

DEERFIELD
HIGH SCHOOL



WARRIOR
WATER POLO

DHS Girls Water Polo Information Packet
Spring 2016

Coach Tiffany M. Urbanski
Coach Matthew Nurre

Head Coach Tiffany M. Ruiz-Urbanski

Athletic History:

USA Diving (Team CPD): 6-12 years of age

USA Swimming (Team CPD): 6- 21 years of age

USLA Junior Lifeguard & Lifeguard National Athlete (Team Leone Beach): 5-21 years of age

USA Water Polo National Athlete (Team CPD): 6 -24 years of age

Coach/Referee History:

Head Aquatic Water Polo Coach CPD (oversaw the growth of the sport in over 72 indoor CPD swimming pools, coached at several national championships for multiple age groups)

North Beach Water Polo Club Coach

NCAA, CWPA, IHSA, and USA Water polo (Domestic and International) Referee

Related Experience:

Exercise Physiology Undergraduate Degree

University of Illinois at Chicago

Completing Graduate Degree in Secondary Education for Biology

DePaul University

Former Personal Trainer at Lifetime Fitness Level 4 of 4 trainers

ER-Technician for GBH and MPH for 3 years

Certifications:

NSCA - Certified Personal Trainer

NASM-Performance Enhancement Specialist

Core Power Yoga Online Teacher Training

EMT-basic Certified

Assistant Coach: Matthew Nurre

Athlete History:

USA Swimming age group till college

University of Iowa Swimmer and Water Polo Player

Coach History:

USA Swimming/Water Polo (Team Glenbrook Gators): 5 years

DHS: Boys and Girls Water polo Coach 3 years

Girl's



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Health and Physical Benefits of Swimmers Cross training with Water Polo

According to the American Academy of Pediatrics

Increased Cardiovascular Endurance: Can swim up to 5k per game

Weight Loss: Can burn up to 700 calories per hour of play

Improved Strength: Especially in accessory muscles that aid in Swimming; reduced risk of diabetes, obesity, and heart disease.

Non-Weight Bearing for Joint Health: Increased overuse injury prevention

Increased Flexibility: Based on implemented yoga influence in dynamic stretching exercises

Improved Cognitive Higher Level Reasoning and Strategy: Multitasking and decision making for game tactics are often utilized and help improve psychological benefits.

Introduction to Team Sport: Improved social benefits by working with teammates and developing friendships

Sources: www.livestrong.com, www.education.com, www.healthfitnessrevolution.com/top-10-health-benefits-water-polo

A Message from Brad Schumacher (Two Time Olympic Gold Medalist in Swimming, and Olympic Athlete in Water Polo):

Tip of the Week by Brad Schumacher

www.youtube.com/watch?v=eZbdiuUu0S8

Deerfield



Warriors

DHS Girl's Water Polo 2016 Goals

- ❖ Creating lasting impressions with the participants by maximizing fun activities, community service, and team bonding events for our DHSWP members.
- ❖ Improve both the recruiting and retention rate of DHSWP participants by collaborating with DHS Swim Coaches and COHO Swim Coaches.
- ❖ Make great use of our brand new Aquatic Facility to be complete late November!
- ❖ Run an Age Group Introduction/Sport Informational Parent Clinic with a minimum of 80% involvement from DHS/HPHS athletes, all receiving community service hours.
- ❖ More than 70% of the DHSWP team consisting of DHS Swimming & Diving members.
- ❖ More than 50% of the DHSWP team involved in the 2015-2016 IWP Winter Club HS League.
- ❖ More than 15% of the DHSWP team try-out for the Midwest Zone Olympic Development Team.
- ❖ Improve the win to loss ratio from previous years.
- ❖ Win the State Sectional Play-in Game.
- ❖ Continue to throw great pizza parties for surprise home games, Senior Night, and DHSWP awards banquet!

If you would like to suggest a team goal, please send all suggestions to Tiffanym.ruiz@gmail.com



American Water Polo Sponsored Leagues &
Illinois HS Club Water Polo Opportunities



AMERICAN
WATER POLO™

IWP Age Group Fall League
TBD

IWP Girl's HS Winter League
December 5th, 2015-February 28th, 2016

IWP Girl's HS Summer League
June 14th-July 17th, 2016

Participating Teams

Nearby:

North Beach

Glenbrook Gators

Mundelein

DUWP

Barrington

Maine East

NIPC

Further:

Palos

West Sub

LAW

HF

St. Charles

Payton

Lyons

For more information and recommendations based on personal interest, please contact Tiffany M. Urbanski or Matthew Nurre.



USA Water Polo Olympic Development Program &
Sponsored Events



OPD Midwest Zone Girl's Try Out

ODP Camp #1

Date/Time: Saturday, December 12, 2015 (2:00pm-6:00pm)-Sunday, Dec. 13,
2015 (9:00am-1:00pm)

Location: Lyons Township HS (South Campus)
4900 S. Willow Springs Road
Western Springs, IL 60558

ODP Camp #2

Date/Time: Saturday, January 16, 2016 (2:00pm-6:00pm)-Sunday, January 17,
2016 (9:00am-1:00pm)

Location: Lyons Township HS (South Campus)
4900 S. Willow Springs Road
Western Springs, IL 60558

Contact: Anne Laurence
alaurence@usawaterpolo.org
925-989-1380

Junior Olympics National Championship

Session 2 in California

July 28-31, 2016

Girl's



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College Opportunities

Collegiate Water Polo Association: Varsity Level (DI, DII, DIII) this level offers scholarships based on the athletic and academic ability of the participant*

Collegiate Water Polo Association: Club Level, this level offers a great outlet for college athletes to stay involved without the ability to play for a scholarship*

NCAA: Several West Coast Leagues*

If interested in connecting with a University or Coach, please contact Tiffany M. Urbanski.

Tiffanym.ruiz@gmail.com



Important Dates to Remember!

- ❖ October 22, 2015 (5:00pm in pool) DHS Girl's Swim & Dive vs. GBN
- ❖ October 30, 2015 (5:00pm in pool) DHS Girl's Swim & Dive Senior Night
- ❖ February 2, 2016 (3:30pm in room A100) - Girl's WP Preseason Meeting
- ❖ February 8, 2016 (3:30pm TBA)- Preseason training commences
- ❖ February 27, 2016 (TBA)- Age Group/Parent Sport Informational Clinic
- ❖ December 5, 2015-February 28, 2016- IWP Girl's HS Winter League
- ❖ February 29-May 6, 2016- IHSA Girl's Water Polo Season
- ❖ May 9-14, 2016- IHSA State Sectionals
- ❖ June 14-July 16, 2016- IWP Girl's HS Summer League
- ❖ July 28-31, 2016- USA Water Polo Junior Olympics National Championship

Thank you so much for reading this and being ambassadors for our sport, by spreading the word about our program! We look forward to a great upcoming season. Good luck to all the DHS IHSA Girl's Swimming & Diving team participants in their current season! GO WARRIORS!

With Warm Regards,

Coach Tiffany M. Urbanski

Coach Matthew Nurre

Girl's



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