



LOYOLA WATER POLO

A Letter to Class of 2025 Freshmen from Loyola Varsity Water Polo Coach Erik Healy

Dear Member of the Class of 2025:

Congratulations and welcome to Loyola High School! The Water Polo program will be conducting workouts for incoming freshmen during the summer and you are invited to join us.

The days that freshmen will work out on campus are June 23rd, June 30th, July 7th and July 14th from 3:00 to 5:00 p.m. Please join us at Conn Pool (located on the east end of campus, next to the gym) and be sure to bring a swimsuit, goggles and a towel.

Though these workouts are not mandatory, they are highly recommended for any Cub that is interested in playing water polo during the upcoming fall season. These workouts will give you a chance to meet other freshmen water polo players and coaches, learn and enjoy the game, as well as prepare you physically and strategically to contribute to the Loyola Water Polo program in the fall. Student-athletes who demonstrate skills beyond the freshman level may be asked to workout with the JV team during the summer as well. The schedule for the JV team this upcoming summer is from 6:00 to 8:00 a.m. every Monday, Wednesday and Thursday; and 10:00 a.m. to 12:00 p.m. every Tuesday and Friday.

Our 2019 Varsity team had one of the greatest seasons in program history, finishing 3rd overall in the CIF Division I playoffs, winning the North-South Challenge championship and finishing as CIF State Regional semifinalists. After a shortened 2020-21 season due to the pandemic, we return an experienced team with strong players who will look to make a major impact this fall of 2021. Our 2021 schedule is also competitive, with prestigious tournaments lined up for our Cubs this season, and we will have multiple opportunities to play against some of the top teams in the nation. I am very excited for our Cubs to step up to this challenge and I look forward to seeing you in our pool.

The Varsity and JV teams will begin fall tryouts on Monday, August 9th. **The first day of Frosh tryouts is Monday, August 16th, and it is MANDATORY for all student-athletes interested in Loyola Water Polo.** Tryout times and other important information will be made available at a later date on the Loyola [website](#).

All necessary paperwork must also be turned in prior to working out. Any questions regarding this paperwork should be directed to Head Athletic Trainer, Tim Moscicki at tmoscicki@loyolahs.edu.

Additionally, there is a strength and conditioning component to help prepare you for the upcoming season. Loyola High School offers a weight lifting and conditioning course through the [Summer School program](#), and we encourage anyone who plans to play water polo to participate. (This class begins on June 21st, 2021, and will end on July 23rd, 2021. Please take this class during Period 3 or 4 if possible to align with JV practices. This class takes place every Monday, Wednesday and Friday.)

Dates to Remember:

June 21, 2021:	Summer School Weight Lifting Class Begins
June 23:	Voluntary Workouts Begin
July 16:	Summer Water Polo Ends
July 23:	Summer School Ends
August 9:	First Day of Official JV Fall Tryouts (Not Mandatory)
August 16:	First Day of Official Frosh Fall Tryouts (Mandatory)

If you would like a more detailed summer schedule, or if you have questions about Loyola Water Polo, please feel free to email me at chealy@loyolahs.edu. Please direct your general inquiries regarding athletics at Loyola to our Athletic Director, Mr. Chris O'Donnell '88, via email at codonnell@loyolahs.edu or by phone at 213.381.5121 ext. 1516.

Thank you very much and I look forward to meeting you soon. Go Cubs!

Erik Healy

Head Water Polo Coach

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