



Dolphins Water Polo Club

Fin Review

Junior Edition – June 2009

Welcome

Number 4 and no one has had us arrested yet.

This month our attached feature is a coaching article that will cover the following:-

- Ball handling – passing, shooting and catching.
- Mobility – swimming, leg work and body positioning
- Personal fitness, health and wellbeing with the Team Physiotherapist.
- Set plays and positions – extra man, centre forward and centre back.
- General game play – counter attack, zoning, pressing and passing under pressure.
- Rules – interpreting the rule and how to use them to advantage.

We will be alternating a general interest feature with the coaching feature. This way we hope to keep you both interested and learning more about the sport of Water Polo.

Any comments please send them to admin@dolphinswpc.com.au we don't mind criticism but don't be too brutal.

A Favourite Son to miss the Season

You would have seen Luke Swanson around the pool and coaching the juniors on Saturday mornings, well he won't be there for the start of the coming season. Luke will be heading to the big USA this August. He will be starting in New York for a small stay before going on to Washington DC to study at CUA Uni. He is

undertaking a political internship on Capital Hill before returning January 2010. We hope he has a great time and says a big HI to Mr. Obama for us.



Luke Swanson – the big shot.

Parent Committee

We have had two parents respond, thus far, to this initiative so we thought we would send the message out again just as a reminder.

So if you can help out in the areas listed below please contact with Megan.

- Enhanced communication
- Better movement from Flippa Ball through to seniors
- Improved social activities
- Fundraising
- Spectator course, parent information sessions
- Fees
- Event and team organisation.

E-mail **Meghan Lagdon** at - meghanlagdon@iprimus.com.au



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Know the Rules #1

A penalty throw shall be taken by any player of the team to which it is awarded, except the goalkeeper, from any point on the opponents' 5 metre line.



Experience and youth

Experience and Youth

What a fantastic photograph. Not because of its quality or clarity, not because it has captured the point when the ball is about to leave the hand of the young player and not because the water is clear and blue or it was a lovely sunny day. No, none of the above.

What makes it such a great photo is one of the underlying elements that make Dolphins a great club.

The players in the white caps are Fiona Pixley and Sharan Wheelock both are over 40 (sorry ladies) and both have played for Australia. The players in the blue caps are Cathryn Earl and Amy Sturgeon and both are under 17 years old.

So what's great is older experience players giving up their time, passing on knowledge, providing role models and helping with the

development of the next group of potential Australian players. Fantastic photo!

National 16 & under (born 1993 or later) Club Championships

Dolphins will be taking two girls teams to the National 16 & under Club Championships in Brisbane in October. If you are interested in taking part in the competition, contact Tank on 0408 906 086 . . . and get busy training!

Did You Know?

Water Polo was played for the first time, in Australia, in 1881, between the St. Leonards and Port Jackson swimming clubs at Foley's Baths in Woolloomooloo Bay, Sydney.

(Source Water Warriors by Dr T. Rockwell)

Our girls head to Europe

We would like to wish three of our Australian players, Jemma Dessauvague, Libby Alcock and Eliesha Browne, bon voyage as they head off on a water polo tour of Europe.



Crunch

Know the Rules #2

The responsibility for returning the ball to the player who is to take the free throw shall be that of the team to which the free throw is awarded.



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Happy Birthday – June Babies

Troy	Pixley
Tessa	Randles
Eliza	Gerlach
Maddie	Swan
Tom	Beer
Callam	Sturgeon
Robert	Hains
Luke	Syme
Tom	Wallwork
Lauren	Witherow
Matt	Osman
Hannah	Bougher
Will	Brogan
Simon	Swan
David	King
Anneliese	Donaldson
Lauren	Lindemann
Anna	Henderson
Michael	Whitby
Lewis	Salomone
Ethan	Gerlach
Jessica	Lock
Joseph	Kenny
Leonie	Moora
Josh	Mannolini
Oskar	Crane
Shamindri	Gunasekera
Seb	Ramsay
Chloe	Bayly
Sara	Foster
Rieley	Stewart
Ella	Fitzpatrick
Patrick	Smith
Troy	Pixley
Tessa	Randles

Eliza	Gerlach
Maddie	Swan
Tom	Beer
Callam	Sturgeon
Robert	Hains
Luke	Syme
Tom	Wallwork
Lauren	Witherow
Matt	Osman
Hannah	Bougher

Know the Rules #3

A goal throw shall be taken by any player of the team anywhere within the 2 metre area. A goal throw not taken in accordance with this rule shall be retaken.



