



Woodcreek High School
Water Polo Parent Meeting
2023



Woodcreek Aquatics "Venmo"

SCAN FOR BOOSTER DONATION



@WHSAquatics

Your \$100 donation goes towards: H.S. booster fee (per athlete), equipment upkeep, training tools, technology upgrades and subscriptions, HUDL video access, paying for officials and lifeguards, and ultimately supporting your athletes.

Visit www.WoodcreekAquatics.com for more Details.



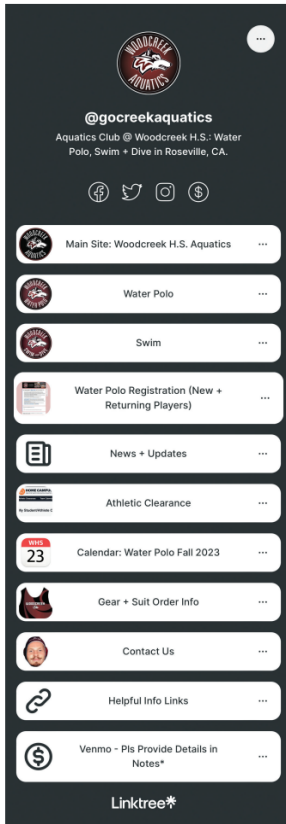
Athlete Registration

Google Form - Scan QR Code Below



This information will only be used to help assist with communication between Team Parents, Coaches, and our Aquatics Board. If you ever wish to be taken off emails, please let our Team Parents know. If you are not receiving emails - please visit www.WoodcreekAquatics.com, "Contact Our Team", to reach our Team Parents.

Visit www.WoodcreekAquatics.com for more Details.



LinkTr.ee

Scan to be taken to our Website, News, Athlete Registration, Sports Calendar, "Contact Our Team", Social Media, Helpful Links, and more!



<https://linktr.ee/gocreekaquatics>

Visit www.WoodcreekAquatics.com for more information



SportsYou App

Scan the QR Code to Download the App



Team Code: **HVAU-NZ6D**

Both athletes AND parents / guardians are welcome to join the App. SportsYou is a tool to ask questions and share photos. Please email Coaches and Team Parents for individual support or time sensitive inquiries.

Visit www.WoodcreekAquatics.com for More Information

Suit and Gear Ordering Information

If you have a new player and/or are unsure of suit sizing, please have your athlete try them on today. Orders are final sale on all suits.

We have online storefronts for all suit and gear orders this year. Players need a black polo game day shirt. This will be worn on all home and away game days. Players can order a bag from either site based on what fits your needs and budget best, but bags are not required.

Boys Suit: Kap 7 <http://whsaugust2023.itemorder.com>

The suit is the **only** item required but there is a bag and goggles offered as well. Store closes Monday, August 21. Orders will ship to the board and be given to the athletes.

Girls Suit: RYTE Sport <http://rytespoet.com/collections/woodcreek-high-school>

The suit is the **only** item required but there is also a bag offered. The site will not close. Orders will ship to your home.

Gear Site: <http://gic.graphics/collections/woodcreek-high-school-water-polo>

The **only** required article is the game day polo. Store closes Monday, August 21. Orders will ship to your home.

Throughout the season, gear and past seasons items will be sold during some home games. We have new straw hats and car decals to add to your swag! Venmo is preferred for payment.

Good sites for practice gear: <http://www.swimoutlet.com> and <http://www.amazon.com>

Communication

Our website has the most current information and likely the answers to all your questions. Please check it often. The “News” Section is a good place to bookmark. <https://www.gomotionapp.com/team/rechswhsa/page/home>

Google Classroom: This is where coaches will directly communicate with athletes. All athletes need to join their respective classrooms and should see Coach D’Arienzo for access codes.

The LinkTr.ee QR code on the first page will take you to all our social media and online presence.

The team parents and athletes will be using the **sportsYou** app as a way to communicate quickly and when last minute changes occur. The QR code on the first page will take you to the app. Woodcreek High Water Polo access code is **HVAU-NZ6D**. If you have problems registering, please contact a Board Member. Once Varsity and Junior Varsity rosters are set, Team Parents will create groups for each team.

Please refer to the Player-Parent Handbook from Coach D’Arienzo and Coach Carrigan for all procedures, policies, and expectations.

Schedule and Logistics

Early Dismissals and Absences:

These are taken care of by Coach D' Arienzo through the school and attendance. Release times will be communicated with the athletes and families when needed. It is the students responsibility to communicate these dates with all of their teachers PRIOR TO THE ABSENCE to ensure tests, quizzes, and assignments are made up appropriately. The system is not perfect and you may get absentee notices from the office, they will be cleared. This information is in the handbook from Coach, so please make sure your athlete is familiar with the process and their responsibilities.

Game Information: The schedule is always subject to change, both dates and order of games. There is a gate fee for all non league games and tournaments. Please check the calendar regularly. Athletes need to be at every game at least an hour early, in their suit and ready for warm ups. For games, athletes should have their suit, towel, swim cap and goggles (for warm ups), water, snacks, sandals/shoes for the pool deck, eye drops (if chlorine sensitive), sunblock, nail clippers (nail checks of fingernails and toenails are done before every game), a good attitude to cheer on other teams.

