

- 1st Commerce A
- 2nd Greenwich Aquatics
- 3rd SB 805 A
- 4th San Diego Shores A
- 5th Pride
- 6th Team Vegas
- 7th Chelsea Piers
- 8th Costa Mesa

ROLL DIVISION

- 1st ORWP
- 2nd Greenwich Girls
- 3rd West Suburban Naperville
- 4th Rocky Mountain Neptunes
- 5th Lamorinda Boys
- 6th Colorado
- 7th SOCAL Girls
- 8th San Diego Shores B

RHYTHM DIVISION

- 1st SB 805 B
- 2nd Thunder Black
- 3rd SOCAL Boys
- 4th Lamorinda Girls
- 5th Arroyo Grande
- 6th Shore Aquatics Red
- 7th Rose Bowl
- 8th Rose Bowl Red

RHYME DIVISION

- 1st Power Aquatics
- 2nd Commerce B
- 3rd Lake Oswego
- 4th Mesa
- 5th Carlsbad
- 6th Redlands Renegades
- 7th Pacific Polo
- 8th Southern Utah

SPORTSMANSHIP AWARD RECIPIENTS

- Rock division—Team Vegas
- Roll division—San Diego Shores B
- Rhythm division—Rose Bowl Red
- Rhyme division—Lake Oswego

All photos courtesy Jason Wise Photography

Rock

GOLD - Commerce A



SILVER - Greenwich Aquatics



BRONZE - SB 805 A



SPORTSMANSHIP - Team Vegas



Roll

GOLD - DRWP



SILVER - Greenwich Girls



BRONZE - West Sunurban Naperville



SPORTSMANSHIP - San Diego Shores B



Rhythm

GOLD - SB 805 B



SILVER - Thunder Black



BRONZE - SOCIAL Boys



SPORTSMANSHIP - Rose Bowl Red



Rhyme

GOLD - Power Aquatics



SILVER - Commerce B



BRONZE - Lake Oswego



SPORTSMANSHIP - Lake Oswego



2019 USA WATER POLO GOLF TOURNAMENTS CONTINUE LONG HISTORY OF SUPPORT FROM WATER POLO COMMUNITY

Thank you to all the participants, volunteers and donors that took part in our USA Water Polo Golf Tournaments this fall. We greatly appreciate your support of our USA National Teams and of USA Water Polo. We look forward to seeing you all back on the golf course next fall!

17th Annual USA Water Polo Golf Tournament presented by Hoag and Hoag Orthopedic Institute



Scramble Winners

Men

1st – 52 – Ryan Bailey, Cleveland Burkett, Bradley Schumacher and Charlie Wilde

2nd – 55 – Dave Allen, Judd Borggreve, Tom Robinson and Bob Stemler

3rd – 56 – Rob Kent, Rocky Minichello, Wes Minichello and Marty Samuels

Mixed

1st – 61 – Jake Ducey, Cameron Hunt, Kiley Neushul and Betsy Quesnel

2nd – 66 – Dr. Andrew Keyoung, Maddie Musselman, Christy Ward and Kyle Wescoat

Closest-To-The-Pin

Men

6'3" – Ryan Bailey

Women

16'5" – Robbi Kohler

Longest Drive

Men

Ernie Kwan

Women

Kiley Neushul

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The Ramirez Family



All photos by Mai Lam



6th Annual USA Water Polo Northern California Golf Tournament presented by The Olympic Club

Low Team Net Winners

Men

1st – 47.7 – Mark Williams, Barry Williams, Matt Kroeger and Jeff Moeller

2nd – 48.2 – John Winther, Kevin Cullen, Greig Lagomarsino

2nd – 48.5 – Timothy Rohr, Eric Jepson, Tony Sebra and Gary Jepson

Women/Mixed

1st – 48.5 – Anna Cution, Joe Smith, Peter Laurence and Tom Johanson

2nd – 55 – Debbie Ward, Kevin Ward, Kerry O'Brien and Dave Cool

Closest-To-The-Pin

Men

6'2" – John Winther

Longest Drive

Men

Kenny Bower

Women

Caroline La Voie

Shamble Hole Winner

Chris Lathrop, Kenny Bower, Larry Viera and Zac Monsees

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THE SAFESPORT ACT

On February 14, 2018, Senate bill S. 534 - Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 – was signed into law, becoming effective immediately.

