

# Water Polo FAQ's

## 1. What is water polo?

Water polo is a team sport played in the water, combining swimming, ball handling, and strategic teamwork. It involves two teams trying to score goals by throwing the ball into the opponent's net while swimming and defending in the pool.

## 2. Is there practice during the rain?

Yes, practices will be held rain or shine, in the chance of rain and thunder practice will be cancelled. Coaches will do their best to maintain a comfortable experience for players.

## 3. What age groups participate in youth water polo?

Youth water polo typically includes various age groups ranging from 5 years old to 18 years old. Age groups may vary depending on experience:

- 5-10 years old (Water Polo Splash Pals/Beginner)
- 8-15 years old (Water Polo Drop-In Clinic/Intermediate)
- 8-15 years old (Water Polo League/Advance)

## 4. Do I need to know how to swim to join?

Yes, basic swimming skills are necessary. Players should be able to swim short distances (36 FEET) and be comfortable in the water. Most classes will work on improving swimming skills with the primary focus of water polo training.

## 5. What equipment do I need?

The basic equipment includes:

- A swimsuit (preferably one designed for water polo)
- Swim Cap (Latex Free)
- A water polo cap (often provided by the club)
- Goggles (optional but may help during practice)
- Towel
- Water

## 6. Is water polo a contact sport?

Yes, water polo is a contact sport, but it is regulated to ensure player safety. While players can use their bodies to block or gain possession of the ball, physical contact must adhere to the rules. Referees and coaches enforce these rules to avoid dangerous behavior. \*There is no contact in the Splash Pals Offering

## 7. How often do teams practice?

Practice time may vary depending on the class players enroll in.

## 8. Will there be games and competitions?

No, the Kroc Center Water Polo Program is a recreation team, that does not participate in outside games and tournaments. Players will still have the opportunity to have in house games/scrimmages.

**9. Do you need prior experience to join a youth water polo program?**

No prior experience is necessary for beginners. Water polo programs often start with beginner or developmental levels to teach the basic skills and rules of the game. As players gain experience, they can move up to more competitive levels.

**10. How can I register for a youth water polo program?**

Registration details are typically available through Kroc Sales website. You may need to complete an online registration form and pay a registration fee to secure a spot in the program. <https://www.krocsales.org/#/sd/search/1/water%20polo>

**11. Are there scholarship opportunities for Kroc's Water Polo programs?**

Yes, please visit the scholarship page for more details.

<https://sd.kroccenter.org/kroc-san-diego/assistance#Free-Text-Area-4>

**12. Are there any special health benefits of playing water polo?**

Water polo offers many health benefits, including:

- Improved cardiovascular fitness
- Enhanced muscle strength and endurance
- Increased flexibility and coordination
- Boosted mental toughness and teamwork skills

**13. Can water polo be a year-round sport?**

Yes, water polo will be held year-round, program breaks happen during major Holidays- Thanksgiving through New Years to allow players to rest.

**14. Are there travel opportunities in youth water polo?**

No, the Kroc Center Water Polo Program is a recreational team and will only practice/play in house.

**15. How is success measured in youth water polo?**

Success in youth water polo can be measured by personal improvement, teamwork, sportsmanship, and achieving goals, whether it's mastering specific skills or winning games/scrimmages. Many programs focus on fun, learning, and development rather than just competition.

**16. Are there any scholarships or college opportunities in water polo?**

Yes, water polo is a popular college sport, and talented players may be able to earn scholarships to play at the collegiate level.

**17. What are the expectations for parents?**

Parents are encouraged to support their child's growth and development in the sport. This includes attending practice and ensuring that their child is committed to practice. Positive reinforcement and sportsmanship are also important aspects for helping players grow.

**18. How do I get involved if I want to coach or volunteer?**

Many youth water polo programs welcome volunteers, coaches, and team managers. You can typically reach out to the program's administrative staff to inquire about volunteer opportunities or coaching roles. Training or certification may be required depending on the program.

**19. What should I do if my child is not enjoying the program?**

It's important to talk to your child to understand what's going on. Water polo, like any sport, requires time to adjust. If they are having difficulty, you can discuss their concerns with the coach to find solutions. It's important to ensure the experience is fun and supportive.

**20. Should participants come with their suits on?**

No, we have private bathrooms and men/women locker room for athletes to use to change. Changing on the pool deck is strictly prohibited.

**21. How will on deck dryland work?**

Dryland takes place before entering the water and may consist of stretches, dynamic exercise, and classroom

**22. What is the ratio of the class?**

The classes ratio will not exceed 2 instructors: 10 participants

**23. Can parents come and watch?**

Yes, parents are encouraged to come and watch athletes play.

**24. What are the water safety requirements for participants?**

Participants must be able to swim a 50 free style with side breathing. Flotation devices and noodles are available for participants who are working newly learning or strengthening their eggbeater.

**General Info**

- Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed in the pool water.
- Please apply sunscreen at least 15 minutes prior to entry.
- Classes will be cancelled, and a prorated refund will be issued if we experience lightning or mechanical issues.

*For a full list of General Kroc Center FAQs, please visit [www.sd.kroccenter.org/faq.html](http://www.sd.kroccenter.org/faq.html)*