

CHS2020

BOYS WATER POLO



**CARLSBAD
WATER POLO**

HEAD COACH

CHAD SALLEY

chadsalley@gmail.com

VISIT CARLSBAD ATHLETICS:

WWW.CARLSBADATHLETICS.COM/BOYSWATERPOLO

SCHOOL FORMS, ATHLETIC CLEARANCE, GENERAL
INFORMATION, RESOURCES & CALENDAR

VISIT CBAD BOYS WATER POLO BOOSTERS:

WWW.CBADWATERPOLOBOOSTERS.COM

GENERAL INFO, SPIRIT GEAR, DONATIONS, STRENGTH &
CONDITIONING, BOOSTER FORMS

**FIND OUT MORE
GET SIZING & GEAR INFO &
MEET THE COACH**

FRIDAY MAY 8

5PM ZOOM MEETING

EMAIL YOUR INFO TO GET ON THE ZOOM LIST:
INFO@CBADWATERPOLOBOOSTERS.COM

**RECOMMENDED:
PLAYERS ENROLL IN AQUATIC PE
AT CHS**

**STRENGTH & CONDITIONING
PROGRAM**

**AUG-MAY 6:30 AM 2X A WEEK
PROGRAM FOR FRESHMEN FROM DECEMBER-MAY**

FALL SEASON

AUGUST-NOVEMBER

Daily practice & some weekend
tournaments

TEAMS

FROSH/SOPH

JUNIOR VARSITY

VARSITY

CONDITIONING WEEK

MON-SAT AUGUST 3- 8

& PRACTICES AUG 10-22

10-1 V & 12-2 FS/JV MON-SAT

IN SEASON AUG 24-Nov

3-5 V & 5-7 FS/JV MON-SAT