

Feb 2005

Issue 2

Water Polo 2005 National Update

ASA Water Polo

Breaking News:

Commonwealth Games Water Polo Tournament Announced

It is understood that the 2nd Commonwealth Games Water Polo Tournament will be held in:

Melbourne Australia, January 15-22 2006.

The inaugural Commonwealth Games Water Polo Tournament came into existence in 2002 at the newly built Manchester Aquatic Centre. Last time around strong teams from all over the Commonwealth participated. On the women's side this included the newly crowned Olympic Champions Australia, as well as the World Championship Bronze medallists Canada. While in the men's competition it saw fierce competition between Australia, Canada, Malta as well as the Home Countries.

We welcome all parents, friends and family to make the trip for a bit of sunshine and cheer our teams.

HEAD COACH Norman Leighton says:

After the England Senior Men's team success in winning Bronze in the very first Commonwealth Water Polo Competition in Manchester 2002, exciting news is that a squad will leave these shores and make the long haul to Melbourne Australia. The games will take place from 15th - 22nd January 2006.

The senior men's squad will reconvene in March for their first camp in preparation for the next cycle leading into and beyond the Commonwealths. Training will predominately be domestic based, with camps to Serbia and Holland to be finalised. These Commonwealth Games are being used as a stepping-stone towards re-entry and qualification for the European B Championships in 2007. This has been identified as the main focus for the International Team and the direction needed to seek further to see the fruits of our labours with the up and coming generations who are now following the LTAD (Long Term Athlete Development) framework.

Already sampling the water polo and weather in Australia are six, likely, SQUAD candidates for the build up to Melbourne. Graham Martin-Dye (Penguin), Craig Figes (Bristol) Alex Parsonage, Mark Banwell (Cheltenham), Tom Curwin & Andy Squires (Lancaster) who will be looking to improve on their personal game play.

Follow our players Down Under on: www.nwplaus.com.au

BRITISH
Water Polo

Graham Martin-Dye (Balmain Tigers)
Craig Figes, Alex Parsonage & Mark Banwell (West Sydney)
Tom Curwin & Andy Squires (Melbourne Tigers)
Fran Leighton & Carol Mohan (Freemantle Marlins)

REFEREEING CHANGES

is taken from the Referees Seminar which was held in Greece in April 2004. The following underlying principles formed the basis of the discussions:

- ◆ **Officiating in the spirit of the game**
- ◆ **Privilege the advantage**
- ◆ **Reward the attack rather than the defence** (but this doesn't mean that good defence should be penalised)
- ◆ **Awarding of exclusion fouls regardless of where they occur.**

Exclusion fouls

That an exclusion foul is an exclusion foul regardless of where it occurs (in attack or defence) except in the following circumstances, namely:

- ◆ In centre forward / centre back situations, the centre forward commits an exclusion foul of holding or similar a turnover or "contra foul" should be called by the referee/s
- ◆ In centre forward / centre back situation it was agreed that the referee/s should allow an acceptable level of jostling for position; when the level exceeds that or becomes unacceptable then the referee/s need to intervene with either an exclusion foul against the centre back or a turnover or "contra foul" against the centre forward; please note it is not necessary for the ball to be in the playing area before awarding of either an exclusion or "contra foul".

It should also be noted that there are occasions when it is appropriate to call a double or simultaneous exclusion against both a defender (eg centre back) and attacker (eg centre forward).

For further information about the changes; which include info on Red Cards, Contra Fouls and Ordinary Fouls please see your club secretary who has been mailed the information by the ASA.



Future Olympians

London 2012!

A big congratulation goes to; Eleanor Gaywood and Elliot Kelly who were both recently selected to attend a celebration of the Olympic Bid 'London 2012'. There were two of 20 12 year olds who have achieved recognition in their respective sports from all over the county of Yorkshire. Both Eleanor and Elliot did exceptionally well to be chosen.

On the day the athletes met up with past Olympic stars such as Peter Elliot (athletics), Debbie Flood (rowing) plus National Team Divers from Sheffield. They were interviewed for Look North Calendar plus local radio and newspapers.

Both were awarded £150 from Sport Aid to help with their sport! Well done to both players.

British Champs: Order of Play

Teams are asked to report to the pool for 2pm. For those teams using a squad of more than 13 players the named 15 will be required at 2pm.

It would be useful if the teams could supply the names of the 13 players for the matches at the earliest point (and no later than 30 minutes before their match).

