

EQUIPMENT

Water polo is played in a Speedo-type swimsuit. Nylon & polyester suits are preferred to lycra because they do not rip. Goggles are necessary for swim workouts. The University provides all other equipment including balls, caps, cages and, of course, the pool.

JOINING THE TEAM

Joining the University of Oregon Men's Water Polo Team is easy! Some previous swimming and/or water polo experience is preferred and helpful, but not necessary. For more info, visit us on the internet superhighway at www.OregonPolo.com. To join the team, contact the team coordinator (see contact info below).

CONTACTS

Team Coordinator

George Slavich
gslavich@uoregon.edu

Additional Information

Oregon Club Sports Office

Tel: (541) 346-3733

Fax: (541) 346-3913

<http://clubsports.uoregon.edu> -or-

<http://www.OregonPolo.com>

Oregon Men's Water Polo
C/O University of Oregon Club Sports
Erb Memorial Union
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OREGON

WATER POLO



*Encouraging Teamwork, Discipline,
Strength, and Fun*

*On the web at
www.OregonPolo.com*

A Member of



WATER POLO

Water polo was first played in the late 1800s and introduced to the United States in 1888. It is a fast-paced game requiring both physical strength and mental agility. The game itself is a cross between soccer and swimming, with six field players and one goalie per team in the pool at all times. Like in soccer, a point is awarded each time an offender scores on the cage of the defending team. Because the game is played in a deep pool, players are required to tread water and swim for most of the game.

Standard games at the collegiate level are played in pools 30 meters long by 20 meters wide. Over 4 quarters, lasting 7 minutes each, the two teams shoot goals, defend, and compete against each other, with the ultimate objective of scoring more goals than the opposing team before the 28 minutes expire.

The game of water polo requires some swimming ability. The rules of the game, though, are relatively intuitive and easy to learn. Once the basic skills are acquired, water polo becomes a very fast-paced, exciting, and fun sport!

MISSION STATEMENT

The University of Oregon Men's Water Polo Team is an intercollegiate club team dedicated to building teamwork, discipline, and strength while having fun. We seek to provide a way for athletes to showcase their skill and love for water polo in a competitive atmosphere, but without the added pressure and hassles that accompany varsity programs. We value dedication and loyalty to the team above most else and seek to guide our team strategy and management with this in mind.

We are team dedicated to excellence in the pool and in the classroom, and we seek to support each other in achieving these goals. We are a hardworking group of individuals who prioritize academic agendas first, and we manage the team in a manner consistent with this goal. Each member is expected to make a reasonable commitment to the team in terms of both time and effort.

Unlike a varsity sport, we do not offer scholarships. Team members dedicate time to practice and compete because they love the team and the game. As with any sport, the more time and energy one devotes, the more improvement one sees.

COMPETITION

We are an intercollegiate competitive team and a member of the Collegiate Water Polo Association's (CWPA) Northwest Division. In our division, we are joined by Oregon State University, the University of Portland, the University of Washington, Washington State University, and Western Washington University.

We have two seasons: fall and spring. In the fall, we compete within our division for a chance to play in the national tournament. In the spring, we focus more on personal improvement and development, and we play in a variety of local tournaments. In recent years we have also traveled to invitational tournaments in New Mexico and Arizona but, for the most part, we compete only in the Pacific Northwest.

PRACTICES

During the fall season, we practice at Amazon Pool, located about four blocks from the University, at 2600 Hilyard Street. We carpool there. During the spring season, we practice on campus in Leighton Pool, located on campus in the Student Rec Center. Practice times are usually 3 or 4 times per week for 1.5 to 2 hours. Contact the team coordinator for exact times.