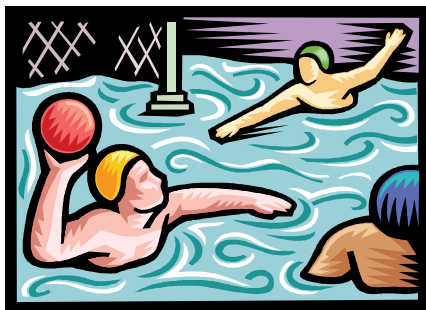


WATER POLO



Boys' Water Polo Club will start at MMW for 8th grade MME and MMW students in October. The club will meet on Wednesday morning's at the MMW pool from 7.30-8.30am. The class is designed for beginners and those who have some experience. Students will learn basic rules and passing/ball handling techniques in this class.

The first session will be on Wednesday October 19th—the final class will meet on November 23rd. Water Polo is an energetic and demanding sport. In order to sign up for the class, students must be competent swimmers and will need to demonstrate the following skills at the first class:

- The ability to swim 4 consecutive lengths of the pool non-stop (without resting)
- The ability to tread water non-stop for 4 minutes (without resting)

It is recommended that students verify that the above requirements can be met before signing up.

Transportation will **not** be provided by the district.

In order to sign up, students need to do complete the Student Athlete Checklist below and return it to the MMW MAIN OFFICE; the class is limited to a maximum of 25 boys.

MMW WATER POLO CHECKLIST

NAME _____

ACTIVITY _____

The following checklist needs to be completed and turned in with all associated forms and fees. Instructions on how to pay fees online and all required forms are available at our website:

<http://www.minnetonka.k12.mn.us/Schools/MiddleSchoolWest/Activities/Pages/RequiredFormsandFees.aspx>

You are not allowed to practice until all of the following taken care of:

	\$50 MMW PARTICIPTION FEE – Please pay this fee online.
	\$20 WATER POLO FEE – This fee needs to be paid by check <u>made out to MME, NOT MMW</u> . <i>Please put the student's name and grade on the memo line of the check and tick the box to the left.</i>
	SPORTS PHYSICAL EXAM FORM ON FILE – this form is available at the MMW activities website. <u>This is different from a general physical and the form is specifically for athletes</u> and needs to be <u>signed by your doctor and turned in to the health office</u> . <i>A physical is valid for 3 years, so you only need to take care of this once during your time at MMW.</i>
	MIDDLE SCHOOL EXTRA CURRICULAR ACTIVITIES ELIGIBLTY FORM - this form is available at the MMW activities website. Please complete the form, print it out and make sure it is signed by a parent AND the student. This form includes a Health Questionnaire, Transportation 1201B and Parent Drive forms. <i>This form needs to be completed just once each school year – if you completed this form earlier in the school year, enter the sport you participated in here:</i>
	EMERGENCY CARD - this is available at the MMW activities website. Use the auto-complete version if possible – you can then save it to your computer for future use and updating. Print off 2 copies and place them in the envelope. <i>You need to turn in 2 copies for each sport you participate in.</i>

Please check off all of the above boxes as you complete each item.

Place the following inside an envelope and hand it to the MMW main office:

- This form
- A check for any fees you have not yet paid and/or copies of receipts for online payments.
- Co-curricular eligibility form
- Emergency card (***2 copies please***)
- Do NOT put Physical form in the envelope – turn it in to the health office.

Have a great season!