This legislation amends the Victims of Child Abuse Act of 1990 and the Amateur Sports Act of 1978 and, among other things: (i) extends reporting duties; (ii) expands civil remedies; and (iii) designates the United States Center for SafeSport (the "Center") to serve as the independent national safe sport organization.

The bill imposes a duty on amateur sports organizations, including USA Water Polo and its adult members, to report suspected sex-abuse to local or federal law enforcement or to a child-welfare agency designated by the Justice Department, within 24 hours. Failure to report is subject to criminal penalties.

U.S. Center for SafeSport is the independent national safe sport organization responsible for delivering education and resolving allegations of misconduct within the U.S. Olympic and Paralympic movements.

REPORTING

Report sexual misconduct to the U.S. Center for SafeSport: All sexual misconduct matters such as child sex abuse,

non-consensual sexual conduct, sexual harassment or intimate relationships involving an imbalance of power, must be reported immediately to the U.S. Center for SafeSport by visiting SafeSport.org or at 1-720-531-0340.

If a crime has been committed, report it to local authorities: Contact local authorities if you have a reasonable suspicion that child sexual abuse or neglect has occurred. All reports of child abuse or sexual assault of a minor must also be reported to local authorities. Reports of abuse not involving a minor may also be reported to local authorities.

Contact USA Water Polo for other kinds of misconduct: Other forms of misconduct include emotional or physical misconduct, bullying, hazing or harassment may be reported to USA Water Polo for handling in accordance with USA Water Polo's grievance procedures. Please visit USAWP's SafeSport website for more information.

SafeSport crisis line for 24/7 crisis support: A 24/7 hotline has been established by the Center for crisis interventions, referrals and emotional support. This confidential and secure helpline 1-866-200-0796 is operated by RAINN, the nation's largest anti-sexual violence organization. Life-threatening emergencies should call 911.

HERE'S TO A HEALTHY 2020

By Ray Kreienkamp, MD, PhD; Naresh Rao, DO, FAOASM

Winter can be a challenging time of year to stay healthy, particularly with all the illnesses present. As we start 2020, establishing healthy behaviors now can pay dividends for health now and the rest of the year.

The following are a few tips to keep yourself healthy in 2020:

1) GET SOME SLEEP

Most Americans approach sleep with the adage “less is more.” But research continues to prove that lost sleep has profound immediate and future consequences. Sleep optimizes immune function to fight many of the viruses common at this time of year. It also optimizes cognitive and athletic functioning. Studies have demonstrated that athletes with decreased sleep are more prone to injury. Further, athletes who cut sleep have decreased energy, endurance, and accuracy. Decreased sleep has also been linked to increased anxiety and depression. For teenagers, the American Academy of Pediatrics recommends 8 to 10 hours of sleep nightly. Most teenagers get nowhere near that amount. Increasing sleep duration and establishing good habits—such as going to bed at the same time each night, not using electronics before bed, and establishing a comfortable sleep environment—can vastly improve your performance in water polo and beyond.

2) GET YOUR FLU SHOT

By the time you read these words, the heart of flu season will be in full swing. Every year, millions in the United States contract influenza, and the number of missed school days, workdays, and training sessions is hard to

quantify. Influenza can hamper athletes' training routine, leading to weakness and missed time. Fortunately, the flu shot can provide protection. Talk to your local physician or pharmacy if you haven't yet received the flu shot. Contrary to widely circulated materials, you CANNOT get the flu from the flu shot. And, if you get flu later in the season, having received the flu vaccine will protect you from the more severe effects the virus otherwise would have caused.

