

# NEXT LEVEL WATERPOLO

Welcome to Next Level Water Polo Club ! We are THRILLED to have you join our thriving Water Polo Community!  
 Our program takes pride in giving each athlete the tools they need to make an impact both In and Out of the pool.  
 Please read through this Packet carefully to understand how our team operates.

**All Practices are at [The Long Center](#) ( 1501 N Belcher Rd Clearwater, FL 33765 )**

## Next Level - Clearwater Coaching Staff:

			
<b>Zak Kappos</b>	<b>Steve Fetherston</b>	<b>Madelyn Snodgrass</b>	<b>Erin Ikenberry</b>
NLWP Director High School & Youth WP Coach	Aquatikids & Splashball Coach	Head Swim & Stroke Technique Coach	Splashball & Youth WP Coach Assistant Coach

Questions? Contact Zak at [nextlevelwaterpolo@gmail.com](mailto:nextlevelwaterpolo@gmail.com) or (562) 212 5002

# FALL 2024 PRACTICE TIMES

	<b>10U BOYS &amp; GIRLS</b>	<b>12U BOYS &amp; GIRLS</b>	<b>14U BOYS 14U GIRLS</b>	<b>HS BOYS HS GIRLS</b>
<b>MONDAYS</b>	POOL 7 - 8:00PM	POOL 7 - 8:30PM	DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM	DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM
<b>TUESDAYS</b>			DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM	DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM
<b>WEDNESDAYS</b>		OPTIONAL DRYLAND 6:30 - 7PM POOL 7 - 8:30PM	DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM	DRYLAND 6:30 - 7PM    POOL 7 - 8:30PM
<b>THURSDAYS</b>				POOL / VIDEO 7 - 8:30PM

SHOES ARE **REQUIRED** FOR ALL DRYLAND ACTIVITIES!

We are switching to a **Session** based registration.

Over the Summer, Team registration will return to a monthly sign up to accommodate everyone's travel plans. All previous recurring payment plans have been canceled.

Please register on our website before attending training in October.

**Fall Session:** Oct 1st - Dec 15th 2024

**Splashball:** \$240 (Mon only)

**12 & Under:** \$300 (Mon & Wed)

**14 & Under:** \$350 (Mon, Tues, Wed)

**High School:** \$400 (Mon - Thurs)

**Winter Session:** Jan 6th - Mar 1st 2025

**Spring Session:** Mar 3rd - May 31st 2025

**Summer I:** All of June '25

**Summer II:** All of July '25

**Back to School Session:** August 25th - Oct 6th 2025

**Fall Session:** Oct 6th - Dec 14th 2025

## **NEW Athlete Registration: HOW TO JOIN**

### **To Join, New Families MUST do the following:**

1. Visit [nextlevelwaterpolo.com](http://nextlevelwaterpolo.com) and select “Play Now”.
  2. Select your City & Choose your Team (Splashball/12u/14u/High School).
  3. Complete the “Athlete Registration Form” and Enter your payment information.
  4. Your Payment will be deducted only when you Register!
- \*\***Please note:** As your athlete develops, you will need to update their registration option to reflect their new program!!

## **Team Communication: WhatsApp**

1. After completing a New Athlete Registration Form, Download “**WhatsApp**” onto your phone from the App Store.
2. Staff will text your Join Link based on the information completed in your Registration Form so make sure it's correct!
3. WhatsApp will be used for Direct Messaging with parents, Team Messaging regarding Critical information, Upcoming Tournaments, a place for parents to share Team Photos, and a great way for our group to stay connected when we are apart! Use this App to stay IN THE KNOW!

## **USAWP Membership:**

To compete in any Competition, you will need a **Bronze USAWP Membership.**

Certain events will require a Silver / Gold Membership. (Junior Olympics, Sunshine State Games, Battle of the Bay, Beast of the East, International Tournament, etc.)

You can register for USAWP on <https://usawaterpolo.org/>

## **Tournament Registration: HOW TO COMPETE IN TOURNAMENTS**

### **To Join, New Families MUST do the following:**

1. On our website, select Play WP Now and select your city.
2. Click on our your “Team Page”
3. All the information your need to know about each event will be centralized here. To join the competition team, please sign up for each tournament respectively.
4. **Please Note:** Each event will have a registration deadline 1 week prior to the event. Anyone not registered, will not be able to compete in that tournament.

