

Water Polo 2005

National Update
September 2005



EUROPEAN YOUTH WOMENS CHAMPIONSHIPS 30TH JULY - 6TH AUG 2005

We travelled out to Porto on 28th July, the competition started on 30th so we had a couple of days to train and settle in to the surroundings. The competition was held in a 25m outdoor pitch so it was useful to be able to practice in these competition conditions.

Our first match was against home side Portugal at 7.00pm on the Saturday evening. The stadium seating was mainly full of Portuguese, although it was lovely to have a large group of the girls families who had travelled out to support us. After a nervous start, we settled down to play a controlled game. We created enough extra-man chances to put the game out of the Portuguese reach but didn't take advantage and drew the game 8-8. The Portuguese were more than happy with this result, but we knew we could perform better.

The next two games were physical battles against the strength of Greece on Sunday (losing 4-15) and the Dutch on Monday (losing 4-14). Although we lost both games the girls competed well, improving in many areas including extra-man. Neither of these score lines reflected the effort or determination demonstrated by the British girls.

Day 4 vs. Serbia and Montenegro was the game we had to win to achieve our target of a top eight place. Although the Serbs had a physically strong team with a couple of outstanding players we were confident that we could compete and went into the game with a positive attitude. We got off to a good start scoring our chances and defending well. The match was extremely physical and close-fought. When two of our important players were majored out and after missing two penalties the game slipped away. We lost the match 7-9 and our chance for the top 8 place. The girls were distraught, knowing that having had the chances we had now missed out on our aim for these Championships. We had to pick ourselves up and prepare for our last two matches.

Our last group match was against Hungary, by far the top team in our group and extremely strong in all areas of play. This game was made even tougher by our mental and physical battering the day before but the girls picked themselves up and showed real grit and determination throughout. Although obviously emotionally exhausted, they battled hard against this top-class side, losing 4-16.

After the group games with two disappointing results we finished 6th in the group, this meant we played off for 9th-11th places with the teams from Portugal and France. Obviously our new goal was now 9th place, to finish as high up the rankings as we possibly could. Our group placing gave us a day off where Portugal played France. Portugal won 5-4 which meant we had to beat France by more than two goals and score more than five for 9th place in the tournament.

We knew we could play better polo than the French, but having the added pressure and this being the last match of an exhausting tournament could have all been too much. The game plan was to stay calm and controlled, playing our systems and sticking to them whatever happened. The girls had to block out everything else going on around them and deal with the nerves better than in any of the other games. We started confidently but patiently, kept possession well and took high percentage chances, winning the match 10-2.



2006 Commonwealth Games Tournament: England is Going!

At last Friday's ASA Board meeting it was agreed that both the men and women's water polo teams are to be entered into the 2006 Commonwealth Games Water Polo Tournament, January 23-29, Perth, Australia.

This is the second time the Tournament has been run, the inaugural competition being in Manchester 2002. The confirmation that the Tournament was going ahead only came in August when the Australians eventually found a venue. This clearly hasn't left a lot of time for preparation. However, with the GB men's senior team reforming in 2006 (after a four year absence) and Manchester looking likely to host the Men's European 'B' Championships in 2007 this is the start of a very positive future for the men's programme.

With many of the women's team being aged twenty or under this competition will offer them invaluable international experience. Over the past year the women's national training programme has been based around the High Performance Centre in Manchester where the players train up to 16 hours per week.

Repeating the success of 2002 will clearly be very difficult. Australia, Canada, New Zealand and South Africa all competed in the recent Montreal World Championships; their programmes are therefore further ahead than ours at present. However, with our focus on building towards London 2012, the 2006 Commonwealth Games are a huge opportunity to boost that development.

Anyone and everyone who wishes to spend some time in the sun down under are most welcome.



Senior Mens' Update August 2005

2012

It's official, THE OLYMPICS ARE coming to London. That's greatest news ever to hit GB water Polo

That's the date for all budding Olympians to note and remember for the next seven years.