3) MAKE HEALTHY CHOICES

The vaping epidemic in this country continues to make national news as its health consequences—and its prevalence—are disturbing. Vaping can cause severe lung injury, and it can be even more addictive than cigarettes. Anyone who wants to succeed in athletics knows that vaping or e-cigarettes are not compatible with optimal performance, just as we've known about alcohol for some time. Optimizing athletic performance requires discipline, and that includes disciplining yourself to say no to these unhealthy behaviors.

4) SET ACHIEVABLE GOALS

Every Jan. 1, individuals across the country make goals for the new year, and among them include exercising more and eating healthier. But by the end of January, most of these goals are tossed to the side. So, as you set your goals for 2020, make sure they're achievable, quantifiable, and trackable. Having someone or something that can hold you accountable also makes these goals more attainable. It's great to set goals—so make this year one in which you achieve them!

Following these few tips can help make this winter and 2020 a year of Olympic success for you and your health.

COPING STRATEGIES TO STOP BEATING YOURSELF

The tough get going when the going gets tough...but wise men do not beat their heads against brick walls!

You've probably heard this saying before—at least the first half in reference to mental toughness and coping with stressful situations and circumstances. But when does the stress and the impact of the load you carry on your shoulders become unbearable? Consider how some healthy coping

strategies might allow you the mental freedom to perform at a higher level. Using them might help you find more clarity as you pay attention to the information in front of you and focus on the task at hand. And then you might be able to make more effective and timely decisions and create more space to get out of your body's way to perform and do what you've trained yourself to do.

High-level performance results come and go, but your daily practice and approach with a

high-level mindset should not. In all pressure-packed life situations, many stressors must be addressed to free yourself up to perform. So if you're constantly running into walls while seeking to improve and perform at your best level, you might want to try these coping skills to manage the stressors in your academic and athletic life.



By Brian Alexander,
ODP Mental Skills Coach

(CONTINUED ON NEXT PAGE)

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TAKE A PAUSE

- The next time you start to feel that surge of emotion bubble up in your body, take a step back and recognize your daily sources of stress. The first step to working with the stress is recognizing what it is.

LEARN TO BREATHE FOR PERFORMANCE

- If you have a difficult time gaining clarity when you pause to identify where the stress is coming from, then perhaps you need to take back control of your brain. When we become too caught up in the circumstances that sweep us off our feet, we can lose control of ourselves. But practicing breathing techniques such as circle diaphragmatic breathing, box breathing, ratio or rhythmic breathing can help you learn how to aim your attention at the things that matter now. That will definitely help you in the pool, too!

PUT SOME STRUCTURE AROUND TO-DOS

- If you have a lot of schoolwork and a busy schedule (as most student athletes do these days), set aside chunks of time to tackle your work. This requires a little bit of planning and administrative work but will pay dividends regarding your ability to manage stress at the end of the day. You can decide to work in chunks of time—which also includes class time, school time, and water polo time. This will help you shape your focus and dive deep into whatever it is you're doing. Coaches often say to leave behind all your non-water polo "stuff" when you enter the pool, and this is a great way to do that because you've already devoted the time to focus on the other things.

COMPARTMENTALIZE BY PUTTING A PERIOD AFTER THAT THOUGHT

- A great way to manage stressful overthinking is using a technique that allows you to stop a line of thinking. In other words, you can put a period after a thought to stop it; and then start a new sentence in your thought

stream related to the task at hand. It could sound like, "I have so much to do. Erica has been acting weird with me, and I don't know what her deal is. What's going to happen later today with our team...PERIOD." Then you move your focus to whatever you're supposed to be doing in that moment. Your thoughts probably won't stream exactly like the latter example, but the idea is the same for whatever your thought stream might be.

MINDFUL PRACTICES

- I know you've probably heard it a thousand times by now, but setting aside 5 to 10 minutes a day to practice a mindful, present act (such as breathing) can give you the mental space to feel rejuvenated and refreshed. A lot of audio guides are available to lead you through the mental practice formally, or you can choose to go for a mindful walk or do a chore. Whatever it is, practice presence with non-judgment for your wandering mind. Find ways to bring your attention to wherever your feet are in the moment.