## **Competition:**

NLWP is very much a travel club team. While we host a handful of tournaments during the year to bring competition to us, it is essential to the development of our team that athletes participate in as many competitions as possible. Competition is integral to our club's ability to play as a team, each individual's development, and gives our athletes the opportunity to use the training we do throughout the year in real time situations. Our forecasted schedule for the next 12 months to help everyone prepare accordingly.

## **Team Gear**

All Athletes are **required** to have (1) Black Team Shirt during competition.

Besides our 10u Team, All Athletes are also **required** to have a Speedo / Team Suit.

Team T-shirts, Jackets, Suits, Towels, & More are currently available online at [www.nlsportco.com](http://www.nlsportco.com). Orders will be shipped directly to your house or available for pickup directly on the pool deck!

## **2024 - 2025 Competition Schedule:**

Date	Event	Divisions	Location
Sept 14th	Scrimmages vs Orlando & Jax	10u, 12u, 14u Only	Clermont, FL
Sept 28th	NL Sat Scrimmage	14u & HS Only	Venice, FL
Oct 4, 5, 6th	Halloween Tournament	12u, 14u, 16u Men	Orlando, FL
Oct 9th	NL Combine	All Ages	Clearwater, FL
Oct 26th	NL Sat Scrimmage	All Ages	TBD
Nov 9, 10th	Battle of the Bay Tournament	All Ages	Clearwater, FL
Dec 13, 14, 15th	Beast of the East Tournament	All Ages	Clermont, FL
Jan	TBD	TBD	TBD

Feb 14, 15, 16th	International Tournament	14u Coed & 16u Men	Coral Springs, FL
Mar 14 - 16th	Youth Training Trip	10u - 14u Only	Georgia
Mar 19 - 23rd	High School Training Trip	High School Only	Southern California
Apr 4, 5, 6th	Dynamo Atlanta Invitational	14u Coed, 16u & 18u Men	Atlanta, GA
Apr 11, 12, 13th	Rise Up Tournament	10u, 12u, 14u Only	Clermont, FL
May 30, June 1st	Open Water Championships	13u & 15u Coed, 18u Men	Clearwater, FL
June 7, 8th	Central FL Championships	12u & 14u Coed, 18u Men	Seminole, FL
June 20, 21, 22nd	Sunshine State Games	All Ages	Ft Lauderdale, FL
July TBD	High School Training Trip	High School Only	Puerto Rico
July 30 - Aug 3	Junior Olympics	All Ages	Texas

\* Details to be confirmed.

## **NL Combine: How We Track Athlete Progression**

The NL Combine is a series of baseline tests our club runs during practice **every (2) months** to help track our Athlete's development and understand where we need improvement. New Athletes will be placed in their age appropriate program until a combine is completed and scores can be tracked. These scores are what we use to help determine whether or not an athlete is prepared to move on to the next program.

1. Splashball -->
2. 12u Team -->
3. 14u Team -->
4. HS WP

To progress on to the next program, Athletes **must be able to meet or exceed** their program's baseline scores below. This ensures that each practice remains competitive and that athletes are training with others at their same level.

We ALWAYS need parent assistance to make the Combine run smoothly, so if you're available to volunteer we'd love your help to track scores at one of the following stations!

<b>Splashball</b>	<b>12u Team</b>	<b>14u Team</b>	<b>High School WP</b>	
:16	:12	:08	:07	<b>12.5M Sprint</b>
:35	:30	:18	:16	<b>25m Sprint</b>
1:15	1:00	:38	:33	<b>50m Sprint</b>
2:45	2:10	1:18	1:10	<b>100m Sprint</b>
PASS/FAIL	PASS/FAIL	PASS	PASS	<b>Tread Test</b>
1:30	1:00	X	X	<b>Gauntlet*</b>
15 mph	20 mph	25 mph	31 mph	<b>Speed Gun</b>
25 "	30 "	35 "	45 "	<b>High Jump</b>
X	X	:03	:05	<b>Grudge Belt*</b>
ANY	ANY	2/8	3/8	<b>Rapid Fire</b>
ANY	:05	:10	:45	<b>Weight Ball / Brick</b>

*\*Recommended*

*\*Recommended*

*\*Required*

*\*Required*