All this hype has to be tempered with the fact that WE DO NOT have an automatic right of entry to these games. GB water polo must raise its level to convince the 'powers that be' that we are worthy of an Olympic place. What an opportunity for us all to join together and put GB water Polo on the International Map! Are you up for it?

With the holiday season now coming to an end, thoughts are now back on track for National League starting (11th Sept) and our first venture back on the International scene with an interesting trip to Egypt for our young

squad. The teams thus far confirmed are Malta, Makarska (Croatia) Esti (Turkey) Alqadisiyah (Saudia Arabia) Vecinza (Italy) Eindhoven (Holland) Royal Brussels (Belgium) Wurzburg (Germany) Heliopolis (Egypt)

Heliopolis Juniors (Egypt) The squad has been training throughout the summer, with some notable absences at times. Adam Scholefield (Rotherham is busy training in Milan, Italy with his old club mate Orazio Piccinnini (Bob). He tells us thro' the email that he is also attending Italian classes, ciao!

Mark Banwell is now in Aix les Bains, France, no doubt coming to terms with the local lingo! (What is "Just gimme the ball!" in French. All the best to him for the season in the French Premier League.

Michael Thomas has just returned from hols in Australia...no language problem there then!

Due to the number of absences for this particular tournament we have drafted in some of the GB juniors. notably, Joel Thomas

(Cheltenham) is re-united with his older brother Mike, Daniel Laxton (Welsh Wanderers, Robert Rae (Manchester), Sean Ryder (Manchester) Scott Carpenter (Sedgefield & Lancaster)



voted the tournament's MVP at our recent visit to Slovakia. GB Juniors finishing an amazing 3rd beating Poland 6-5 in a classic game. having lost earlier in the competition to the Poles by 4 goals.

**Insert: Scott Carpenter
MVP in Slovakia**

National Conference

Held in Loughborough the highlight of this years conference was the attendance of Denes Kemeney, Hungarian national coach and winner of the last 2 Olympic gold's. Denes spoke about FINA rule changes and the Hungarian road to 2012. He also spoke about the similarities between our RTC program and the cadet system established in 1991 in Hungary.

Youth Boys Training Camp (Malta)

Article submitted by the players

Sun, sea, sand and a bit of water polo. It sounded like a holiday but we would soon find out that we couldn't be more wrong. Leaving from East Midlands Airport on 5th July, we were glad to be escaping the typical English Weather for the warm shores of Malta.

On arrival, we walked down to the Neptune Outdoor pool, which we would train in for the following week. We would wake up at 06.15 every morning before travelling to the pool for the our first session, We all rushed back to the hotel, desperate for breakfast.

Our next session began at 12.30 and during the next 2 hours we had the swim sessions for the day. But before we could relax, we were back in the pool at 4pm when we would have a shorter 1 hour session. The last session of the day began at 8pm where we would play matches against local and touring teams, including Sliema, Valleta, Bologna and the Maltese 87 team.

Highlights (but for others lowlights) of the tour included swim sessions in the sea, which seemed never ending and the opportunity to play in the outdoor pools every day. The fact that we were outdoors every day and in the sun made a welcome change to Milfield. On Friday night we travelled to the National pool where we watched Sliema and Neptune's, big Maltese rivals, play each other in a league game.

The atmosphere was amazing and we were shocked to see at least 1,000 fans turn up to watch the game. Although our tour to Malta was exhausting the coaching staff and players made it a tour to remember. It was our first time playing abroad and, as well as getting lovely tans, we learnt a lot from the sessions we had the teams that we played.

Malta "a coaches view", by Martin Kelly

The camp was not just about training and playing matches. It was more to do with experiencing the discipline, behaviour and attitude necessary when competing overseas. Lesson one was learned very early on by one individual who arrived at the airport with the wrong passport !! But that was probably the one and only hiccup in a week where, from beginning to end the boy's behaviour was impeccable, team spirit superb and work rate excellent.

