

Water Polo 2005

National Update 3
April 2005

Easter 2005



Over the Easter break, thanks to the financial assistance of Youth Sport Trust's 'Talented and Gifted' fund, British Water Polo moved to its home away from home at Millfield School in Somerset. Over a six day period Millfield played host to; thirty-five aspiring hopefuls who came down to the Academy 'Taster Day', a three day Senior women's training camp, a five day Junior women's training camp and two, three day camps for the Youth boys and girls squads, along with 16 coaches and managers.

National Performance Director Nick Hume believes that by bringing squads together to train in this way helps underpin the new culture and reinforce the direction that the sport is heading in. Apart from players having the opportunity to watch and get to know fellow athletes it also serves as a way to inspire the younger ones and motivate the older ones. In effect it's a visible 'Player Pathway'. Furthermore by having all the teams train under one roof it allows all the coaches to view and discuss training methods and protocols.



Sarah Price surrounded by the National Junior team.

BRITISH
Water Polo

Thanks to the Gifted and Talented support the highlight of the week was a presentation from Sarah Price the recently retired Great Britain international swimmer. Among many topics discussed by Sarah were the pressures involved in reaching the top, the lifestyle decisions she made in order become a World Record holder and finding the belief that she could be the best in the World. A big thanks again to her.

Report from Youth Woman

Day 1

From the onset athletes worked hard and showed a good level of skills. We had 2 X 2 hour Sessions focusing on basic skills, Spider, jumping, blocking, rotation and faking.

Day 2

The first session included a 400m time trial - part of our continuous monitoring of their swimming. This was followed in sessions 2 and 3 working on passing, shooting and defensive movement drills.

Day 3

We worked on movement skills, polo and land based exercises lots of shooting and scrimmaging with the Juniors. In all we had a very encouraging camp with all athletes attitude and desire to improve a credit to them. Finally we selected 23 athletes to go to Holland in July for a training camp.

Quotes received from some of the girls on the camp

Minnie

'The training was quality, but lots of it and really hard. Food was great as usual at Millfield although not enough time to eat it!'

Danielle

'Thought the camp was great but hard at times should make me better though'

Robin

'The camp was mint and believe it or not the hard work was fun'

Report form Youth Boys



The Youth boys had a very intensive yet enjoyable three-day training camp. Although not starting at the much missed time of 4.30am! (as in Cranwell last October) this time the boys got a lie in until 6.30am. Once up it was off to the pool for the start of the 6 hours of water training they would have throughout the day. The players were in fine spirits, especially after the recent inter district competition where they all played against each other.

It has been the coaches and managers intent with this squad to make them feel like a GB team preparing for the future. These young athletes are aware that they will be eligible for the European Youth Championships in two years time and need to be training towards that goal now. Throughout the year the squad has met regularly to continue to work on developing the technical skills learnt at the RTC's.

This training camp highlighted how quickly the players are improving and their understanding of the requirements needed to be an elite athlete.



Goal keepers with Coach Theo all intent to see what he has to say.



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LTAD Launch

Sunday 24th April 2005 at Manchester Aquatics Centre

Last year, at the National Water Polo Conference in Nottingham, the concept of Long Term Athlete Development (LTAD) was introduced and the implications for Water Polo discussed. On the 24th April, the LTAD Framework for Water Polo: *The Player Pathway* will be officially launched at Manchester Aquatics Centre during the ASA finals.

LTAD is all about putting the player first...in everything we do. It will help everyone involved with the sport to identify what needs to be done, how and when is the right time to assist the player in achieving success at their chosen levels.

It is based on proven principles of growth and development and focuses our programmes on development of players over a long period of time. It takes over 10 years or more than 10,000 hours to excel at something and so therefore our programmes are starting to shift towards creating an environment which will allow long term development and overall success rather than immediate gains. This is having implications on training, competition, coach development, referee development and every area of the game. Therefore this is a prime opportunity to update not only on Water Polo programmes but also on

the principles behind their development.

Dr Istvan Balyi, Sport England's consultant on LTAD throughout the development of *The Player Pathway* will present to those attending on the principles and philosophy of Long Term Athlete Development and how other nations and sports have used it to great success. Following this, Nick Hume (National Performance Director) and Piers Martin (National Development Officer) will present *The Player Pathway*.

All attendees will receive a free copy of *The Player Pathway* as well as the book Training for Long Term Athlete Development (for which Dr. Balyi was a co-author) and the leaflet Preparing for a life in Sport, produced by Sport England and Sports Coach UK.

