

WINTER REGISTRATION 2024

Winter is the perfect time to hone your water polo skills and prepare for an exceptional 2024/25 season with the UWA Water Polo Club's Winter Training Programs. No matter your age or experience level, our programs offer a variety of opportunities for growth and development in the sport we all love.

Here's what our Winter Training Programs have to offer:

Club Trainings: Join us for regular training sessions that will help you refine your technique and enhance your game, all while enjoying the camaraderie of fellow players.

Under 11 and 13 Academy: Designed specifically for young athletes under the age of 11, this program focuses on fundamental skill development and instilling a passion for water polo from a young age.

Performance Programs for Under 15, and Under 17: For aspiring athletes looking to excel in the sport, our performance programs provide advanced training, personalised coaching, and the opportunity to take your skills to the next level.

By participating in our Winter Training Programs, you can expect to:

- Develop Your Skills: Improve your game through targeted drills and expert guidance.

- Experience Learning: Try out new strategies and approaches to elevate your performance in the water.

- Access World-Class Coaching: Benefit from the knowledge and experience of top-level coaches who are dedicated to helping you succeed.

- Build Team Spirit: Forge connections with your teammates, work together towards common goals, and foster a sense of unity within the club.

- Expand Your Social Circle: Connect with like-minded individuals who share your passion for water polo and form lasting friendships both in and out of the pool.

- Non-Water polo activities: such as referee courses, nutrition coaching, physiotherapy sessions, strength and conditioning, psychological resilience training and many others are available.

Don't let this opportunity pass you by. Join us at the UWA Water Polo Club this winter and set yourself up for a successful and enjoyable 2024 season. For more information on how to register or any questions you may have, please reach out to our team.

Get ready to dive in, work hard, and make a splash with us this winter!

Club Trainings

Junior Development Club Training: Boys & Girls Born 2009-2012

Join our Junior Development Club Training to refine your water polo skills and enhance your fitness in the off-season, getting ready for the DSC or Junior State League (JSL) in Summer 2024/25.

- Open to girls and boys born between 2009 and 2012
- Two water polo sessions per week
- No discounts for missed sessions

Starting Date: 30 April 2024

Training Days:

Tuesday

Thursday

Time:

6:00 – 7:00 PM

5:00 – 7:00 PM

Location:

HBF Diving Pool

HBF Diving Pool

Get started on your journey to success. Register today with the UWA Water Polo Club!

Click here to register: <https://www.revolutionise.com.au/uwawpc/events/185245/>

11 and Under Academy Boys and Girls

Winter Program for Boys and Girls 11 and Under (Born 2013-2014)

This winter, we are excited to introduce our specialised program for boys and girls aged 11 and under! Our program welcomes everyone and is designed to cater to all Flippa ball participants looking to enhance their water polo skills. Whether you're new to the sport or already have some experience, this program aims to help young athletes grow and enjoy the game to the fullest. Come join us for a fun and enriching experience on the water.

Enhance Your Skills:

- Work on your water polo leg techniques
- Improve your ball skills and accuracy
- Master the art of defending one-on-one

Exciting Club Games:

- Participate in club games to boost game awareness
- Build stamina and teamwork skills through friendly matches

Starting Date: 30 April 2024

Training Days:

Monday

Wednesday

Saturday

Time:

5:30 – 7:00 PM

5:30 – 7:00 PM

12:00 – 2:00 PM

Location:

HBF Diving Pool

HBF Diving Pool

UWA pool

Don't miss this opportunity to grow as a player and have a blast with fellow young athletes! See you there!

Click here to register: <https://www.revolutionise.com.au/uwawpc/events/185164/>

13 and Under Academy Boys and Girls

(Born 2011-2013)

Skill Development:

- Weekly sessions focusing on basic water polo skills like passing, shooting, and treading water.
- Drills to improve ball handling, swimming speed, and game awareness.

Game Understanding:

- Introduction to game rules, positions, and basic strategies.
- Small-sided scrimmages to apply skills in a game setting and improve decision-making.

Team Building:

- Emphasize teamwork through group exercises and cooperative drills.
- Encourage communication in the pool to build trust and camaraderie among players.

