Pymble Swimming

Pymble Ladies' College

WATER POLO



www.pymblelc.nsw.edu.au/swimming



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Introduction

Pymble Water Polo is an energetic and exciting aquatic team sport exclusively for *Pymble* students in Years 3 to 12. The program builds fundamental skills and swimming fitness in a fun, team-based environment, with players developing through skills sessions and school competition across the year.

By joining the Water Polo program, players benefit from:

- Swimming fitness training in the College's 50-metre heated indoor pool, with the learn-to-swim pool used to build Flippa Ball fundamentals.
- Access to the *Pymble* Fitness Centre, including strength and conditioning facilities and consultation and remedial treatment rooms.
- A support network including an on-site physiotherapist, a sport and exercise medicine doctor and full-time strength and conditioning staff.
- Expert coaching to develop players from beginner to elite level.
- Year-round competition opportunities against a range of schools.

Talented players in Years 7 to 12 may also be eligible for the *Pymble* Elite Sportswomen's Program, which supports athletes to balance sporting commitments with academic study through specialist sessions, nutrition and sports psychology support.

Junior School: Flippa Ball to water polo

Flippa Ball is a fun, simplified version of water polo designed specifically for children aged 12 years and under. It is played in a shallower pool where players can stand on the bottom to rest, helping them feel safe and confident while learning the game. As their skills and confidence grow, students transfer the fundamental techniques developed in Flippa Ball to water polo which is played in deeper water.

In Year 5, students continue to play Flippa Ball while being progressively introduced to water polo in deeper water, further developing their skills and confidence.

In Year 6, students participate in water polo skills sessions designed to challenge our stronger Junior School swimmers and further develop their understanding of the game. These sessions focus on building confidence, improving technical and tactical skills, and introducing players to the demands of playing in a regular-depth pool where they cannot touch the bottom. The program provides a strong foundation for students who wish to continue their water polo journey and prepares them for future opportunities in Secondary School and beyond.

Our team values

Our College values are always in play. Players are expected to bring them to the way they train and compete:



Care is demonstrated by:

- showing compassion and consideration for all your teammates;
- treating your teammates, the opposition and staff with fairness and courtesy;
- treating College property, equipment and grounds with care and pride;
- and practising self-care.



Courage is demonstrated by:

- giving your best effort;
- trying something new;
- making the most of your opportunities;
- meeting the challenges of your weekly schedule;
- and always modelling appropriate behaviour and encouraging others to do the same.



Integrity is demonstrated by:

- being honest and truthful;
- playing by the rules;
- and giving your best effort to the program and your team.



Respect is demonstrated by:

- appreciating the gifts, talents and uniqueness of others;
- greeting visitors to the College;
- demonstrating pride in the sports uniform by wearing it correctly;
- accepting the decisions of umpires and officials;
- and asking for feedback from the Sports Co-ordinator or Head Coach about team selections if you are unsure.



Responsibility is demonstrated by:

- being punctual to training and matches;
- not over-committing yourself;
- informing your sports co-ordinator in advance and in writing if you cannot attend training or matches; (email: dpetri@pymblelc.nsw.edu.au)
- and ensuring your schedule works for you and your team.

Water polo throughout the year

Water polo is offered at *Pymble* across all four terms, providing players with a 'genuine' year-round pathway from skill development through to competition.

Term	Focus
Term 1	Independent Girls Schools' Association (igsa), Years 7 to 12 (Saturday morning)
	Independent Girls' Schools Association (igsa) Junior, Years 3 to 6 (Saturday morning)
Term 2	*Pymble* competition, Years 7 to 12 (Friday night)
	Skills and drills
Term 3	Skills and drills – Optional pre-season fitness sessions for registered Term 4 players
Term 4	Independent Girls Schools' Association (igsa), Years 7 to 12 (Saturday morning)
	Junior School skills and drills



Training

Senior School (Years 7 to 12)

Each team trains twice a week, during two of the following sessions: Tuesday afternoon, Wednesday morning and Thursday afternoon. Training sessions vary from one hour to one-and-a-half hours.

Junior School (Years 3 to 6)

Training takes place during lunchtime. Sessions run for approximately 30 minutes.

Strength and conditioning

All teams are offered a weekly strength and conditioning session designed to build the strength, power and resilience that support performance in the water. Players are expected to attend their team's scheduled sessions and to notify the co-ordinator in advance if they are unable to attend. Optional pre-season fitness sessions are offered in Term 3 to registered Term 4 players.

Trials

Trials are held ahead of each competition season to select players into their teams. Students trial in their year group division: Seniors (Years 10 to 12), Juniors (Years 8 and 9) or Year 7, with dates and times confirmed closer to the season and communicated directly to registered players.

Junior School (Years 3 to 6)

A swim test and trials are held during lunchtime training sessions in Term 1. Training and trial days and dates will be confirmed prior to the commencement of the term.

Competition

Competition is where all the hard work in the pool comes together and one of the most rewarding parts of the water polo season. Held in Term 1 and Term 4, igsa fixtures take place each Saturday between 7.15am and 12.30pm, giving players the chance to test their skills against a range of schools across the Sydney region. In Term 2, *Pymble* competition fixtures are played on Friday evenings. Players should arrive at the fixture venue 30 minutes before the game starts to warm up. If you are unable to attend a fixture, please contact the co-ordinator as soon as possible.

The Junior igsa competition (Years 3 to 6) is played in Term 1 on Saturday mornings at various locations around Sydney. Please note that Pymble Ladies' College is not a venue


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for igsa Junior rounds. Draw and venue information will be available close to the start of the competition.

Flippa Ball games may be played in pools where players cannot always reach the bottom of the pool. Water polo games are played in regular-depth pools where players can neither reach the bottom nor hold the sides of the pool.

Team numbers

Teams have ten to 13 players. Registrations open for one team at a time. Once a team is full, further students are waitlisted until there are enough for another team. If the program reaches capacity, families on the waitlist will be emailed if a place becomes available.

Eligibility

Years 7 to 12: All participants must be able to swim 100 metres competently and independently in deep water.

Years 5 and 6: All participants must be able to swim competently and independently in deep water.

Years 3 and 4: All participants must be able to swim competently and independently.

Uniform and equipment

Uniform:

- *Pymble* Saturday sport shirt
- *Pymble* water polo costume (compulsory)
- *Pymble* sport tracksuit
- *Pymble* swimming cap or *Pymble* water polo cap.

Equipment:

- Goggles
- Towel
- Mouthguard (highly recommended).

Locations

All training sessions take place at the Braith Williams Aquatic and Fitness Centre, home to our 50-metre heated indoor pool. Competition fixtures are played at various pools across Sydney, as teams travel to compete against a range of schools throughout the season. Students and spectators may be required to pay entry fees at some external pools.



Additional information

- Students in Years 7 to 12 may register for only one Saturday sport per term (rowing counts as a Saturday sport).
- Players selected in the Senior or Junior Firsts teams must also attend one swimming squad session per week, in addition to their water polo sessions. These run as part of the *Pymble* Swimming squad timetable.

Contact

Program Co-ordinator: Mr Duccio Petri

Email: dpetri@pymblelc.nsw.edu.au

If you have any questions about the Water Polo program that are not answered in this handbook, please do not hesitate to get in touch.

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