Listen and Learn

Boys Born 1993 or Later

If you are interested in playing in the 17 & under A team in the coming season please attend a meeting or have Mum or Dad attend on Wednesday, July 15 at 6:30pm in the Club Rooms at Claremont Pool.



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New Dolphins Apparel

An exciting new range of Dolphins apparel will be available for purchase shortly.

Costs still need to be confirmed, but will be approximately \$65-80 for women's bathers, \$35 for t-shirts and \$25 for tank tops.

Stay tuned for information on when you can try on for sizes and how to order.



Pietro Figlioli

Throwing the Ball

The above photo is of Pietro Figlioli who until recently played for Australia. Pietro will now become an Italian citizen so he can continue to play professionally in Italy.

As can be seen from the photo Pietro has a great throwing action. He is high out of the water, the elbow is higher than the shoulder and he moves the ball from as far back as he can reach to enable him to throw at a great speed. Some say 100kmh.

You will also note his whole body is coming forward as he starts to rotate his upper torso.

In this month's feature, the **Coaches Corner**, we will be talking more about throwing the ball, fitness, mobility and lots of other topics.

The Coaches Corner will come out every second month and is a must read if you are keen to become a student of the game, learn as much as you can and maybe one day represent Australia and play professional water polo like Pietro.

Important Dates

05/09/2009 – Junior Registration Day, 9:00am – 11:00am at Claremont Pool.

12/09/2009 – First round of a three rounds series for 16 & unders (Born 1994 or later).

17/10/2009 – Team Allocations for Dolphins' Saturday Morning Program.

17/10/2009 – First round under 16 (born 1994) Saturday Premier League.

19/10/2009 – First round WA Water Polo Monday night competition.

24/10/2009 – First round Dolphins' Saturday morning program.



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Spending 10 Minutes with - Cathryn Earl



Born – Perth Australia, 1993.

Suburb – Mosman Park.

When and where did you start playing water polo? – I started playing flippa ball at Melville when I was about 8 as a bit of fun and got more serious at the age of about 12 when I started Monday night competition.

Favourite Player – Yvette Higgins-became my favourite player after she scored the winning goal at the 2000 Olympics. I was only 8 years old at the time and this was when I started playing and have looked up to her ever since.

What do you like about Water Polo? – I like how the sport is very social and all the friends you make. It keeps me fit and I have heaps of fun playing it and even going to training. I love travelling with all my team mates; we always have so much fun.

What don't you like about water polo -There isn't much I don't like, maybe just the cold

early mornings, but I guess that's part of any sport.

What has been the high point of your water polo career so far? - My major high point would have to be making the Australian Squad after playing a tournament at the under 16 nationals in Sydney.

What are your water polo aspirations? – I would love to play for Australia one day maybe even in the Olympics. We have an upcoming tournament in Queensland, the under 16 nationals, and I want to play really well as it is my last year in this age group.

What are your life aspirations? – I know at this stage I defiantly want to successfully complete year 12 and continue to play water polo. Hopefully I will go to university, but I'm not sure what I would like to study there yet.



Don't want the Newsletter?

If you don't want to receive the e-newsletter then simply send an e-mail to: -

juniors-unsubscribe@dolphinswpc.com.au

But we will be sad to lose you!

www.dolphinswpc.com.au



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Dolphins' member **Wayne Charles** would love to hear from you and Wayne makes a generous contribution to the club for every member or friend that takes out a loan. So this works for you and the club – GREAT!

Advertise Here

Over the coming months and possibly years the Dolphins' **Fin Review** will grow to be one of the most sought after publications of its type in the western suburbs.

Dolphins has a membership of over 550, what a great way to grow your customer base.

E-mail admin@dolphinswpc.com.au to secure your space. All rates are negotiable and options exist to advertise in both the junior and senior editions

If you run a business and can give Dolphins' members a discount on goods and services, then tell us and we will let them know.

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