



August 2011

## A message from our President

*On behalf of TWPI, welcome to the August newsletter.*

*Since commencing as a new team of board members at the start of this year, we have been busy focusing on adopting a new constitution, bringing Tasmania in line with the National requirements of Australian Water polo (AWPI).*

*The Schools competition is up and running at the Aquatic Centre and despite the cold weather, it has attracted 55 teams - this is one of the largest school based sports competitions in the State. We appreciate the ongoing and tireless efforts of those who give their time to make this happen - from coaching, refereeing, working at the scorer's table or helping organise the games. This is many children's first taste of the State's water polo competition, and is therefore an important step in attracting and retaining the State's future water polo players.*

*TWPI have seen 3 state teams travel interstate – U14 Girls, U14 Boys for National Club Championships and U18 Boys for National State Championships.*

*U14 Boys & Girls travelled to Canberra in April for the club championships, with excellent efforts. The Girls placed 13 out of 21 teams with the loss of a few close games just pushing them out of contention for a top 10 finish. The Boys placed 15 out of 20 teams, despite being put in the strongest group pool that produced 3 of the top 6 teams including the eventual gold and silver medalists.*

*The U18 boys had a much tougher time competing in the National State team competition. Although they did not win any games, they proved themselves to be formidable opponents with several close games.*

*We have also started using Sporting Pulse website to place rosters and results for our schools competition. We hope to gradually increase its use over time.*

*As a small volunteer run organisation, we are always looking for assistance to keep our programs running and expanding. If you would like to help out in anyway, please contact TWPI or one of the board members.*

*Regards,  
John Pankiw*

**More inside!**



### Quick News

- School Comp grows in 2011
- Schools Grand Finals – 26 August
- 3 State rep teams do TWPI proud
- ADP have a successful tour to Victoria
- 16 and under State Teams named



## 16 and Under State Teams Named for 2011 CONGRATULATIONS

16 & Under National Club Championships to  
be held in Melbourne 4-9 October 2011.

### The Girls Team:

Lucy Absolom  
Emily Burn  
Adeline Gabriel  
Meg Hills  
Danielle Harris  
Brie Huxley  
Mia Johnson  
Emma Newell  
Ellie Picken  
Stella Salter  
Mimi Steele  
Molly Towns  
Lucy Wilkes

Coach - Brett Newell  
Manager - Lisa Harris  
Referee - David Salter

### The Boys Team:

Harry Bailey  
Sam Blackman  
Cam Brumby  
Isaac Franks  
Sam Lopa  
Chris Mazengarb  
David McAully  
Joshua McDermott  
Jamie McShane  
Thomas Ottavi  
Alex Thomas  
Toby Verrier  
Jamie Welsh  
George White

Coach - John Cody  
Manager - Konrad Blackman  
Referee - Tom Nesbitt

Teams have been training consistently and players have shown great commitment to their programs. Teams have been fortunate to engage quality coaching staff in Brett Newell and the very experienced John Cody. Managers Lisa Harris and Konrad Blackman have supported coaches. Thank you to all families who have also made this commitment to support Water Polo in Tasmania.

## Interested in playing Club H<sub>2</sub>O polo

- Club competitions commence on **Friday 23<sup>rd</sup> September**
  - 14 years and Under boys and girls (Born 1998 or later).
  - 16 years and Under boys and girls (Born 1996 or later).
  - 18 years and Under boys and girls (Born 1994 or later)
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## 16 and Under Boys Training Opportunity

Congratulations also to those boys who trained hard during the selection period but were not selected. Keep up the hard work. As most are eligible for next year's squad, keep playing polo!

Training will continue for 3 sessions a week at the Hobart Aquatic Centre under Coach John Cody. Cold Tasmanian mornings are proving no barrier to attendances and the enthusiasm that the boys bring to training shows that the team will be a friendly and increasingly fit group.

A recent session had specialised coaching and match tips from Steve Cody, a current Senior Australian Men's Player, and team member of 2011 NWPL UNSW Wests. Thanks to Steve for getting in the water with the boys. Experience against one of the best in the world is always invaluable.

Fund raising efforts have commenced with regular raffles at the Friday night School water polo raising \$290 to date.

Further fund raising activities are planned, including a larger raffle with a \$500 Nespresso coffee machine as first prize, sausage sizzles as the weather improves and a wine drive. Special thanks to Mr Bruce Hill, winner of the second raffle, who donated half his prize (\$50) back to the team fund!

The team will be travelling to Melbourne on the 3<sup>rd</sup> of October, returning on the final day of competition, Sunday 9<sup>th</sup> of October. Accommodation is in the Southbank region of Melbourne with most boys' games anticipated to be at the Melbourne Aquatic Centre in Albert Park.

We wish the boys every success in these highly competitive championships in October.