Away Games: Transportation is not provided to away games and carpools can only be arranged through parents and not coaches. Athletes will need to be on the pool deck at least an hour before game time, in their suit and ready to warm up. Some pools have no shade for spectators, so we encourage you to bring water, sunblock, and umbrellas for shade.

Tournaments: Tournaments are long and can be very hot this time of year. In addition to water, sunblock, umbrella or pop up, spectators may also want to bring a camping chair as bleachers are limited and sometimes full. Parking can be difficult so please arrive early to ensure you have time to find parking. In addition to everything needed for games, athletes may want to bring more than one towel so they can alternate while drying, and money for snack bars or food trucks. Girls like to bring an extra suit top to be more comfortable between games.

Practice Times:

All practices are at the Roseville Aquatics Complex (RAC).

All end times are approximate and can be longer for set up, chalk talk, etc.

- Varsity Girls (1st period Athletic PE): M,T,W,Th,F start time 6:45 am and W start time 8:30 am
- Varsity Boys (4th period Athletic PE): typically ends around 4:30 pm-5:00 pm
- Junior Varsity Girls: 4:15 pm-6:00 pm
- Junior Varsity Boys: 3:45 pm (right after school after changing)-5:30 pm

WE DO PRACTICE DURING SCHOOL BREAKS AND DAYS OFF.

If athletes need to leave practice early, will be late, or absent, they need to email coaches.

Athletes should have a suit, towel, swim cap, goggles, water, sunblock, and sandals/shoes for the pool deck.

Parent Training: Saturday, August 26 from 9 am -12 pm

This will be a morning of desk (clocks, Colorado, scorebook, flags, etc) and referee training and scrimmages for the boys. We need as many parents to attend as possible from all 4 teams so we have help during game days and the tournaments we host.

Senior Picture Day for Senior Banners: Wednesday, September 6

Start time TBD but 6:15 pm/6:30 pm is the target, will be updated online and by team parents.

Pink Out Game/Senior Night: tentatively scheduled for **Wednesday, October 11**, more details to follow.

Individual and Team Photo Day: tentatively scheduled for **Wednesday, October 18**; 4th period 2/2:30, VG 3:30, JVG 4:00, JVB 4:30. Squads will still have practice.

Game schedule: As changes occur to dates or game order, they will be updated here. Please bookmark and check the site regularly. Coaches will send updates within google classroom.

<https://docs.google.com/spreadsheets/d/1VmVjnFbX-AP-nWTXjh412kl0mXYPTHZz-YgL2tmSA0/edit#gid=973027597>

Board Information

2023-24 Woodcreek Aquatics Club Water Polo				
Position	Name	Phone	Email	Notes
Coaches / Roles				
Water Polo Head Coach / VB	CJ D'Arienzo		CoachDArienzo@gmail.com	
Water Polo Varsity Girls Coach	Kelsey Carrigan	925-381-6998	KelseyCarrigan@yahoo.com	
Water Polo JVG Coach	Kelli Leffel		KelliLou2010@yahoo.com	
Water Polo JVB Coach	Austin Stevenson		AustinStevenson23@gmail.com	
Aquatics Board				
President	Stephanie Bastek	252-333-2042	BasOhana@yahoo.com	
Vice President	Adam Carter	916-869-7001	AdamCarter10@gmail.com	
Treasurer	Summer Enslow	916-996-2720	MikeSummerKCR@earthlink.net	
Secretary	Dan Fields	916-870-9969	dan@itstheprize.com	
Apparel	Andrea Carano	916-607-9656	AndreaCarano415@gmail.com	
Hospitality Mgr: FRIDAY	Lori Richardson	707-954-2696	JVGwaterpoloWHS@gmail.com	
Hospitality Mgr: SATURDAY	Peggy Larson	916-300-9004	epje@surewest.net	
Hospitality / Event Food Mgmt	Christina Crews	530-921-1608	cervin_83@yahoo.com	
Booster Rep	Peggy Larson	916-300-9004	epje@surewest.net	
Marketing / Website	Heather Ostrom	916-764-2710	Homes@RosevilleAndRocklin.com	
Fundraising	vacant			We can help get you started
Volunteer Coordinator	vacant			We can help get you started
Team Parent - Varsity Girls	Amanda Richardson	707-954-2696	VarsityGirlsWHSwaterpolo@gmail.com	
Team Parent - JV Girls	vacant		JVGwaterpoloWHS@gmail.com	We can help get you started
Team Parent - Varsity Boys	Jen Newton	916-412-2660	JenniferNewton22@gmail.com	
Team Parent - JV Boys	Kim Caveney	408-679-2511	kimcaveney@gmail.com	
Websites + Social Media				
Website		www.WoodcreekAquatics.com		Our main website.
LinkTr.ee		https://linktr.ee/gocreekaquatics		Link to EVERYTHING
Instagram		https://www.instagram.com/woodcreekaquaticsclub/		One of the best places for quick updates, outside of the website.
Facebook		https://www.facebook.com/groups/207179315968481		One of the best places for quick updates, outside of the website.
"X" formally Twitter		https://twitter.com/GoCreekAquatics		Less frequent posts here.
Woodcreek H.S. Athletics Page		https://sites.google.com/rjuhsd.us/woodcreekathletics/home (NEW)		RJUHS run website
School Administrators				
View Athletic Directors		https://sites.google.com/rjuhsd.us/woodcreekathletics/staff		