We had three pool sessions per day at the excellent open air fresh water pool belonging to Neptune water polo and swimming club. Just to make sure the guys didn't enjoy too much rest we also complemented this with a daily open water swim in the sea ! Our first pool session was shortly after arriving and by the end of that session we had a programme of matches arranged for the rest of the week against a mixture of local and visiting teams. The first match against the Neptunes masters resulted in our only defeat of the week (proving, as Nick and Martin quickly and often pointed out to the lads that there is no substitute for experience ! The was the first match that this squad had ever played in together and gave us some clear pointers in terms of match play as to areas we needed to work at. These areas, along with continuing the emphasis on core skills became the focus of the week.

The lads showed a great level of focus and determination, working hard in every training session and then putting that into practice in the games. This all came to a head on the last night of the camp when the squad came out worthy winners against the Maltese youth squad. Although games and results were in no way the primary purpose of this camp, there was a lot of satisfaction in seeing the week's hard work culminate in a performance of such quality, and a feeling that this squad had taken a big step forward.

Below:- the youth men in Malta



"Water Polo 2005" asked Womens youth team member Jen Myo to describe what being a National team player meant to her. This is what she said:

"Being a national team member is the best things I do as I get to meet new people and play polo. After going to Holland, and finding out about the Olympic bid, I reckon the whole team has worked harder and become more motivated.

Below: Jen (right), with squad members Ita and Rachel

After Holland and playing against their national team, I saw how hard they played and felt determined to improve.

As a team we all bonded and got on really well and started playing more as a team. The training camp post Holland was great, as we were in Milfield, where everything is so close and of a high quality, especially the food!!

Being in the squad is great as the atmosphere is always fun with all the girls even if we do have to wake up early!! They're all really great and it's nice to be with people who know the sport!

Also having a great team manager, physio, team doc and coach has been a bonus for the Squad".
Jen Myo

Below the Womens' Youth Squad on its way to Holland



Bordeaux, France - June 2005 GB Senior Women

*GB captain Fran Leighton reports
from Bordeaux, France*

The senior team headed to Bordeaux with quite a youthful team. Also back from Down Under were Carol Mohan and Fran Leighton. The competition was a good match for our team with the Italian B team, the French and the Czechs. Our first match against the French started with a bang as Angie Winstanley-Smith scored two fantastic back hands from centre forward, regrettably we did not manage to hang on to this lead but played a competitive match. We beat the Czechs with strong team play and then faced the Italians on the final day of the tournament. Missed opportunities meant we were defeated by a stronger team but over all we developed as a team as the tournament progressed. More competitive games and tournaments are essential to enable to GB Senior ladies team to advance and learn 'how to win matches'.



British Junior Men's Pro- gress Report

as at 31st August 2005

Current squad:

Goalkeepers:

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

Outfield:

Adam Legge	Cheltenham
Sean Ryder	Manchester
Alex Murphy	Hailsham
Andy Howard	Birkenhead
Ben Cartwright	Paragon
Callum Bailey	Invicta
Charles Booth	Manchester
Chris Gilbertson	Sedgefield
Chris Vang	Lass, Sweden
Daniel Laxton	Carmarthen
Joel Thomas	Cheltenham
Lewis Matthews	Paragon
Mike Bourne	Solihull
Peter Hutchinson	Manchester
Rob Rae	Manchester
Scott Carpenter	Sedgefield
Shaun Taylor	Cheltenham

Staff:

Howie Cartwright	Team Manager
Jérôme Read	Coach
Norman Leighton	Assistant Coach

The recent cycle concentrated on increasing the strength of players, coinciding with a time of biological maturation for many of the players. In addition to this the squad was committed to further reinforcing good practice and a truly competitive training culture. Appraisals were taken on a regular basis to determine performance in many varied areas alongside this some basic team tactical work was introduced. All players have by now received a detailed report on their present position as seen by the National squad coaches, this was also sent to the Club coaches of these players to ensure that training on a weekly basis can be directed to assist their International chances of selection.

The squad is maturing well and has good potential for having strength in depth. Players in the most recent cycle that have particularly developed were Zak Sly, Ben Farrow (both goalkeepers) and Scott Carpenter. Scott Carpenter especially showed great maturity when he led from the front and by example as the GB captain during our trip to Slovakia. This was independently recognised by the organisers of the tournament who awarded him with the Player of the Tournament – an honour that was bestowed upon a GB player amongst a field of very strong International players. We are anticipating and expecting some more exciting performances and individual development over the next preparation period for the final two / three cycles prior to the Finals in August 2006.

