

## SAMPLE TRAINING SCHEDULE SOCal-OUTDOORS:

It's assumed that the caliber of athlete participating in the PWPA is of the highest quality in the sport. That being the case, there'd be less emphasis on fundamental development in training compared to team/game tactics.

Conditioning is an integral aspect of any professional athlete, however; due to facility availability issues, the onus of a majority of individual conditioning will be on the athlete. Athletes will need to gain access to a local gym/pool such as 24hour fitness, Golds Gym, etc., with necessary facilities. That said, teams should arrange for specific days/times, when athlete's could schedule their individual conditioning with no impact on the team schedule as well as the athletes work or academic commitments. Utilizing Sundays as a training day will help in making this more feasible. Below is a general practice structure:

Sunday: Team Practice-2.5 hour Session.

-60 min-Team Meeting: Video/Game Review

-30 min-Warm-up/Conditioning

-30min- Positional Training

Monday: Individual Conditioning-1.5-2 hour session

-45min-Weight Lifting

-60min-Swimming.

Tuesday: Team Practice-2 hour session

-30min-Warm-up/ Positional Training

-60min-Counter Attack

-30min-Scrimmage

Wednesday: Individual Conditioning-1.5-2 hour session

-45min-Weight Lifting

-60min-Swimming

Thursday: Team Practice-2 hour session

-20min-Warm-up/Positional Training

-20min-Counter Attack

-40min-Offensive/Defensive Tactics/6on5

-40min-Scrimmage

Friday: Team Practice-2 hour session

-30min-Team Meeting/Game Prep

-15min-Warm-up

-45min-Offense/Defense/6on5

-30min-Scrimmage

Saturday: Game Day

It's assumed that along with the previously scheduled individual training days, athletes would find additional time, around their daily schedules and team practice time for additional individual conditioning. Utilizing the above schedule, teams would need to obtain pool time on Sundays, Tuesdays, Thursdays, and Fridays-for a combined total of seven hours. By requiring and enabling specific days for players to condition on their own (Mon/Wed) this will limit team costs and allow for more team practice time to focus on game tactics.

#### POOL TIME:

Teams will likely need to arrange practices around personal work/school schedules. The ideal practice times will be in the evenings, between 7pm-10pm. This is also the most likely times teams will be able to find pool time. The best source for pool availability would be local high schools or colleges. There are ample high schools in the SoCal area with adequate facilities...and many do not host age group club teams. Considering current economic times, many of these schools are looking for ways to generate income and renting pool space is a very viable option. The best route to obtain pool time at any local high school or college would be to first contact the head swim/water polo coach of the school.

Below is a partial list of school facilities in the LA/Orange County/Inland Empire Areas with 30m or larger pools:

Corona Del Mar HS, Newport Harbor HS, El Toro HS, JSerra HS, Rancho Santa Margarita HS, El Dorado HS, Huntington Beach HS, Whittier HS, Capistrano Valley HS, Mira Costa Hs, Mt. San Antonio College, Chaffey College, Saddleback College, Golden West College, Pomona College, Claremont College, Whittier College, Cal Lutheran University, UCLA, USC, LMU, Cal Baptist University, Soka University, Pasadena City College, LA Valley College, Pepperdine University, Chapman University, University of Redlands, Long Beach State University, UC Irvine,...

In addition there are a number of Aquatics specific facilities. Availability of these may be more limited, and costs probably higher:

Belmont Plaza, Heritage Park, Sippy Woodhead, La Flores Park, Commerce Aquatorium, Rosebowl Aquatics Center

There are many additional large facilities, in addition to an almost unlimited number of quality 25yd, all-deep pools.