



## **Summer Water Polo Training**

### **Swim and Strength Training**

#### **Zeeland Summer Aquatics Program**

6:00-8:00 AM or  
7:00-9:00 AM

Run by the Zeeland Swim and Dive coaches, the Summer Aquatics program is a great way to improve your swimming skills while training with other high school swimmers and water polo players. Better swimmers make better water polo players (and better water polo players make better swimmers!) so the drills and training done here will improve your game. Contact [Coach VanSoest](#) for more information.

#### **ZAGS / USA Swimming**

9:00-11:00 AM (ZAGS)  
2:30-6:00 PM (WMS)

The other options to swim in Zeeland are age group swimming (ZAGS) and West Michigan Swimmers (WMS) which is our local USA swimming affiliate. For more information on either, contact [Coach Scheerhorn](#).

#### **Zeeland Summer Strength and Conditioning**

[EDGE](#) (East)  
[EXCEL](#) (West)

Both EDGE and EXCEL are great options to gain strength and speed. While their focus is aimed more at dry land athletes, improving your athletic skills on land will still help in the water. Follow the links above for more information.

#### **Zeeland Water Polo Lifting**

6:00-7:00 AM, MWF (Tentatively)

Come join Coach Geschwendt while he gets a workout in. This should be for experienced athletes who have consistently lifted weights before, but exceptions can be made. The days and times may change depending on weight room availability, but Coach Geschwendt wants to lift, so it will happen!

## Water Polo Options

### **Zeeland Water Polo Camp**

Summer water polo is an opportunity to improve your individual skills so that you are the best player come next season. Every practice will focus on a new position or skill that will improve your game and help the team. You should be training with a swim program to stay in shape and get faster; the purpose of this camp is to improve your technique as a water polo player.

Because it's the summer and we live close to a giant body of freshwater, we will also attempt to practice as much as possible at the beach. These practices will focus on having fun in addition to becoming better players.

Cost:                \$100 per high school athlete  
                         \$50 per middle school athlete  
                         \$5 open pool / water drop in  
                         \$10 instructional drop in

Practice Time: 6:00-8:00 PM

Tentative Schedule:

June 21-July 2	(Natatorium / Open Water*)
July 12-July 16	(Open Water**)
July 19-July 30	(Natatorium / Open Water*)

\* Open water whenever waves are less than 1 foot at Lake Michigan.

\*\* Natatorium shutdown for summer cleaning. Practices at Lake Michigan or Goshorn Lake.

**Open water days are open to all athletes.** We will post whether a beach session is happening on social media by noon. These practices will also supersede any session at the Natatorium.

At the Natatorium, Tuesday and Thursday practices will be instructional days. Monday and Friday, assuming we aren't at the lake, will be open pool days with no instruction besides coaches officiating scrimmages.

Monday:	Open Pool
Tuesday:	Instructional Day
Wednesday:	Middle School Camp
Thursday:	Instructional Day
Friday:	Open Pool

If both Tuesday and Friday are open water days, the following Monday will be instructional.

The camp will be led by the following coaches:

<a href="#">Zac Geschwendt</a>	(Boys Varsity)
<a href="#">Dave Vrugink</a>	(Girls Varsity)
<a href="#">Paul DeBoer</a>	(Boys JV)
<a href="#">Eric Posthumus</a>	(Middle School Boys and Girls)

## **Club Water Polo**

Club teams are all affiliated with [USA Water Polo](#). These clubs practice daily throughout the summer with the teams working towards the Junior Olympic tournament that is held in late July and early August. This year's tournament is in Texas. Camps cost around \$200-300. The Junior Olympic Tournament costs approximately \$2000.

[Third Coast](#) (Hudsonville)

[Great Lakes Aquatics](#) (Grandville/East Kentwood)

[Rockford Aquatic Club](#)

For more information and any recommendations, contact your coach.

## **Tournaments:**

[Hudsonville 5 on 5 Tournament](#)

June 18/19

\$175 per team (\$25 per person for 7 player team)

East Kentwood 5 on 5 Tournament

August 21/22

More information to come!