

gosford WATERPOLO

news

September 2009

IT'S SUMMER AND IT'S WATER POLO TIME AGAIN!

Junior Registration Saturday 3rd October

Welcome to another season of water polo. Our junior registration day is scheduled for **Saturday 3 October, 9.00 am** at Gosford Olympic Pool. Come down and register and get your clothing and cossie order in early. For any potential new members we'll have people there to answer questions and plenty of coaches will be available so anyone who is interested in trying out water polo can get in the water and give it a go.

Senior Registration will take place before training at the first three club senior training sessions only. That's Monday 12, 19 & 26 Oct.

Junior Summer Training starts Friday 23 October

Training for under 12's and under 14's starts on Friday the 23rd at 6.30pm. Flippaball from 7.00pm. This year under 16's will train with the seniors on Monday nights. We must be out of the pool by 8.00pm so training is scheduled for half an hour of dry land warm up and lap swimming, then an hour of more specific water polo drills. We are still waiting on this seasons draw from Central Coast Junior Water Polo but anticipate games will start the first week of November as they have in previous seasons.

Senior Summer Training starts Monday 12th October

Senior summer season training starts **Monday 12 October at 7.00pm**. Come prepared to register!

New Developments for this Season

Under 12's

Under 12 boys and girls teams – the Central Coast junior board have decided to wait until after club registrations to decide if numbers warrant splitting the boys and girls competition this year. We'll let you know as soon we do!

Second Grade Ladies & Third Grade Men

This year the senior board of directors have decided to replace our previous mixed under-18 competition with second grade ladies and third grade men's comp. This is a great opportunity for some of our younger players to step up and play against seniors and for new senior members to play in a grade more conducive to learning the game.

Under 16's

With our growing numbers we thought it best to split our juniors into two training sessions. This will allow us to better use our pool time and equipment and also let the under 16's train with and play against the seniors... don't worry, we'll go easy on them!

Gosford Water Polo Club is proudly sponsored by



New Developments (continued)

Family Equipment Levy

This year we have to replace a lot of our balls and purchase a new set of caps. As you know these aren't cheap. Mikasa balls are \$60 each and a set of Turbo Caps is approx \$500 for a set.

With this in mind the board have decided to set a one off equipment levy of \$10 per family for this season.

We have just ordered 16 new Mikasa balls and are looking into getting a specially constructed ball bin made to secure them. As you can see this is not a cheap exercise so apart from the equipment levy, please be prepared to undertake some much needed fundraising this season. If we want members to get the best out of their training sessions we have to provide the best possible equipment. Our goals will need replacing in the next year or two. Replacement cost for these are approx \$4000

We understand that junior sport is becoming more expensive for families but relative to many other sports, water polo is still very affordable.

Clothing

This year instead of including a T-shirt as part of your rego fees we have decided to lower you fees and offer you the option to purchase additional club polo shirts and costumes. Please find attached a club clothing purchase form to print out and bring with you on rego day. See form for more info.

Coaches

Flippaball	TBC & Nathan Crookes
Under 12	Frank & Lucus Cubirka
Under 14 Girls	Paul Rowe
Under 14 Boys	Mark McNamara
Under 16 Girls	Trev Nowak / Paul Rowe
Under 16 Boys	Paul Rowe
Second Grade Ladies	Trev Nowak
Third Grade Men	Daniel Doohan
Second Grade Men	Frank Cubirka
First Grade Men	Paul Rowe
First Grade Ladies	Trev Nowak

Registration Fees

Registration Type	Amount	DOB
Senior NSW	\$160	
Junior NSW	\$80	1/1/92
Associate NSW	\$16	
Senior Local	\$75	
Junior Local (Under 18)	\$45	1/1/92
Junior Local (Under 16)	\$40	1/1/94
Family Equipment Levy	\$10	

Competition Draws

The seniors draw is out now with games starting on Wednesday Nov 4. Game times are yet to be finalised. A junior Saturday draw has also yet to be finalised but we anticipate starting Sat 7 Nov. Keep an eye out on the Club Notice board or web site, we'll post them as soon as they are available.

Pre-season Training

If you haven't already been down to pre-season training, get your act together and join us on Monday and Wednesday nights from 6.30 to 7.30pm. We are getting great numbers attending with heaps of younger players wanting to get a head start on their competition.

Club Website

Bookmark our club website
gosfordwaterpolo.net

Club Contacts

Porkie – Tel: 0409 043 648
Rowie –Tel: 0447 228 742
Macca –Tel: 0410 214 354
Frank – Tel: 0421 805 766
Trev – Tel: 0409 909 209
Jacqui – Tel: 0409 819 141

Gosford Water Polo Club is proudly sponsored by