For more information, please contact the National Water Polo Office on waterpolo@swimming.org and check the website for more details: www.britishswimming.org



Nick Hume NPD
Piers Martin NDO

National Conference

**The 5th National Water Polo Conference – 3rd & 4th September 2005
Venue TBC**

The National Conference will again be held at the beginning of September, to round off another year and focus the mind for the next year of the cycle. The theme of this years Conference is "*The Athlete*" and will concentrate on how the sport can work better in partnership and build the support structures around the athlete. Because of this, the emphasis is on inviting everyone involved in the sport to be represented; coaches, club members, referees, school teachers, especially parents and of course the athletes themselves. Workshops will be held enabling everyone to gain something no matter what their involvement, knowledge or experience. Using the Long Term Athlete Development (LTAD) Framework for Water Polo: *The Player Pathway*, topics will identify how we can all improve the environment for our athletes. The Conference will feature updates on National Development and Performance programmes, workshops on a number of areas, the annual Water Polo Conference Dinner (including guest speaker) and will finish with the usual question panel over lunch on the Sunday.

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Junior ASA Results

Junior Girls

In a thrilling over-time final the City of Manchester scored a last gasp victory over their great rivals the City of Liverpool to win this years Junior competition. Manchester girls, attempting to emulate the boy's victory half an hour earlier, put the crowd through a roller coaster of emotions. Liverpool, as they are renowned, never gave up and could easily have pulled off a victory in regular time. It ended all square in regulation but with Sarah Pimblett out for Manchester and Becky Benson suffering cramp for Liverpool it was anyone's game. Although scoring 4 of Liverpool's 5 goals Fiona McCaan couldn't just put them over the finish line and in the end it was decided by a great piece of skill by Jo Long who threw in the winner with less than a minute to go. Well done to both teams on this exciting spectacle.

Junior Boys

In the boys final it was all one-way traffic with the City of Manchester team taking the title with a convincing 12-5 victory. With Junior national team vice captain Rob Rae scoring 3 goals and fellow national team standout Pete Hutchinson chipping in 4 it was always going to be tough for the resilient Lancaster team. Getting off to an early 1-0 lead Lancaster seemed only to awake the Mancunian's who then powered ahead to lead 6-2 at half time and were then never headed. Manchester coach Tim Dunsbee said "It's a pleasing result, the boys have put in a lot of training and its good to see it pay off". Well done to both teams.

Youth Inter Districts Results

Once again this years competition was a close affair with not a lot separating all the teams. Clearly visible was the much-improved fitness and skill level by all the districts. With the vast majority of players training on Friday nights at Regional Training Centres around the country it's great to see their efforts are beginning to shine through.

By Sunday in the boy's competition it was clear that the South were unquestionably the team to beat, and indeed no one did. They ran out worthy winners against the North. While in the Girls the North overturned last years result by regaining the trophy from the Midlands.

It was worth noting the excellent behaviour of all the players over the weekend, the South in particular personified professionalism. Unfortunately at times this behaviour didn't carry through to all the coaches and parents who, it was noted, appeared to want to win at all costs and blame the ref if they didn't.

A warm thanks goes to Mike Coles who promoted and ran the tournament along with all the table officials and referee's.

Overseas News



Congratulations to Angie Winstanley-Smith after her recent success with Nancy in reaching the quarterfinals of the LEN Women's Champions Cup Competition. Angie who has a water polo contract with the French club team has been playing in Nancy for the past 6 months. At 15 Angie was a national age group swimming champion before making the switch to polo. She gained her first senior cap in 2003 and went on to become a leading scorer at the Junior European Championships last year in Bari. Read more about her in next months "Swimming" magazines feature article.



City of Manchester celebrating their Success

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Men's National League Report

The National League's Third Division will expand to a 10-team competition next season following the election of two new clubs, Caledonia and South Derbyshire.

British Armed Forces have withdrawn after completing four seasons in the division.

At a meeting on 9 February, the league committee considered at length the format for the 2005 season, including a proposal for a division of 12 teams. However, it was eventually decided that Division Three should follow the same principle as Division Two, with the 10 teams playing each other twice over six weekends.

Importantly, the door has not closed on other clubs with National League aspirations. It was agreed that, at the end of the 2005 programme, a qualifying tournament for 2006 would be organised involving the bottom club of 2005 and suitable new applicants. Applications that were turned down for next season – from City of Cambridge, Ealing and Otter II – will remain "on the table" in the hope these teams will be keen to take part.