Saturday 19th February 2005

<i>Start time</i>					
<i>1500</i>	<i>Women</i>	<i>Semi-final 1</i>	<i>Sheffield</i>	<i>v</i>	<i>COVENTRY</i>
<i>1615</i>	<i>Men</i>	<i>Semi-final 1</i>	<i>Rotherham</i>	<i>v</i>	<i>Portobello</i>
<i>1730</i>	<i>Women</i>	<i>Semi-final 2</i>	<i>Liverpool</i>	<i>v</i>	<i>Manchester</i>
<i>1845</i>	<i>Men</i>	<i>Semi-final 2</i>	<i>Bristol</i>	<i>v</i>	<i>Lancaster</i>

Sunday 20th February 2005

<i>Start time</i>					
<i>0900</i>	<i>Women</i>	<i>Bronze match</i>	<i>loser of semi-final 1</i>	<i>v</i>	<i>loser of semi-final 2</i>
<i>1015</i>	<i>Men</i>	<i>Bronze match</i>	<i>loser of semi-final 1</i>	<i>v</i>	<i>loser of semi-final 2</i>
<i>1130</i>	<i>Women</i>	<i>Gold match</i>	<i>winner of semi-final 1</i>	<i>v</i>	<i>winner of semi-final 2</i>
<i>1245</i>	<i>Men</i>	<i>Gold match</i>	<i>winner of semi-final 1</i>	<i>v</i>	<i>winner of semi-final 2</i>

Medals will be presented to the runners up and winners of both the womens and mens gold match after the mens match has finished.

Upcoming Coaching Seminars

The NPD will be holding the latest version of the 'Core Skills & Drills' seminars on the following dates

North East: Tuesday March 8, Venue & Time TBA

South: Wednesday March 9, Whitgift School 7.15pm

Midlands: Thursday March 9, Bouldmere Club 7.15pm

These seminars are designed to show coaches the fundamental drills and skills that underpin all of the national teams. For more information or to attend please contact:

Sarah Dunsbee at: waterpolo@swimming.org

Drugs!

Reminder: The Great Britain Championships are subject to random doping tests. ALL participants playing may be subject to doping control (not just national team members). If you are in any doubt regarding creams, medication or queries about other substances please contact either:

Wendy Coles - 01509 228 537 Or

Sarah Dunsbee - 0161 903 8668 or preferably by email on; waterpolo@swimming.org

GRANTHAM COLLEGE WATER POLO ACADEMY OPEN DAY

FRIDAY 18th MARCH

(The day before the '89/'90 Inter-District competition @ Grantham and Cranwell)

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*...Come and see the College...*

*...Come and talk to the Tutors...*

*...Come and meet the Coaches...*

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Open Day Programme:

- 10.45am Arrival at Grantham College
- 11.00am Welcome by Malcolm Saville, College Principal.
Studying Sport at Grantham, Stuart Wesselby, Head of Curriculum
Financial Information, Jo Chetwynd, Student Financial Officer
- 11.45am Specific Academy Information, Jim Caulfield.
- 12.45pm Lunch
- 1.30pm Accommodation Tours.
- 3.30pm Practical Water Polo Assessment at Mere's Leisure Centre.

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### *Some information about Grantham College Water Polo Academy:*

- Grantham offers a wide range of A Level & Vocational Courses.
- Excellent pastoral care from Student Tutors, Accommodation Officers and Coaches.
- Grantham Water Polo Academy offers 15 hrs water polo training per week.
- Free physio care and advice is available to all Academy Students.
- Free gym induction and membership for all Academy Students.
- Transport to and from training is all arranged for you and is provided free of charge.
- Links with a College near Budapest for Water Polo Tours.
- Grantham Academy staff are working in line with the National Performance

Development Update: National Academy

- **26<sup>th</sup> March: National Academy Open Day**, venue TBC (for players attending Development Clinics NOT for those in Regional Training Centres (RTC's)).
- **27<sup>th</sup> March: National Academy Preview Day**, Millfield School, Somerset (for players in Regional Training Centres)
- **7<sup>th</sup> - 13<sup>th</sup> August: National Water Polo Academy**, Millfield School, Somerset

**What is the National Water Polo Academy?**

Players born in 1991 and 1992 are in the 'Academy' age group. At Regional Training Centres around the country players are training towards the summer and the National Water Polo Academy at Millfield. The Academy provides players who have the **talent** and **desire** with an environment where they will develop their skills as a Water Polo player. By skills, we do not **only** mean the techniques you learn in Water Polo training or games, such as passing, shooting or swimming with the ball, that is only one part of it. During the two years spent in the Academy age group, players will learn about **Trident Training**, that Swimming and Dry Land training play just as an important part in the make up of a top level Water Polo player. The Academy is the first step of the National Player Pathway (see Newsletter, edition 1 for more information on the National Pathway).

**What does this have to do with the RTC's?**

The Regional Training Centre's (RTC) are the very start of this pathway. Every Friday night around the country the centres introduce players to the core 'skills' that are suitable for this age group as they build towards the National Academy.

