



Home Water Polo Training Program

The pessimist complains about wind.

The optimist expects it to change.

The realist adjusts the sails.

Objective

The goal of the Home Water Polo Training Program is to provide SET Swim and SET Water Polo athletes with voluntary training options during the suspension of regular training that enables them to continue their physical, mental, tactical, and technical development.

Step 1:

Join Google Classroom Course by going to <https://classroom.google.com/> and entering the class code for your age group:

- **SET SWIM: 5365uio**
- **SET 16/18 Girls: fmhatul**
- **SET 16/18 Boys: s2p2hjh**
- **SET 10/12/14 Girls: x2obqoa**
- **SET 10/12/14 Boys: t7ztluy**

Step 2:

Start training! Daily goals will be posted to keep players on track, but you can always do extra credit. There are already some great resources posted and more to come.

There are things that we recommend doing everyday, including physical exercises and our Home Shooting Development exercises.

More To Come:

In addition to our physical training program we will be posting “assignments” that will support mental development for our athletes, including self-evaluation, videos, articles, and podcasts.

Go SET!