After committing to starting with one of two of these ideas over a couple weeks, you'll find they fall into place with your daily routine. It's also important to manage different aspects of your self-care such as sleep, nutrition, and hydration. Each day can bring unexpected challenges, but when you have things under control that you can control, then you can manage the uncontrollables much more effectively.

If you would like to train your resilience, you can follow training programs by downloading the WellU Mental Training App on apple and google play devices. WellU provides engaging mental training opportunities to help athletes develop peak performance. Visit www.wellumentaltraining.com to download the app!

Brian Alexander is a certified mental performance consultant with the Association for Applied Sport Psychology and the official athlete mental skills coach of USA Water Polo ODP. In his practice, athletes receive one-on-one and team mental training in the form of consultation and workshops. Contact Brian directly through his website www.athletemental-skillscoach.com to have him work with your team and athletes.

REFerendum BY LEVON DERMENDJIAN

In this first edition of the new year, I'd like to discuss some new developments and a few reminders:

1. Social Media and Communications—USA Water Polo Referees Association is now on Twitter and Instagram! We will be using these platforms to provide up-to-the-minute updates on all pertinent referee matters as well as share our referees' photos, stories, and achievements. You do not need a Twitter or Instagram account to visit our pages.

Follow us @USAWPReferees or bookmark us at www.twitter.com/USAWPReferees

To assist in referee communications as well as referee reporting management, we've added Chad Packer to our Referee Management Team. Chad is a longtime USAWP referee and coach and is head referee for the Great Lakes area of the Midwest Zone. We're excited to have Chad on our team!

2. Congratulations to Michael Goldenberg for being selected to officiate at the 2020 Olympics in Tokyo! A USAWP Southeast zone member, Michael has been a referee for over 35 years and has officiated at the highest levels, both domestically and internationally. Recently he whistled the Men's Gold Medal match at the 2019 FINA World Championships in Gwangju, South Korea. Kudos to Michael for this prestigious honor!

3. We always need new referees, and the beginning of the year is the perfect time to sign up. Whether you're a student, college athlete, parent, or coach, refereeing is a great way to stay involved in the sport we all love. One of the main benefits of being a referee is the flexibility. You can choose when you're available to work. Starting pay in most areas of the country is \$20+ per game. As you work your way up the ranks, your pay rate increases as well. Come join us!

4. New FINA rules will take effect Jan. 1, 2020. It's inevitable that there will be some confusion and misunderstanding among referees, coaches, players, and fans in the first few months. We're asking all stakeholders in our sport, including parents, to exercise patience during these growing pains.

As a reminder, all new rules will be in effect with the exception of the 20-second shot clock reset. This rule will be used only in select national tournaments. All other USAWP-sanctioned tournaments and games will use the traditional 30-second reset for all possessions and exclusions.

Levon



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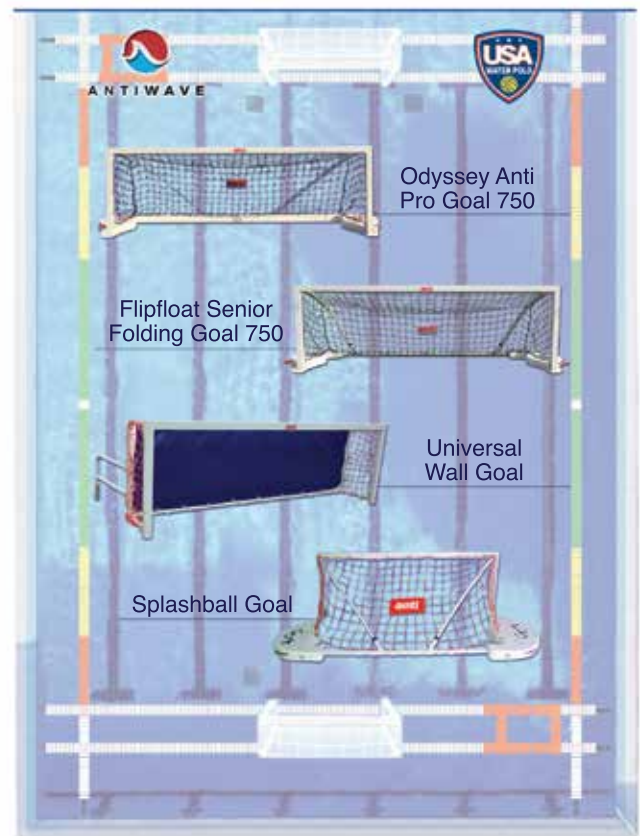
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Maccabi USA is fielding multiple water polo teams to represent the USA delegation at the 21st World Maccabiah Games in July 2021 in Israel. Past competitions have included Men's and Women's Open teams (18+) as well as Junior Boys' team. In 2021, a Junior Girls' competition may be added (Juniors for 2021 are those born 2003-2006).