The tournament takes place at Walsall on 10/11 December, the same weekend as the annual play-offs. The Division Three format will then be reviewed again.

The Caledonian club is a composite of the Dunfermline Water Polo Club and Dundee-based Menziesshill Whitehall Swimming and Water Polo Club. It was formed with the idea of entering the National League, therefore providing stronger competition for a squad with a mix of experienced senior players and a number of Scottish junior internationals.

South Derbyshire was founded in 2000 with the idea of raising standards in the Derbyshire area. The club finished runners-up in Midlands Division One in 2004 and is well known for organising the largest open water tournament in the UK.

The newcomers join a much stronger division also comprising Basingstoke, Bedford, City of Newcastle, Invicta Marlins, Jersey, City of Sheffield, University of Bristol and Warley.

Otter will mark their return to Division One after a gap of 32 years by playing familiar opposition when the 2005 National League opens at *Ponds Forge, Sheffield*, on 10 September. They face London rivals Penguin. A tough opening weekend for last year's Division Two champions continues on the second day with games against Bristol Central and Rotherham Metro.

Lancaster begin the defence of their title against Cheltenham, Polytechnic and Manchester.

The other Division One venues next season will be Manchester (24/25 September), Millfield (8/9 October), Bath University (22/23 October), Loughborough University (5/6 and 19/20 November) and Millfield (3/4 December). Once again, the division will split at the half way stage, with the top five and bottom five from phase one competing in new mini leagues.

For the first time, Division Two clubs will be playing four of their six weekends in full-size, deep water pitches next season. That will suit promoted Portobello, who open up at Millfield on 17/18 September against Solihull and also meet last season's runners-up Welsh Wanderers and City of Leeds.

Other venues for the division are Birkenhead (1/2 October), Millfield (15/16 October), Grantham (29/30 October), Bath University (12/13 November) and Loughborough (26/27 November).

The Division Three programme begins at Ponds Forge on 10 and 11 September – so will be part of a busy double-header weekend also involving Division One.

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Great Britain Senior Women's Water polo 4 Nations Tournament 03/03/05-06/03/05

Athletes:

1. Tara Smith
2. Kate Lewis
3. Bernice Cowton
4. Chloe Wilcox
5. Aine Hoy
6. Sarah Pimblet
7. Angela Winstanley-Smith
8. Julia Mackay
9. Rosie Morris
10. Charlotte Hanson
11. Larissa Davies

Results

GB 11 Serbia 6

GB 4 France 5

GB 6 Ukraine 7

The last competitive match that GB played was in July 2004 at the European B's. After eight months of training & no competition this tournament was an opportunity for the players to compete again. However this was a very different team from the one that played at the B's. The team consisted of seven players nineteen years old or under, five of which were gaining their first caps. Only four players that played in July came to this tournament (two players are currently playing in Australia and several others have retired). With such a youthful and inexperienced team we didn't know what to expect especially considering two of the teams (Ukraine & France) were preparing for the World

Championship Qualification Tournament the following weekend.

Serbia, who we had lost to in the B's were dispatched in fine form beating them by 5

goals. The players showed a remarkable level of understanding under the circumstances and performed extraordinarily well, surprising themselves as much as everyone else.

France, who won the European B tournament and who have been preparing hugely for the World Championships were given an enormous scare. The team played with grit and determination but also it showed that we are a much fitter and stronger team with much improved technical ability. Although losing by a goal, it could have been very different if we'd converted either of our 2 missed penalties or not had a seemingly legitimate goal disallowed.

Ukraine, the other team preparing for the Worlds and victor over GB at the B's (6-4) were also given a serious run for their money, only just grabbing a win in the last few seconds of the match. This performance was far more competitive than at the B's and showed the players are capable of holding their own and very capable of beating teams in the top 10 of Europe.

Overall, the selection and performance of these players has proven two things; Firstly, although the team hasn't played together before, because of their improved levels of strength and fitness they were able to hold their own physically. Seven of the eleven players are in training programmes that supply 16 hours plus of training per week (5 in Manchester, 1 in Grantham and 1 in Nancy (France)) and this increased amount of training has greatly improved their overall abilities.

Secondly the integrated programme of coaches and players from the senior and junior teams is starting to pay off. The junior players knew the tactics and systems because they are fundamentally the same for both teams. The training protocols that are now cemented in the overall national program are now showing their worth.



