



The Pegasus News

October 21, 2021

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Upcoming Tournaments

Texas Challenge Cup
Justin, TX (DFW area)
11/6-11/7/2021
Deadline to commit:
10/22/21

Thunder Mini Tourn.
Lewisville, TX
12/4-12/5/21
Deadline to commit
11/17/21

Cowtown Stampede
Keller, TX
12/11-12/12/21
Deadline to commit:
11/24/21

Commit Now

New to Tournaments?

Click here to learn more

What's New with Pegasus

Youth Water Polo - we are working on a new Athlete Development Tracking program for youth water polo. The team parents put together a social event and a team building event. Details below. You can watch the live tournament game posts and replays of those at <https://www.facebook.com/pegasus.aquatics>.

Cousineau Cup Tournament Results



Pictured: Coach Peter with the 14U Boys team that placed 2nd in the top division of a large tournament. They beat four strong, established California clubs: North Irvine, Del Mar, SOCAL Black and 680. They lost to Newport Beach 9-5 in the championship game.

The 16U Girls (see photo below) had a solid showing too. While they didn't win a game, they gained great experience, especially since there playing in a high school division with several middle school age girls.

ODP Camps

Read more
ODP (Olympic Development Program)
Camp Dates:
October 24 – N. Texas is full.

Other News

Updated Parent Education Page
Must be logged in to your Pegasus account to view information on this page for members only.

Strength/Conditioning
Next session dates are Dec 1, 2021 – Feb 28, 2022. Registration deadline is Dec 15th.

USA Water Polo Fall Promo for new memberships
Learn More

Contact Us

Rocktober 12U Tournament Results



The 12U Mixed team traveled to Mesa, AZ last weekend and beat two solid California clubs, San Diego Shores and CMAC, to get into the top 8 despite their #22 seed. They won quarter final and semifinal games and lost to Del Mar in the final. Their proudest moment came when awarded the Sportsmanship award voted on by all coaches and referees.

Pictured: Coach Carl with 12U Mixed team that won the Sportsmanship Award.

Tournament Commitment Policy Change: Effective immediately, we have made changes to the tournament policy commitment. Athletes can cancel their commitment prior to the commitment end date, however, any athlete registered as of the last day of the tournament commitment deadline date will be charged tournament fees. All deadline dates are posted on the event page for each tournament. After the commitment end date, Pegasus will refund tournament fees only if the parent provides a doctor's note stating the athlete has an illness or injury.

October 31st Halloween Sunday Social: Join the teams outside after SMU practices for Halloween cookies. Parents, siblings, athletes, and coaches welcome!

Sunday, December 19th Holiday Social: For holiday fun, we'll take over SMU practices to have player/parent and player/coach scrimmages, followed by a buy your own lunch get together at Torchy's Tacos. More info coming soon.



Pictured: Coach Boban with 16U Girls team at the Cousineau Cup in Irvine, CA.

Upcoming Masters Tournament

Dallas Masters Fall Invite Tournament
11/13-11/14/21

Other News

Read more
SMU Outdoor Pool is Coming!

Breakfast with Bobby and Barni on October 31st after Sunday morning practices

Masters Swim General Info

Read more

Pegasus Dallas Masters Water Polo


Pegasus is hosting the Dallas Masters Fall Invite Tournament on November 13-14, 2021, at SMU. Men's Open and Women's Open (competitive 18U teams are encouraged to attend.) Please email your intent to play by Friday, October 22nd to Matt Robinson at sooner214@gmail.com. fall/winter months. The tournament will begin Saturday morning at 11:00am and end late afternoon on Sunday. All teams will be guaranteed 4 games for two-day tournament.



Pictured: Coach Alek playing in a Masters tournament last year.

Pegasus Aquatic Masters Swimming

I stumbled across a book called *The 5 Second Rule* by Mel Robbins. Her thesis is that in 5 seconds one can make instant changes. For those of you that have swum competitively or been in an intense game or match, you are well aware how much can happen in 5 seconds. The 5 seconds here is a tool to get you attacking whatever task is at hand. It is an incredibly simple yet powerful tool to implement for whatever task is at hand (waking up for practice, homework, making breakfast, getting to the pool in time for practice). The trick is simple. When the time comes to do the task and you're thinking of the pain and suffering or would rather procrastinate, then start counting down from five. Five, four, three, two, one...lift off! It's a simple trick to get us out of our head and busy with action to take care of life and working towards our goals. For those of you swimming in the early morning try it; do not hit the snooze button but start counting down when the alarm goes off. If you count up it won't work because our minds are funny that way. Pick three things in the next couple of days that you've been putting off, set yourself up, count down and blast off. Richard Marcinko, creator of SEAL Team Six training says you don't have to like it, you just have to do it. A great message for many of us and something a pack rat and procrastinator like me can truly benefit from. Five, four, three, two, one.... see you in the pool. – Bobby Patten



HALLOWEEN

Breakfast with Bobby & Barni

Sunday, October 31st

Join us for a post-practice treat! Breakfast will be served after both the 8AM and 9AM Sunday practice groups.

All PAMS coaches and members are welcome!