These Games, which are contested every four years, include a large slate of sports with opening and closing ceremonies and team and individual competitions. The trip to Israel will last about three weeks, with the first week devoted to morning practices followed by extensive tours to historical and current sites of interest all over the country, as part of Maccabi USA's Israel Connect Program. This is a unique opportunity to visit new places, spend time with athletes from around the world, and engage in high-level sports competition while representing USA.

If you are of Jewish Faith and have water polo experience, you can be considered to represent USA at these international games. Plan now to tryout (probably early December 2020) and hopefully to be able to have- what is without exaggeration- a truly unique experience.

Applications can be obtained at www.maccabiusa.com. The sooner you file an application, the sooner we will have you in our system and will be able to keep you up-to-date with all developments.



To register, please visit malibuwaterpolocamp.com

Summer 2020:
Session 1: June 15 - 19
Session 2: June 22 - 26
Session 3: July 6 - 10
Session 4: July 27 - 31

Holiday 2020 - Dec. 12-13th

Coached by Olympians
Terry Schroeder
and
Merrill Moses

With special
appearance by
Kami Craig

Terry Schroeder is a two-time Olympic Head Coach, four-time Olympian and captain of back-to-back silver medal teams in 1984 and 1988. He is considered to be one of the greatest to ever play the game.

Merrill Moses is a three-time Olympian and silver medal winner, 2008. He was named to the All World Team in 2008 and he is a three-time Pan American Gold Medalist. He is considered one of the best goalkeepers in the world.

Kami Craig is a three-time Olympian, 2008, 2012 and 2016, where she brought home a silver medal and two golds. While at USC, she won the 2010 NCAA National Championship and was a two-time recipient of the Pete Cutino Award.

Open to any and all, ages 8-19. One year polo experience suggested. For more information, email malibuh2opolo@gmail.com or call 805.371.1495

2019 Winter High School Champions

Congratulations to all the high school water polo champions crowned around the country! Be sure to visit USA Water Polo's social media channels (@USAWP) for pictures of all the winners. If your team is missing, please contact media@usawaterpolo.org.