Angie Winstanley-Smith goes for a sneaky back hander.



Rosie Morris rises to the challenge

Team Staff:

Sarah Dunsbee Manager

Nick Hume Coach

Penny Porter Physio

Andy Allen Referee

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2005 British Junior Men's Progress Report

Current squad:

Goalkeepers:

Ben Farrow	Hucknall
David Armstrong	Warrender
Ed Scott	Bolton
Elliott Murphy	Hailsham
Tom Nelson	Cheltenham
Zak Sly	Lancaster

Outfield:

Adam Legge	Cheltenham
Adam Monico	Grantham
Adam Stoakley	Hailsham
Alex Murphy	Hailsham
Andy Howard	Birkenhead
Ben Cartwright	Parogon
Callum Bailey	Invicta
Charles Booth	Manchester
Chris Gilbertson	Sedgefield
Daniel Laxton	Carmarthen
Jack Drinkwater	Solihull
James Blackwell	Rotherham
James Scobie	Warrender
Joe Wannop	Lancaster
Joel Thomas	Cheltenham
Lewis Matthews	Parogon
Mark Squires	Lancaster
Mike Bourne	Solihull
Nick Brown	Cheltenham
Peter Hutchinson	Manchester
Phil Powell	Solihull
Rob Rae	Bolton
Ross Johnston	Warrender
Sam Broadbent	Lancaster
Scott Carpenter	Sedgefield
Shaun Taylor	Cheltenham
Simon	Chester
Sean Ryder	Hucknall
Tom Patrick	Solihull
Tom Kennedy	Hailsham
Will Liddie	Hailsham

The Junior Men's National Squad are looking forward to 18 months of very competitive training, camps and competition. This is all in preparation for the European Junior Qualification and Finals in 2006. The European Youth Qualifiers and Finals for 2005 were not entered in order to effectively utilise the financial resources to train and achieve a higher level competition.

Preparation with this squad began in August 2004 with an initial selection of 28 for the first training cycle of four months. Following a strong and competitive Inter-Districts the base squad was further added to for the beginning of the second training cycle. We are now mid way through this cycle and the initial squad of 40 will now be cut to 25 for the remainder of this cycle. Reports have been given to players who have not made the cut for the remainder of the cycle so that they can go away from National Squad training and improve before the commencement of the next cycle. Areas of strength and weakness in fitness, skills, attitude, synergy are identified and commented upon in these reports which players are encouraged to show to their coaches.

There has been some encouraging development of strength in depth. This coupled with some shining individual commitment and talent is certainly a step change needed to push boudries now and in the future. Joel Thomas (Cheltenham) has been appointed captain for this squad.

His recent exemplary 'lead by example' role taken in Zeist, Holland along with a 'best supporting role' taken by Rob Rae (Manchester) has helped to underpin the precedent for other squad members to follow.

We are looking forward to a strong finish of competition towards the end of this, our second, cycle. Following this we are planning to keep the squad numbers reduced for the third cycle and then to review this in the fourth cycle starting again with a larger base.

Staff:

Howie Cartwright	Team Manager
Jérôme Read	Coach
Norman Leighton	Assistant Coach

Upcoming ASA Events

APR

- 16 - 17 Club Competition - Women's R2
Grantham
23 - 24 Club Competition & LTAD Launch -
Men's (incl Plate) & Women's Finals
Youth Girls and Boys Finals. MAC

JUNE

- 18 - 19 Inter-district Academy Millfield
18-19 Inter-district Academy Millfield

DEC

- 10-11th Junior IDS Woman Grantham
10-11th Junior IDS Men Millfield

Regional Training Centre Dates Term 3

- April 29th 2005
May 6th 2005
May 13th 2005
May 20th 2005
May 27th 2005
June 10th 2005
June 17th 2005
June 24th 2005
July 1st 2005
July 8th 2005

24th April 2005

Launch Long Term Athlete Development
Manchester Aquatics Centre

National Conference

The 5th National Water Polo Conference – 3rd & 4th
September 2005 Venue TBC

Please send any articles for this newsletter to
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For Water Polo Information visit
www.britishswimming.org

Drug Information site

To check any medication you are taking use the following address-

<http://www.uk sport.gov.uk/did/>

This is for everyone in the sport not just national team athletes. Remember it's **your responsibility** to complete forms, which are available from your club secretary, if you do need any form of medication.

Ignorance is no defence when it comes to Doping Control. You could be tested at any time.

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