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**Contact us:**  
**tigerswaterpolo@gmail.com**

### **Water Polo**

#### **Exciting, challenging and fun sport**

A water polo athlete needs to have the over-arm accuracy of a baseball pitcher, the vertical skills of a volleyball player, the toughness of a rugby and a hockey player, the endurance of a cross-country skier and the strategy of a chess player.

**The game is great to watch and even better to play**



DeNunzio Pool — home of the Tigers Aquatics Club



**Tigers Aquatics Water Polo**

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Princeton University DeNunzio Pool  
Princeton, NJ

Phone: (646) 408-5536 (coach Derek Ellingson)  
E-mail: tigerswaterpolo@gmail.com  
Website: <http://www.tigersaq.com>

## Tigers Aquatics Club



Membership  
Information

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**The strength of the team is each individual member...the strength of each member is the team**

<http://www.tigersaq.com>

# Youth and Masters Ultimate Water Polo Club

**Welcome!**



## **Tigers Aquatics Water Polo**

A year round program designed for all ages and levels. The season starts in September and lasts through the end of July, culminating with Tigers Teams competing at National Championships in the summer.

If you are interested in joining - please use the 'Contact' form on the website or email [tigerswaterpolo@gmail.com](mailto:tigerswaterpolo@gmail.com). Please indicate your age, gender and competitive experience.

We will set up a tryout time at our mutual convenience. If accepted, you will be assigned to the appropriate training group and given a practice schedule.

## **Training Sessions**

Fall: September – December

Winter/Spring: January – April

Summer: May – July

For exact session dates and cost – please visit our website [http://www.tigersaq.com/about\\_us/](http://www.tigersaq.com/about_us/)

Discounts: special rates for attending practices once a week, siblings and college students (subject to coaches approval).

Our goal is to improve skills, teach cutting edge techniques and advance players' understanding of game concepts and team play. Each training session usually consists of individual drills and scrimmages. Tigers Coaches focus on fundamental 2M offensive and defensive tactics, one-on-one instruction to full-scale games, special situations and advanced strategies.

## **Tiger Teams**

Tiger Cubs (Novices, CoEd)

Golden Tabby Tigers (Girls)

Bengal Tigers (Juniors 16 years & younger, Boys)

Siberian Tigers (Seniors and Masters, Men)



Each player is individually assigned to a training group based on age/gender/experience. Each group practices at least 3 times a week. Please refer to the Calendar which is updated on a monthly basis.

## **Coaching Staff**

Derek Ellingson – Head Coach

(Princeton University Water Polo assistant coach)

Roddy Carter – Coach

Mike Helou and Peter Shulam – Assistant Coaches

(Princeton University Water Polo players)



Luis Nicolao (left) and Derek Ellingson - Princeton University Water Polo coaches

- ***Encourage the development of Water Polo***
- ***Promote excellence in the sport***
- ***Provide all players with the opportunity to reach the level of personal achievement that their determination and ability allow them to attain***

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