

# Lady Mats News

Sept. 2007

Issue Three

Schedule of Events  
Week of  
September 24, 2007

**Date: Mon. 9/24**

**Varsity @ Harker**

On Deck: 3:00 pm

Game: 4:00 pm

**Date: Thus. 9/27**

**Varsity vs. Santa Clara @ MV**

On Deck: 4:45 pm

Game: 5:45 pm

**Junior Varsity vs. Santa Clara @ MV**

On Deck: 2:30 pm

Game: 3:30 pm

**Date: Sat. 9/29**

**JV Tournament @ Monta Vista**

10:00 Half Moon Bay

11:20 Fremont

12:40 Stevenson

2:00 Harbor



## Bringing joy and hard work to the pool deck.

Every week I take pictures of our daughters. I catch them prepping for their game, working hard to succeed in the pool, and dealing with the outcome good or bad. This week, you may have noticed, was full of smiles. Whatever may come, they are a team!

–Michelle

## Coach's Corner

"I'm cherishing every hard practice I have. I'm cherishing every meet I have, every race I have, whether it's good or bad. This love I feel, I haven't had since I was 10 or 11 years old and it's just so good to have it back. And that's what's really driving me now is just the pure love."

Quote by:

Erik Vendt

2007 US National Champion  
1500m Free, 800m Free



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## The Snack Shack

We need you.

We need you.

We need you.

To support our girls with your time. Please contact Candy Weckel to man the snack shack at our next JV tournament: September 28th and 29th.

Just call: 973-1959 or email:

[cweckel@earthlink.com](mailto:cweckel@earthlink.com)

## Boosters Bench

Current Boosters Members:

Antonova  
Ball Family  
Bartas Family  
Danese Family  
Darmawan Family  
Drysdale Family  
Granera Family  
Hui Family  
Jenny Family  
Karlskind Family  
Lin Family  
Shoukry Family  
Singh Family  
Sivakumar Family  
Van Nest Family  
Wagner Family  
Walker Family  
Weckel Family  
Wong Family  
Zhang Family  
Ziegler Family

Families make it all possible.

If you still need a boosters form, they can be downloaded from the Monta Vista Athletics Department Web site:

[http://www.mvhs.fuhsd.org/lori\\_graham/Parent Information.htm](http://www.mvhs.fuhsd.org/lori_graham/Parent%20Information.htm)

## Water Polo Basics

Man up (6 on 5)

If a defender interferes with a free throw, holds or sinks an attacker who is not in possession, or splashes water into the face of an opponent, the defensive player is excluded from the game for twenty seconds (informally called a 'kick-out' or ejection). The attacking team typically positions 4 players on the 2 meter line, and 2 players on 5 meter line (4-2), passing the ball around until an open player attempts a shot. Other formations include a 3-3 (two lines of three attackers each) or arc (attackers make an arc in front of the goal and one offensive player sits in the 'hole' or 'pit' in front of the goal). The five defending players try to pressure the attackers, block shots and prevent a goal being scored for the 20 seconds while they are a player down. The other defenders can only block the ball with one hand to help the goalie. The defensive player is allowed to return immediately if the offense scores, or if the defense recovers the ball before the twenty seconds expires.