*Konrad Blackman*

## Visit by National League Star



Victorian Tigers National Water Polo League Star Alli Van Ommen recently held a coaching clinic at Clarence YMCA Aquatic Centre. The clinic was well attended.

Sarah Addis from Stride Sports was also in attendance to discuss the USA College Water Polo pathway opportunity that Stride company offers talented players.



## H<sub>2</sub>O Polo Athlete Development Program News

Water Polo ADP Athletes Visit the Maribyrnong Sports Academy

As a member of the Elizabeth College Hobart TAS. Athlete Development Program, I was fortunate enough to go on a trip of a life time to our sister school of Maribyrnong Sports Academy in VIC. from 12<sup>th</sup>-15<sup>th</sup> May. Our group was made up of 24 Athletes comprising ADP Water Polo players and 6 Netballers.

We started off the first day, with a Strength and Conditioning Session with, 'Smithy'. A few of the exercises were completely new to most of us, which explained the silence due to the pain. The Netball and Water Polo groups each had their own respective training session. The coaches were fantastic and gave us individual tips on how to improve our skills.

World famous Australian basketball player Chris Anstey, came along and spoke to us about self motivation. We were amazed to

discover that he did not start basketball until the age of 17. Prior to that he had an extremely promising career in tennis. At the age of 23 he taught himself how to 'jump shot', even though he'd been told that due to his height, he didn't need it for his game. He mastered the skill, which made him an even better player. His main message was, "When you are bent over, hands on your knees and breathless, that is just the warm up. You can push yourself so much further than you would ever believe possible" Our visit to Victoria University, which hasn't officially been opened yet, was fairly brief but extremely impressive. The \$66 million facility includes air pressure apartments that sleep up to 16 people, climate control ranging from -20 to 50deg C. and a half million dollar camera system for recording athlete's movements which can be analysed in 3D.

We were also fortunate enough to tour the Victorian Institute of Sport (VIS) which was formerly the site used for the 1956 Olympic Games swimming events.

The VIS motto is "Success in sport, Success in life" and currently has 400 athletes enrolled.

Our guide Sam Lachofskey, who is a High Performance Coach, develops athletes from beginner to advanced levels. They have state of the art equipment and cater for all ages.

As I walked into the gym/pool room, I looked around and thought to myself "These are all top of the class athletes in their various sports, but they all have one thing in common. They want to become the best." It was an amazing feeling and not one I can put into words. I asked Sam what it is like to work there and in reply he said, "Fantastic – you get a lot of pride in your job. You get to be among all these people who are so competitive and you are a part of it. Since you've been with an athlete helping them through difficult times, when they go away and win a medal, it's as if you've won it yourself".

There was no way we could go to Melbourne without attending an AFL match and for many of us it was first time we'd been to the MCG. We went to see the clash of the titans, between Collingwood and Geelong. We found ourselves part of the 81,691 spectators. I couldn't help but feel as if I was watching the gladiators at the Roman Colosseum.

As a spectator I found the roar of the crowd, both amazing and exhilarating. With every bounce, every clash of body's, the noise erupted and reminded me of waves crashing onto a beach. I can't imagine what it would be like for the players on the field having 81 thousand people cheering for them --the pressure they must feel. My only disappointment with the game, was Collingwood lost by a lousy 3 points after being robbed by an umpiring mistake.

On behalf of our group, I'd like to thank Tim Medwin and his crew, for giving us such a fantastic experience that we will never forget. Our thanks also go to all the instructors and guest speakers who gave their time and effort to support us in any way possible. Finally, 'a big thank you', to Maribyrnong Sports Academy and its principal Nick Scott for taking such great care of us, because without you, our trip would not have been possible.

*William Wylie*

## Schools Competition

55 teams

1.

compete in  
2011 School  
Comp.

2.

Grand Finals  
26<sup>th</sup> August

3.

Games played  
each Friday  
evening from  
6.30pm

4.

Junior Polo to  
College  
Competition

5.

You can support  
the School  
Competition  
- be a scorer  
Or by coaching/  
or managing a  
team

Interested in a referee  
course?

Go to our website  
<http://www.taswaterpolo.asn.au/>

## 14 & Under Girls State Team Report

The Tasmanian girls team achieved dramatic improvement at the Australian Water Polo National Club Championships in Canberra over Easter. (21 - 26 April 2011).

The team of 13 girls had a fantastic championship. They worked hard and supported each other in and out of the pool.

The girls demonstrated their skills in high pressure and challenging games, they were always competitive against the tough mainland sides.

The girls finished high in their group pool and claimed five victories, showing tremendous improvement from the first game that continued during the championship.

The games in Canberra were held at the AIS swimming pools and luckily we able to book our accommodation in at the AIS as well. Most days we will had two games.



*Coach - David Salter*

**ADP students get carried away  
with Vic under 18 coach Sheila Langley**



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