

Block. Defend. Communicate. Pass. Girls water polo athletes do all of this while treading water the entire time. The sport required a variety of traits and skills, both unique and universal to all team sports.

Much like non-aquatic sports, the players often had to focus on their endurance and accuracy during a game.

"Some swimmers are really fast so you have to be able to swim after them and keep up the same pace without getting tired," Samyukta Rao (10) said. "Scoring is also hard because the [opposing]

goalies can be really good."

However, the endurance was not the only necessary skills.

"Being a strong swimmer definitely helps with getting the ball and following your opponent, so that they don't get the ball instead," Sara Mohtaj Khorassani (11) said.

**“It is like so many different sports, so it feels like you have to be good at everything.”**

For varsity captain Nicole Kim (12), dealing with all the different challenges simultaneously had become second nature.

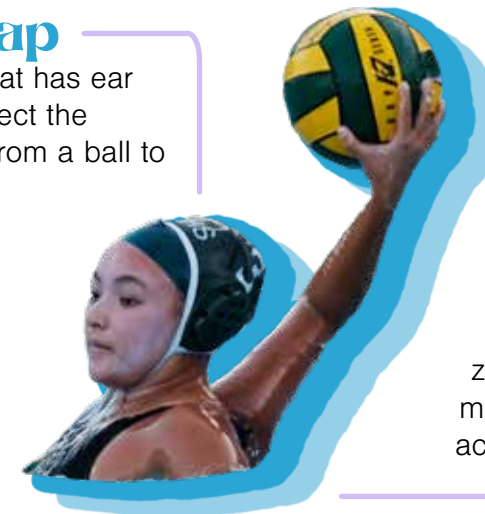
"There's a lot of multitasking, [for example], eggbeating is like walking or running," Kim said. "We don't think about it, we just do it."

As a first year high school water polo player freshman Sadie Collins gained a combination of swimming skills during her regular strength training sessions.

"It is like so many different sports, so it feels like you have to be good at everything. It gets really tiring and it's really aggressive," Collins said. "But other than that, it's really fun, because it helps you be better at so many different things other than just water polo."

## swim cap

A swim cap that has ear guards to protect the players' ears from a ball to the head



# gear up

## swimsuit

A skin-tight swimsuit that zips up in the back and is made of a thick material to accommodate this contact-filled sport

*Sofia Tedesco (10) details the reasons for the equipment used*

*Photo by Avery Woodman*

# multi-talented

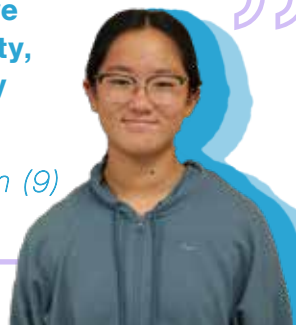
*Water polo players multi-task to manage the unique skills needed during game*

## q&a

*What is it like being the only freshman on varsity?*

**“It's really exciting, all the upperclassmen have been super welcoming and create a really supportive community, so I really enjoy it.”**

*– Olivia Kim (9)*



*Photo by Trey Kwon*



*Photo by Ila Ruggles*

## aiming for a win

Chetana Maram (10) throws the ball to one of her teammates. One of the reasons Maram joined was because of the team's supportive environment. "Whenever someone makes a goal, we always cheer for them," Maram said.

**long reach** To intercept the pass made by an opponent from Santa Clara, Libby Frey (11) extends her hand upwards. Despite the challenges of the sport, Frey found the moments that made her dedication worth it. "It's harder to get open, but when you get the ball it's really rewarding," Frey said.

*Photo by Avery Woodman*



*Photo by Ila Ruggles*

**strong saves** Eyes on the ball, goalie Diya Bengani (12) attempts to block a shot. For Bengani, the team aspect of water polo was critical. "It's very easy to get into your own head," Bengani said. "Someone who doesn't know the rules won't realize how much of a team effort it requires to stop a goal from coming in."

*Photo by Avery Woodman*



**up in the air** Aditi Mishra (10) makes a powerful throw. Although Mishra found water polo tiring, she enjoyed the games. "Before [we] play, it's pretty stressful," Mishra said. "As we start playing, it [becomes] fun and I want to be in longer."