



Newsletter

Water Polo

Sept-Oct 2011

Issue 1

SPORTS PERSONALITIES AWARDS:

Well Done to Laura Shears and Tommy Whiting who have both been nominated along with the two Phil's for local sports personalities, Laura and Tom in the juniors and the Phil's for their Coaching.

REGIONAL TRAINING CENTRE:

Harrison Boulton, Owen Turner, Joe Milward-Nichols, Paris James, Eric Perkins, James Wright, Sam Alberci and Gabby Martin attended trials for the Regional Training Centre (RTC) on 7th October at Exeter Pyramids.

Water players from across Devon attended this trial which entailed a 400m time trial, other polo strokes and ball skills. The swimmers have then been shortlisted into squads with Harrison, Paris and Tommy in the top group. Gabby and Sam in the middle group, Joe, Owen and Eric in the 3rd group.

The weekly training sessions are the same sets/training across all training centres, week 1 consisted of mostly swimming with ball skills nearer the end.

Well done to all who attended.

WINTER TRAINING:

Winter training sessions have started at Lypstone and also at NALC on a Saturday 4-5pm, when not being used for club galas. At present we have booked 8 sessions before Christmas. The sessions will be aimed, mainly at developing our Under 15's side.

Sue Langston, the former national academy lead coach and national junior women's coach will be helping coach these sessions with an aim to build on the minis tournament side over the coming years.

Mini Polo.

Great result at mini polo tournament at Paignton. It is likely we would have won this if all our players were 2000-2003.

Devon League Results

Under 15's 3rd Under 17's 1st Under 19's 1st Ladies 1st

Another fantastic year, with 3 of our 4 teams finishing top of their leagues. The Under 15's did very well and finished 3rd out of 4 teams a great result considering at the beginning of the year we only had 7 players.

Devon Knock out cup draw has been made 1st round matches to be played this month. Under 15's have Exeter at home, Ladies have Exeter away and the Men have Paignton at home. Under 17's and 19's have a bye into the semi finals.