

# Important Information

## **Water Polo Summer Coaches 2018:**

**Micah Klausman:** Head Coach  
E-mail: mlklausman@yahoo.com  
Cell Number: 562.328.5435

**Ben Angulo:** Assistant Coach  
E-mail: benangulo20@gmail.com  
Cell Number: 562-882-1594

**Barry Atnip:** Assistant Coach  
E-mail: barryatnip@atnipco.com  
Cell Number: 714.801.8362

**Jake Wybaczynsky:** Assistant Coach  
Email: wybaczynsky@aol.com  
Cell Number: 562-217-9505

## **Coaching Philosophy:**

- Motivate student/athletes to achieve goals
- Create a positive, safe environment for everyone involved
- Time spent and hard work make for a successful person
- Encourage self-confidence and leadership

## **Athletic Packet: Athletic clearance required to begin workouts**

What you will need to bring to front office to complete the clearance:

\*Copy of current physical form completed after 5/15/18 with doctors stamp, signature and date.

\*Copy of registration sheet for every sport that you plan to participate in. (If you do not know at this time what sports you will be playing, register for each sport/activity that you might want to try. If you decide at a later time to try a sport/activity you will need to log back into [athleticclearance.com](http://athleticclearance.com) and register for that sport/activity to get cleared to participate. Once you have done this, you will then need to bring in the registration form for that sport/activity to front office.)

If you do not have a computer or internet access available at home, you may use the computers in the copy room in Sonora's front office.

No Student may participate in extra-curricular activities until fully cleared through Sonora's front office. Information must be logged into the school computer to finish clearance.

If you have any questions, please call or email:

Rich Lodding, Sonora Athletic Director, 562-266-2031, [rlodding@fjuhsd.net](mailto:rlodding@fjuhsd.net)

\*\*\* Sports physicals may be completed by your doctor or for \$25 you may go to:

Dr. Bob Wilkinson: 411 Atlas St., Brea, CA 714.672.9690

**Summer Fee:** Novice/Freshmen \$150. Experienced water polo players \$250

**Summer Practice Schedule:**

June 4<sup>th</sup> –July 14<sup>th</sup>:

Mornings: Monday- Thursday 6-8am, Friday 6-9 (pool/weights)

Afternoons: Monday-Thursday Practice/Scrimmages starting at 5pm

If it is not your night for league games, practice time is 1-3pm M-TH

Practice schedule changes will be communicated by coaches

July 15<sup>th</sup> –August 5<sup>th</sup> (DEAD PERIOD): Mon, Wed, Fri 6-7:30am Weights only (if the players are in town, they are expected to be there)

**Night League:** Starting June 5<sup>th</sup>

Tuesday (TBD)

Thursday (Varsity at Sunny Hills)

Wednesday (Frosh/Soph at Sonora)

\*JV will be divided between Frosh/Soph and Varsity

**Sonora Boy's Water Polo Team Co- Managers:**

Shannon Angulo: 562.882.1584, sonorazapatawaterpolo@gmail.com

Colleen Sanchez: 562.447.4745

**Sonora Aquatic Website:** [sonoraaquatics.org](http://sonoraaquatics.org)

**Remind App:** text message to: 81010 text: @zwate (Varsity)

@zwater (Frosh/Soph)

@zwaterp (JV)

**Please make all checks payable to: Sonora Raiders**

**Team Apparel Orders: Due no later than June 5<sup>th</sup>** at 8am collected at the end of practice. If you will not be at practice on June 5<sup>th</sup>, you must submit orders prior to June 5<sup>th</sup>.

**Car Stickers:** Please order on your apparel order form

**Player Information Sheets:** Due ASAP so we can begin communicating immediately

*(Please include all email addresses you want included in group emails)*

**Athlete Wall Signs: Due June 5<sup>th</sup>**

**Sponsorship Forms: Due June 5<sup>th</sup>**

**Mandatory Preconditioning Week:** August 6-10

**Player/Parent Work Day:** Friday, August 10

**First Day of School:** August 13<sup>th</sup>

**Fall Parent Meeting:** Saturday, August 18<sup>th</sup> following scrimmages and kickoff, on the Sonora pool deck.

**Booster Meeting:** Saturday, August 18<sup>th</sup> at 9:00am, on the Sonora pool deck

\*\*\*Players may give all forms and checks, made out to Sonora Raiders, to coaches or Water Polo Manager, Shannon Angulo