CALIFORNIA

CIF-LOS ANGELES

Palisades 16 Cleveland 9

CIF-SOUTHERN SECTION

Div 1 - Harvard Westlake 6 Newport Harbor 4

Div 2 - Foothill 13 San Clemente 12

Div 3 - Santa Barbara 9 Schurr 7

Div 4 - JSerra Catholic 13 San Juan Hills 10

Div 5 - Mission Viejo 6 Trabuco Hills 4

Div 6 - Crespi 9 Redlands 8

Div 7 - Rancho Mirage 11 Ontario 9

CIF-CENTRAL SECTION

Boys Div 1 - Buchanan 12 Clovis West 10

Boys Div 2 - El Diamante 9 Atascadero 5

Boys Div 3 - Tulare Western 16 Mt. Whitney 11

Girls Div 1 - Clovis 12 Clovis West 8

Girls Div 2 - Garces 15 Monache 8

Girls Div 3 - San Joaquin Memorial 9
Hanford West 8

CIF-SAN DIEGO SECTION

Open - Bishop's 9 Cathedral Catholis 8

Div 1 - Westview 10 San Pasqual 6

Div 2 - Patrick Henry 13 Eastlake 10 OT

Div 3 - Mt. Carmel 15 Francis Parker 7

CIF-SJS

Boys Div 1 - Jesuit 13 Granite Bay 7

Boys Div 2 - Bella Vista 6 Buhach Colony 5

Boys Div 3 - Oakdale 14 El Capitan 12

Girls Div 1 - Davis 14 St. Francis 5

Girls Div 2 - Rio Americano 17 El Capitan 8

Girls Div 3 - Sonora 16 Kimball 7

CIF-CCS

Boys Open - Sacred Heart Prep 7 Bellarmine 5

Boys Div 1 - Menlo Atherton 15

Archbishop Mitty 14

Boys Div 2 - St. Ignatius 16 Carmel 15 OT

Girls Open - Sacred Heart Prep 17 Leland 7

Girls Div 1 - Gunn 17 Santa Clara 8

Girls Div 2 - Presentation 14 Santa Cruz 7

CIF-NCS

Girls Open - Acalanes 8 Miramonte 6

Girls Div 1 - Sir Francis Drake 6 James Logan 4

Girls Div 2 - Tamalpais 17 Carondelet 16 OT

Boys Open - Campolindo 8 Miramonte 6

Boys Div 1 - Acalanes 16 College Park 10

Boys Div 2 - Northgate 11 Cardinal Newman 10

CIF REGIONAL CHAMPIONS

SoCal Boys

Div 1 - Harvard Westlake 11 Newport Harbor 10

Div 2 - Vista 17 Steele Canyon 15

Div 3 - Mission Viejo 9

Mt. Carmel 4

NorCal Girls

Div 1 - Acalanes 10 Sacred Heart 2

Div 2 - Clovis 10 Soquel 6

Div 3 - Tamalpais 15 Sonora 14

NorCal Boys

Div 1 - Campolindo 9 San Ramon Valley 7

Div 2 - Buchanan 10 Jesuit 9

Div 3 - St. Ignatius 9 Northgate 7

OREGON

5A/4A Boys - Hood River 12 Parkrose 6

6A Boys - Lakeridge 14 Newberg 6

5A/4A Girls - Hood River 9 West Albany 3

6A Girls - Newberg 10 Sam Barlow 3

WASHINGTON

Overall - Curtis 13 Roosevelt 6

Division 2 - Puyallup 11 A. Riverside 6

MICHIGAN

Hudsonville 10 Dexter 7

PENNSYLVANIA

Girls - North Penn 7 Cumberland Valley 6

Boys - North Penn 14 Wilson 9

Small School Boys - Muhlenberg 13 Springfield 6

Small School Girls - Villa Maria 10 Muhlenberg 7

MARYLAND

Boys - Gilman School 21 Mount St. Joseph 8

OHIO

Boys - St. Charles 9 Upper Arlington 8

Girls - Upper Arlington 10 Cincinnati Mavericks 8

HAWAII

Boys - Punahou 10 Kamehameha 9

GEORGIA

Boys Div 1 - Wildcats A Team

Boys Div 2 - Lovett Lions A Team

Boys Div 3 - Vikings C Team

Girls - Lady Vikings

COLORADO

Boulder Valley 16 Horizon 11

EASTERN PREP CHAMPIONS

Boys - Haverford School 11 Gilman 9

Girls - Episcopal Academy 16 Lawrenceville 8

2019 Men's Collegiate Champions

The Stanford University Cardinal (left) claimed their first NCAA Championship since 2002 when they defeated Pacific 13-8 on December 8. On the same day the first-ever USA Water Polo Division III Collegiate Championship was decided when Whittier downed Claremont-Mudd-Scripps 5-3.

Photos by Catharyn Hayne and Tony Leon



UIL Approves Pilot Program For Water Polo At High School Level; Competition Begins Fall 2021

By Joe Linehan

The Texas University Interscholastic League (UIL) on Oct. 21 officially approved high school water polo as a sanctioned pilot program beginning in fall 2021.

