

TECHNICALLY SPEAKING: WATERPOLO

GRIP

Only one hand is allowed on the ball, having a good grip allows the player to have more control over the shot

Goals
Scored:

79

FOCUS

Daugherty has to focus on the goal, shooting the ball at a high speed, and keeping his opponent away from him

EGGBEATER

The eggbeater is a style of kicking where the swimmer's legs alternate one-legged breaststroke kicks. This form provides continuous support and allows the swimmer to remain stable in the water.

The Varsity Waterpolo Guide Featuring:

COLIN DAUGHERTY

by Serenity Wulfin, EIC

In a remarkable display of precision and finesse, sophomore, Colin Daugherty egg beats to reach his threshold and he draws his arm back looking for the exact window to take his shot. The crowd erupted in applause as Daugherty effortlessly propelled the ball past the opposing goalie, securing a crucial point that swung the momentum in favor of their team.

Daugherty is one of two sophomores on the varsity Boys Waterpolo team. He has been playing polo for 1.5 years but already shows outstanding promise for the sport. Every day after school, five days a week, Daugherty attends practice for two hours and 15 minutes. During these practices, they focus on practice plays as well as fundamental

skills, like shooting and passing. The team also has morning swim twice a week and focuses on weight training two other days of the week.

But, Daugherty hasn't always wanted to play polo. He has drawn inspiration from alumni Nolan Severson and current captain, Ezra Smeltzer.

"I would say, Nolan, the varsity captain from last year, inspired my water polo career the most. He gave me my first speedo and taught me how to play water polo. I look up to Ezra a lot because he also has taught me a ton about the sport," Daugherty said.

Daugherty's favorite part about water polo is the physical aspect of the sport because it keeps him in good shape. However, in the future, he sees himself pursuing volleyball at the collegiate level at a four year.