**How do I get invited to go?**

This year (the first year of the Academy age group cycle) all players who are training in a Regional Training Centre during the **third term** will have the opportunity to be invited to the National Academy (as long as they maintain attendance and performance during the final ten weeks of training). To give you an idea of the work players will need to do before the Summer, they will be expected to attend the **National Academy Preview Day** at Millfield School, Somerset. So make sure that the above dates are in your diary!

**What if I am not training at an RTC?**

All players who have not been invited to their Regional Training Centres should already be attending **Development Clinics** in their district, where we can assess players and give them an idea of the skills they are good at and areas they need to work on. In addition, if there are players who should be in a RTC, it gives them an opportunity to be seen. All players who have been assessed at a Development clinic in 2005 are invited to attend the **National Academy Open Day** this will allow us to assess all potential players for the National Academy. For dates of your next local Development Clinic contact your Regional Development Co-ordinator (details on page 6).

**What if I am not invited to the Regional and National Academy?**

The Academy age group is part of a long-term development process, which takes over ten years! Players invited may not necessarily be the "best" players in Water Polo games, they may be much larger or much smaller than others, but will have been invited to the Academy because we feel they have potential. The Academy age group is the **start** of the journey and we have a long way to go. So if you have not been invited this year, work hard on the skills and training areas identified in your assessment, keep going and we'll see more of you in the future.

## ASA Water Polo

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### Relevant contacts: Regional Development Coordinators:

South: [alf@wpolo.fsnet.co.uk](mailto:alf@wpolo.fsnet.co.uk)  
West: [mgcoles@BTinternet.com](mailto:mgcoles@BTinternet.com)  
North East: [judidesign@btinternet.com](mailto:judidesign@btinternet.com)  
Ireland: [neil.perkins1@ntlworld.com](mailto:neil.perkins1@ntlworld.com)  
North: [hayden-howard@lineone.net](mailto:hayden-howard@lineone.net)

### Web Address:

[www.britishswimming.org](http://www.britishswimming.org)

### Potential Sponsors:

If you or your company would like to get involved in sponsoring Great Britain Water Polo please contact Nick Hume at [nick.hume@swimming.org](mailto:nick.hume@swimming.org).

### **Hands up:**

An apology goes out to the Junior Women's team of 1998 who did one better than last year's team, finishing 8<sup>th</sup> at Millfield. Congratulations to all involved.

## *GB Senior Men's Programme: What's the story?*

*National Performance Director*

*Nick Hume updates the current situation:*

**Brief Overview:** The GB Board currently doesn't fund a senior men's GB team and hasn't done since 2002. This effectively means that a GB team can't compete in any European competitions.

**NPD's View:** We must work to reverse this, GB has to become an integral member of the European water polo community once again,

**How?** *In 2003 I was employed as Performance Director of GB water polo. This was not long after England achieved bronze in the inaugural Commonwealth Games Tournament in 2002. However for various reasons the men were not admitted to play in Europe 3 months later. This caused a fair amount of consternation at the time and some of that still lingers today. Rightly or wrongly the GB board decided not to send a team as it was felt that a GB team was not suitably competitive in the higher echelons of Europe..*

**What of the future then?** Simply put the GB Board's remit is to achieve medals at high-ranking events, Olympics, Europeans and World Championships; the Board felt that the men's programme wasn't likely to achieve those targets then or in the near future. They determined that a systematic overhaul of the sport was needed and development programmes put in place to work towards future competitiveness at that level.

**So how do we do that?** At its most basic it means we need athletes, coaches and parents who will put water polo first in their life. Competition is so fierce around the world today that you can no longer just 'play' at it. The most amateurish swimmer in this country if they wish to compete internationally will be training a minimum of 16-20 hours per week, averaging 30-40,000m. Water polo has to find that kind of dedication. Through initiatives such as the Regional Training Centres, Grantham Academy and The High Performance Centre we are developing the culture necessary to facilitate that kind of ambition.

**Ok but where does that leave us now?** *A big factor in the GB Board's future decisions depend on how we build our infrastructure. Many of the initiatives stated above go a long way to fulfilling their pre-requisites. The other part of the equation is the reaction and preparation of the senior players themselves. After the disillusionment of not going to the Europeans last time around along with some misunderstanding about the future programme a number of players sat out, unsure of their future. However the stated intention has never changed: Prepare ourselves properly for the Commonwealth Tournament and ensure we prove ourselves worthy to be included back in Europe, by having a professional approach, with players committed to the future success of GB water polo. We have to prove that we are up for the challenge. I firmly believe that the players and coaches are up to it.*