



Water Polo Dry Land Training

CASC water polo players are expected to be involved in dry land sports with other organisations. and undertake individual dry land training

CASC recognises the benefits of *Trident Training* ie splitting training time between
Swimming skill and fitness
Dry land
Water polo technical and tactical

Players involved in RTC will have Dry Land Training prior to their weekly sessions on Friday evenings.

Players are encouraged to be involved in other sports, such as Rugby, football, hockey, basketball, Netball, lacrosse.

A comprehensive guide to Dry Land Training is available for your Coach

Stretch Bands
Medicine Ball
Swiss Ball
Bedroom Circuits