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Minor change to the Winter @ Westminster season

Winter season at Westminster Pool commences on Sunday 7 May. Week 1 will be a coaching and team skills day while new goal frames are adapted for the pool. Come along for a good session of polo, team registration and a great coaching opportunity.

Location: Westminster School pool, 23 Alison Ave, Marion. Entrance via Gate 2. The swimming centre is marked "W" on the Westminster School map. We enter the pool from the laneway between the "W" and "Y" buildings.

<http://www.westminster.sa.edu.au/Welcome/Documents/West%20School%20Map.pdf>

When: Sundays, 5 pm – 7:30 pm

We have access into the pool complex at 5 pm for setup and must vacate the pool complex by 7:30 pm. Games will commence approximately 5:20 pm.

Season:

Term 2 – 6 weeks, commences 7 May 2017 to 25 June 2017, with no games on the following dates: 14 May, 11 June.

Term 3 – 10 weeks, commences 23 July 2017 to 24 September 2017.

There will be no games 2 July, 9 July or 16 July.

Fee:

Adults: \$20 per week, or discounted to
\$240 for the full season (16 weeks) if paid by 21 May
\$95 for Term 2 season (6 weeks) if paid by 7 May
\$160 for Term 3 season (10 weeks) if paid by 23 July.

School students: \$15 per week

Note: the fee covers pool hire, equipment maintenance, new balls, trailer registration and storage

Payment can be made on the night, to Liz Melville, or in advance to:

BSB: 805 005 Account No: 100143247. Reference WS 'Initial' 'Surname' (e.g. WS J Bloggs). Please email a copy of your Internet banking receipt to canoe.polo.sa@gmail.com or bring a copy to the first round.

We would like to have fixed teams, A grade, B grade and Novice/Beginners if sufficient interest.

If you would like to play for some of the season, but are unable to attend on 7 May, please advise by return email.

All players are welcome to bring friends / relatives / children (aged 8 and over) to introduce them to the game.

2018 National Canoe Polo Championships at West Lakes

South Australia is hosting the National Canoe Polo Championships next year at West Lakes, 30 March – 2 April 2018.

Simon Langsford has offered to coordinate the organisation for the Championships. If you would like to

help out there many opportunities, large and small that will be available. Please email Simon polonats2018@ozemail.com.au

Sunday Training at Corcoran Drive

Over winter there is no formal training at Corcoran Drive, West Lakes; though anyone is welcome to do their own training, and coordinate with other players.
(See Megan's Facebook post)

Winter Fitness, Injury Prevention and Strength and Conditioning

Open to all Canoe Polo players, family and friends

When: Thursdays 7.15 – 9.00pm.

Location: UniSA City East Gym

Commences: 4 May

You are invited to attend a weekly gym session at UniSA's City East Gym facilitated by final year Exercise Science Students overseen by Exercise Scientists or Clinical Exercise Physiologists. These sessions will use evidence-based strategies to build strength to prevent injuries and increase / maintain performance over winter.

A program for general fitness and conditioning is available for non-Canoe Polo players who would like to just come along. All ages welcome.

Each attendee will have their needs assessed and an individual program will be established.

Free parking on Frome Rd after 7pm. Occasional visits are fine but regular attendance is recommended.

Fee: A maximum of \$10 per visit may apply but is usually FREE.

Contact Scott.Polley@unisa.edu.au or [0408813137](tel:0408813137) if you would like to attend or have further questions.

Note:

1. Other times can be arranged if you are not able to make Thursdays.
2. Those with injuries or returning to activity may want make an appointment with the Clinical Exercise Physiology or Physiotherapy Clinics at UniSA City East or Magill (\$10).

Communications Officer
Canoe Polo Technical Committee
Canoe SA

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