The Junior Men's National Squad completed their third macro-cycle of training in early August. We are now well placed to prepare for the European Junior Qualification tournament and Finals in May and August 2006.



The squad will now regroup, in October 2006 with tougher targets having been set for the players. Approximately 35 players will train over a weekend with only 18-22 being selected to make up the squad for the following two cycles. We will now begin to hone our squad to the team that will be playing at the competitions in 2006. All players have been given fair warning and know what is expected at the first weekend of the fourth cycle.

Jérôme Read

jerome@proactivehealthpromotion.co.uk

Long Beach, America – July 2005 GB Senior Women

GB captain *Fran Leighton* reports from Long Beach California

America was a great end-of-season training and competition camp for the GB senior ladies team. It was an exciting two weeks that gave us a massive change of scenery (from Varley Street to Long Beach), which was fantastic. It gave us the chance to face new opponents, who play a more technical game than their European counterparts ... as we found out!!!

The USA National Championships lasted three days with us having quite an intensive schedule; three full matches on the opening day, which we successfully won! Saturday followed with another group round in which we drew and lost but it carried us through to the semi-final the next day. Sunday arrived and we faced the eventual winners of the Championships in the semi final. After a dodgy first period, in which we went down by 4/5 goals, we then played a strong 3 periods, however it was too late to regain the deficit. Not all was lost though as we had our final game for 3rd position, this one was my favourite match of the weekend. The team fought back with excellent play by our goalie, Tara Smith, and many of the outfield players who managed to secure a 10-10 draw in the last minute of the game. Oh my god, penalty shootout time!

I think a mixture of nerves and lack of penalty shoot out practice caused us to lose our nerve here and we missed three out of our four shots with Daisy Fish (1st Cap for GB) scoring our only goal and Smith saving one at the other end.

The tournament ended with GB finishing 4th out of 16, which was an excellent achievement. The team played well throughout the tournament, even though most of the teams were comprised of Past Olympians and National team players who have played together for an extensive period of time. Tara Smith (GK) and Carol Mohan (Outfield) received acknowledgement for their excellent play over the weekend by making the 15 player All Star team! It was a great trip and hopefully we'll be able to compete again next year in the USA with similar success.



Above: the team in Long Beach.

Right: The car wash crew.

Below Right: Team captain Fran Leighton (centre) with organiser Kate Lewis (left) and team-mate Vicky Hawkins

GB Women in fundraiser

The event was held at the Manchester Aquatics Centre on Oxford Road, with the water for the event being supplied by the staff at the Aquatics Centre, who were very supportive and enthusiastic about the event. The girls stripped down to their bikinis and started washing cars! Although the girls charged £3 per car, most of those bringing their cars to be washed donated more than the required amount. The event was a huge success, and over the 2 days the girls raised over £300. It is a start to the fundraising and the interest it has generated has been invaluable. The BBC sent a camera crew to the event which was aired on Saturday evening with a follow up story on Monday evening. Since then at least four parties have been in touch stating an interest in helping raise funds.

All the girls had a great time and felt they were very lucky with the weather as both days were hot and sunny. A large number of people turned up to have their cars washed including paramedics, firemen and police officers along with a large number of the general public.



French player/coach seeks opening

My name is Cyril Dorgigné, I'm French.

I'm from the city of Nice where I played water polo for 6 years in the first team, then I was coach for the junior team for 2 years. I played in French national team as well.

I'm looking for a club in the London area. I'm am open to all possibilities, player, coach for young team or head coach...I want to improve my English

I've got the French certificate of swimming teaching 1st degrees (Brevet d'Etat des Activités de la Natation), and the water polo coaching certificate 2nd degrees (Brevet d'Etat 2nd degres)

My aim is to work in England and improve my English. Can anyone help?

