



Northern Suburbs Water Polo Competition – Term 3, 2017

Water polo is a healthy and safe option for students who wish to play an aquatic team sport. Term 2 and 3 will allow for a fun introduction to the sport of Water Polo and training for our new students to the sport. For our current students playing in the Pymble Invitational Competition in Term 1 it will be a great way to continue to develop and build on their skills. Also assisting in leading into Term 4 IGSSA preparation.

Training will comprise of basic skill training and swimming fitness whilst being in a fun team sport environment.

Co-ordinator	Miss Brigette Moore brmoore@pymblelc.nsw.edu.au
Manager-Aquatic Sports	Mrs Monique Zahra MZahra@pymblelc.nsw.edu.au
Term/s	Term 3 (2017)
Years	Juniors (Year 7)
Day/Time	Friday Evening
Cost	\$113.00
Match Dates (Start/End)	Exact dates and times will be provided via email once the draw is issued. It is important that girls turn up for the matches 30 minutes before they are due to commence. If they are unable to attend a match please make sure this information is communicated to both the coach and the co-ordinator.
Training Schedule (2017)	2 x sessions per week Tuesday 4.30pm to 5.30pm Thursday 5.00pm to 6.00pm Each player must attend training sessions each week unless the Co-ordinator has been notified
Uniform	<i>Pymble Saturday Sport Shirt</i> <i>Pymble Water Polo costume</i> – Students who are required to purchase a new Water Polo costume. <i>Pymble Sport Tracksuit</i> <i>Pymble Swimming cap</i> Goggles Towel
Venues	Warringah Aquatic Centre. Please be advised that Warringah Aquatic centre charges for both players and spectators.
Further Information	Trial training afternoon – Thursday 1 June 5.00pm to 6.00pm – <i>Pymble Aquatic Centre</i>