

Springfield Aquatics Club

Spartan Pride Water Polo 2011

Practices for the Spartan Pride Water Polo teams will begin the week of March 21st. The high school (male and female) and 15 and under co-ed novice team will compete in the Main Line Spring League. This league is part of American Water Polo which is based out of Villanova University. Also, beginning this spring, SAC will offer a developmental team.

High School Level – The girls and boys high school teams will practice on Tuesdays and Thursdays from 5:00-7:00pm at the Springfield High School Pool. The teams will compete in 8 games spread out from mid-March until mid-May. Typically two games are held on either a Saturday or Sunday in the two month season. Most, but not all games are held at Villanova University. This year, there will be two(2) high school boys teams because of club growth.

15 and under Co-ed Novice Level – All 12,13,14, and 15 year olds can compete on this co-ed team. These players will practice Mondays and Wednesdays from 6:00-8:00pm on Mondays and Wednesdays. The teams will compete in 8 games spread out from mid-March until mid-May. Typically two games are held on either a Saturday or Sunday in the two month season. Most, but not all games are held at Villanova University.

Developmental Team – This team will be comprised of any player 11 and younger. There is no age restriction. The only requirement is that we ask a prospective player to have been part of a competitive team in the past year. The goal of this program is to teach younger players the rules, strategies, and techniques of water polo. It's a great way to keep kids active in the water and stay in shape going into the summer season. Practice times will be Mondays and Wednesdays from 6:00-7:15pm. Inter-squad scrimmages will be utilized during the week to advance players' skills. This team will not compete in weekend games.