Cyril Dorgigné

WP2005:- contact the above @

c.dorgigne@voila.fr

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Opportunities in Australia

Hunter Hurricanes WPC
Are looking for suitably qualified players to join their squad for the 2006 season. If you are interested please contact Kyle Jones @

Kylejonespe@yahoo.com.



Players needed-Adelaide Jets

Water polo 2005 has been contacted by Eddie Denis from the Adelaide jets . The jets are recruiting players for the 2006 season. The Jets women's team are looking for an experienced player to help there mainly young team. The men's team need a good outside shooter/driver with good extra man skills.

If you are interested please contact Eddie Denis @

denis.eddie@saugov.sa.gov.au

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Hungarian youth seeks school

WP2005 has been contacted by Zoltan Nagy. Zoltan would like to find an English school where his son (14) can continue his water polo but also gain an education. Anyone who can help please contact Zoltan @

nzolo13@axelero.hu



Coaching position

The University of the West of England are looking to recruiting a waterpolo coach for the university team. The team currently trains at the Bristol North swimming pool on a Monday evening from 9pm – 10pm. However they hope to move over to the new Horfield swimming pool once it is built. Any coach interested please contact:

Alex Isaac
Sports Development and Operations Manager
UWE Bristol
0117 3282258



If you or your company would like to get involved in sponsoring

Great Britain Water Polo

please contact Nick Hume at :-

waterpolo@swimming.org

Dates for your diary:-

Regional Training Centres 2005-2006

BLOCK 1

- >
- > OCT 7TH
- > OCT 14TH
- > OCT 21ST
- > NOV 4TH
- > NOV 11T
- > NOV 18TH
- > NOV 25TH
- > DEC 2ND
- > DEC 9TH
- > DEC 16TH



BLOCK 2

- >
- > 27TH JAN
- > 3RD FEB
- > 10TH FEB
- > 24TH FEB
- > 3RD MAR
- > 10TH MAR
- > 17TH MAR
- > 24TH MAR
- > 31ST MAR
- > 7TH APRIL



BLOCK 3

- >
- > 5TH MAY
- > 12TH MAY
- > 19TH MAY
- > 26TH MAY
- > 9TH JUNE
- > 16TH JUNE
- > 23RD JUNE
- > 30TH JUNE
- > 7TH JULY
- > 14TH JULY



Mens National Water Polo League fixture dates

Division 1

Sept 10th 11th	Ponds Forge
Sept 24th 25th	Manchester
Oct 8th 9th	Millfield
Oct 22nd 23rd	Bath
Nov 5th 6th	Loughborough
Nov 19th 20th	Loughborough
Dec 3rd 4th	Millfield

Division 2

Sept 17th 18th	Millfield
Oct 1st 2nd	Birkenhead
Oct 15th 16th	Millfield
Oct 29th 30th	Grantham
Nov 12th 13th	Bath
Nov 26th 27th	Loughborough

Division 3

Sept 10th 11th	Ponds Forge
Sept 24th 25th	Nottm Uni
Oct 8th 9th	Walsall
Oct 22nd 23rd	Basingstoke
Nov 5th 6th	Grantham
Nov 19th 20th	Walsall

Womens National Water Polo League fixture dates

Division 1

Oct 1st 2nd	Grantham
Oct 29th 30th	Millfield
Nov 19th 20th	Manchester
Dec 17th 18th	Millfield

Division 2

Sept 17th 18th	Basingstoke
Oct 15th 16th	Walsall
Nov 5th 6th	Manchester
Dec 3rd 4th	Grantham

Division 3

Sept 10th 11th	Grantham
Oct 8th 9th	Manchester
Oct 22nd 23rd	Grantham
Nov 12th 13th	Basingstoke
Nov 26th 27th	Hucknall

Dec 17th 18th All divisions Millfield

Contact Us:

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Regional Development Coordinators:

South East: **TBA**

London: **TBA**

South West: **Mike Coles**

West Mids: **TBA**

Eastern Region: **Steve Chambers**

East Mids Region: **Simon Horton**

North East: **Felicity O'Leary**

RDO

North West Region **Fran Leighton**

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would like to get involved in
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**Great Britain
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**please contact Nick Hume at
waterpolo@swimming.org**