The UIL Legislative Council, which consists of 32 Texas superintendents, voted overwhelmingly to approve water polo as the first sport added to the UIL since wrestling in 1997. With over 170 teams participating via high school club water polo programs along with a rapidly growing number of USA Water Polo club and league participants, the time is right for water polo to be a sanctioned varsity high school sport in Texas. A big thank you to the UIL's Dr. Charles Breithaupt, Dr. Jamey Harrison, Dr. Susan Elza, and Brandy Belk for their continued support of and encouragement to Texas Interscholastic Swim Coaches Association (TISCA) Water Polo throughout the sanctioning process.

This accomplishment is the result of a tremendous amount of hard work over the last several years from TISCA Water Polo, Mac MacDonald, Scott Slay, Chris Cullen, and Joe Linehan. TISCA Water Polo has been attending the UIL Legislative Council meetings every June and October for the last seven years, and incremental progress was made toward the UIL sanctioning of the sport through organized and deliberate presentations at the UIL meetings,

grassroots development at the high school level throughout the state (including Rio Grande Valley, Laredo, and El Paso), TISCA support, and conversations throughout with the UIL staff and superintendents at annual meetings.

Prior to the UIL Legislative Council approval, a survey of all Texas superintendents was conducted in August and September which showed 58% of 6A/5A schools wanting to play varsity sanctioned high school water polo. Previous UIL surveys were sent out in 2014 and again in 2016. The 2014 survey showed there was enough support to "continue to monitor" the sport's growth. The 2016 survey showed there was a tremendous increase in school district interest, but the support fell just short of the majority of 6A/5A school superintendents (47%). A big thank you also goes out to all the former players, parents, supporters of the sport, masters players, and others who contacted their local superintendents this summer to encourage them to support the addition of water polo as a UIL sanctioned sport.

Since 2016, water polo has continued to grow statewide with over 170 schools playing at some level in the spring of 2019 (most playing both boys and girls). Just a decade ago, there were fewer than 50 schools playing the sport



Photo courtesy TISCA Water Polo

High School water polo teams in Texas, like 2018 state champion Flower Mound, will soon have the chance to compete in the UIL pilot program.

in Texas. This rapid, sustained growth over the last few years was significant in getting water polo added as the next UIL sanctioned sport. TISCA Water Polo will continue to compete in the spring 2020 and spring 2021 seasons before making the transition to the first UIL sanctioned season in fall 2021. Moving from a spring season to a fall season comes with many challenges, but the Texas high school water polo community is ready to enthusiastically attack the task together with the help of TISCA, the high school swimming coaches' community, and USA Water Polo. There are many details still to be worked out moving forward, and the hard work truly begins now to make sure the transition from TISCA Water Polo to UIL sanctioned water polo is a smooth one.

2020



CALENDAR OF EVENTS

VISIT USAWATERPOLO.ORG FOR COMPLETE SCHEDULE INFORMATION

ODP West Regional Tournament

January 10-12, 2020
Salt Lake City, Utah

Dare To Dream 10U Festival

January 18-19, 2020
Irvine, CA

FINA Men's & Women's Intercontinental Tournament

April 28-May 3, 2020
Indianapolis, IN

ODP East Regional Tournament

January 10-12, 2020
Greensboro, NC

Dare To Dream 12U Festival

January 18-19, 2020
Houston, TX

Junior Olympics

July 18-26, 2020
Stanford & San Jose, CA

Dare To Dream 10U Festival NorCal

January 18-19, 2020
Orinda, CA

2020 Olympic Games

July 24-August 9, 2020
Tokyo, Japan



HOT SHOTS



Welcome to Skip Shot Magazine's **KAP7 HOT SHOTS** page, featuring shots from your fingertips. The person who submits each issue's best photo will receive a free Kap7 men's or women's water polo ball. For more information on Kap7 visit www.kap7.com

TONY MELANSON - WINNER // WINTER 2019

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- 01 - Aaron Sullivan
- 02 - Adrienn Czegledi
- 03 - Alex McKenzie
- 04 - Darren Yamashita
- 05 - Jessica Dotts
- 06 - John Barman

01



02



03



04



05



06



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