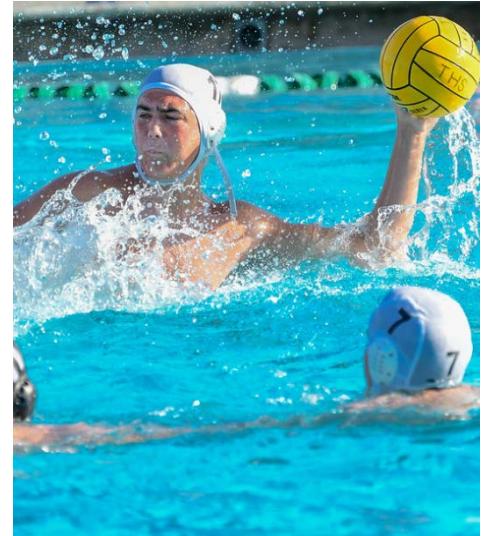


CREAN LUTHERAN WATER POLO

WITH MAN IT IS IMPOSSIBLE, BUT NOT WITH GOD;
ALL THINGS ARE POSSIBLE WITH GOD." -MARK 10:27



Introduction

It is a blessing to be given the opportunity to become the head coach of the CLHS Water Polo team. Swimming and water polo have been an integral part of my life and has helped to shape me into who I am today. I played varsity water polo all four years at Rockford High School in Rockford, Michigan and then continued to play water polo at the University of Michigan. I continued my education at Grand Valley State University where I earned my BS in Mathematics and Secondary Education with a minor in Psychology. I have been coaching water polo and swimming since 2008 and am excited to bring my experience to CLHS. The pool deck was always where I felt accepted and encouraged to be my best.

Team Focus

All boys and girls are welcome to be a part of the team regardless of their level of experience with swimming and water polo. I work hard to get each player playing time and experience at tournaments and games. It is my goal to provide all of my athletes with a positive, accepting, and challenging experience on my team. I enjoy getting to know each of the athletes on an individual basis and work hard to provide them with the best experience. My priority is to create a team environment that supports my young athletes to become confident in who they are and help them realize their full potential. I am excited to support your children as they enter adulthood and help them grow spiritually confident and learn how to live as an example of Christian fortitude, forgiveness, and grace.

Spring Parent Meeting

I would like to invite you to our first parent meeting on April 17th at CLHS at 6:00pm in the Multi-Purpose Room. If you are unable to attend or have any questions, please contact me at 616-204-8092 or powell@clshs.org.



Boys AND Girls Teams

We are excited to announce that we are starting a girl's water polo team this year! Boys and girls will share the practice time, but will be practicing as separate teams. The Fall season is designated as "Boy's water polo season" and girls will be allowed at the parent's choosing to play in the games or not. Once the winter season (girl's season) begins, the boys and girls will no longer be able to play in each other's games but are still encouraged to be at practices. This plan depends on having at least 8 boys and 8 girls on each team so that we can play separate games.

Pre-Season Training

Instead of holding a water polo program in the summer, we will begin practicing Monday, April 29th and continue through Monday, June 6th. Practice will be Mondays, Tuesdays, Wednesdays, and Thursdays from 3:30pm until 5:30pm. We practice at the pool at the Irvine Ranch Outdoor Education Center, which is located inside of Irvine Regional Park. A bus will take the athletes from the athletic campus at CLHS and drop them off at the pool every day. Athletes need to be picked up by a parent or guardian at 5:30pm each day after practice. There is no transportation back to CLHS after practice.

Fall Season

Mark your calendars because we will be fall season starting practice on August 5th at 3:30pm-5:30pm at the Irvine Ranch Outdoor Education Center. There will also be a parent meeting on August 5th with the time and location to be determined. This will allow for us to have one month of practice before our first games at the end of the month. A game and practice schedule will be sent out soon.

Contact Information

Millicent Powell

616-204-8092

powell@clshs.org