Game Experience:

- Organize friendly matches within the club to apply learned skills in a game setting.
- Provide opportunities for players to experience different positions on the field.

Boys:

Starting Date: 30 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Tuesday	4:30 – 6:00 PM	UWA Pool
Thursday	4:30 – 6:00 PM	UWA Pool
Saturday	12:00 – 2:00 PM	UWA Pool

Girls:

Starting Date: 29 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Monday	5:00 – 6:30 PM	UWA Pool
Wednesday	5:00 – 6:30 PM	UWA Pool
Friday	5:00 – 6:30 PM	UWA Pool

Click here to register: [13 and Under Academy Boys and Girls, Born 2011 - 2013 - UWA Water Polo Club - revolutioniseSPORT](#)

Performance 15 and Under Program

(Players born 2009-2010)

Advanced Skill Development:

- Enhance shooting techniques, defensive positioning, and tactical awareness.
- Implement drills to strengthen passing accuracy and ball control under pressure.
- Introduce more challenging conditioning drills to improve fitness levels.

Game Preparation:

- Increase game intensity during training sessions to simulate competitive play.
- Analyse game footage to identify areas of improvement and strategic adjustments.

Competitive Experience:

- Participate in Saturday club games against older or more experienced players for a higher level of competition.
- Encourage player leadership and decision-making on the field.
- Regular Saturday club games against stronger opponents to challenge players' skills and decision-making under pressure.

Individual Focus:

- Provide personalised coaching feedback to help each player set and achieve specific skill development goals.

Boys:

Starting Date: 30 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Tuesday	6:00 – 7:30 PM	UWA Pool
Thursday	6:00 – 7:30 PM	UWA Pool
Friday	5:00 – 6:30 PM	UWA Pool
Saturday	2:00 – 5:00 PM	UWA Pool

Click here to register: [Performance 15 and Under Program Boys \(Born 2009-2010\) - UWA Water Polo Club - revolutioniseSPORT](#)

Girls:

Starting Date: 29 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Monday	6:30 – 8:00 PM	UWA Pool
Wednesday	6:30 – 8:00 PM	UWA Pool
Saturday	6:30 – 8:00 AM	HBF Diving Pool

Click here to register: [Performance 15 & U and 17 & U Girls Program \(Players born 2010-2011 & 2008-2009\) - UWA Water Polo Club - revolutioniseSPORT](#)

Performance 17 and Under Program (Players born 2007-2008)

Tactical Training:

- Detailed sessions on team tactics, defensive schemes, offensive strategies, and set plays.
- Advanced drills focusing on counter-attacks, transition play, and position-specific training.

Mentorship and Leadership:

- Pair younger players with senior team members to encourage mentorship and leadership development.
- Opportunities for players to take on captaincy roles and lead team discussions on game strategy.
- Drill specific plays to enhance offensive efficiency and defensive resilience.
- Analyse opponents' play styles and develop a game plan accordingly.

Skill Refinement:

- Focus on speed and agility training to improve quick transitions and counterattacks.
- Fine-tune individual skills such as shooting under pressure and effective goalkeeping.

Competitive Environment:

- Compete in Saturday club games alongside senior players to challenge and push boundaries.
- Prepare players for regional tournaments and championships to showcase their skills and progress.

Boys:

Starting Date: 29 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Monday	6:00 – 7:30 PM	UWA Pool
Tuesday	7:30 – 9:00 PM	UWA Pool
Thursday	7:30 – 9:00 PM	UWA Pool
Friday	6:00 – 7:30 PM	UWA Pool
Saturday	2:00 – 5:00 PM	UWA Pool

Click here to register: [Performance 17 & Under Program Boys \(born 2007/2008\) - UWA Water Polo Club - revolutioniseSPORT](#)

Girls:

Starting Date: 29 April 2024

<u>Training Days:</u>	<u>Time:</u>	<u>Location:</u>
Monday	6:30 – 8:00 PM	UWA Pool
Wednesday	6:30 – 8:00 PM	UWA Pool
Saturday	6:30 – 8:00 AM	HBF Diving Pool

Click here to register: [Performance 15 & U and 17 & U Girls Program \(Players born 2010-2011 & 2008-2009\) - UWA Water Polo Club - revolutioniseSPORT](#)