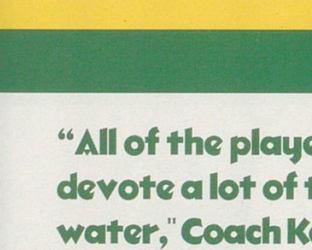




Incoming! Allyson Harmon, 11, prepares to block a shot. This was Harmon's 3rd season and she played strong with over 300 blocks!



Getting open. Lauren Siemer, 12, gets around an opponent in the hole. The hole man sits on the 2m line and receives wet passes from the other offensive players.



I'm open! Lauren Klayman, 12, reaches to receive a pass. Klayman's energetic and competitive style significantly contributed to both offense and defense.

Keep your eye on the ball. Jen Witte, 11, looks her competition in the eye. Before passing Witte ensures that one of her teammates is open. Smart passes were a crucial part of offense to prevent turnovers.



Defense! Gretchen Bloomstrom, 11, defends her man. Getting high out of the water is not easy. The higher a player can get, the better chance she has to block a shot.



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PRACTICE MAKES PERFECT. Despite a rigorous practice schedule and tournaments almost every weekend, the girls still managed to make time for team bonding. Team bonding is really important in any sport. A team that gets along out of the water will play together better in the water. In water polo it is all about



eating! It is all about pasta--PARTIES! In addition to six-hour bus rides, and pasta parties, other bonding activities included a team sleepover, scavenger hunting (mainly of football signs), a trip to the USS Nightmare, as well as the "big sis", "little sis" program. The "sisters" program gives the underclassmen a chance to get to know the upperclassmen.

"I loved always getting treats before games," said Allyson Harmon, 11. The "sisters" try to determine small gifts that will be appreciated by each other. Even though the girls may not know each other initially, each tries to learn what foods, make-up, or clothing gift will be a perfect match. The team felt that they got to know each other better than they had in years before, contributing to their successful season.

"We really came together and played well because of it," said Kim Bieler, 9.

"All of the players are very dedicated to the game, and devote a lot of their lives to water polo in and out of the water," Coach Kevin Hartman



Communication. Randi Kirschner, 12, shouts for help while she keeps the ball away from her defenders. While in the water it is not always easy to see which players are open. Communication is essential to offensive play.

Timeout! Coach Kevin Hartman talks to the players during a timeout. The girls in the water get a welcome rest. The girls on the bench learn more about the game.



Dry passes. Jaclyn Tameris, 12, passes to one of her teammates as her defender quickly approaches. Dry passes are very important. If the pass is wet, it gives the defense a chance to set up.



Follow your shots. Meghan Crosby, 10, follows as her shot heads toward the goal. After a shot is taken the girls crash toward the goal. Following shots is very important in game situations.

