



Rondebosch Boys' High School

Water Polo Newsletter

December 2009

Dear Parents and Boys

Herewith the latest update on water polo activities during the break and in the first term

1st Team Training

First team squad training during the holidays will be as follows:

8 – 12 January 8h00-10h00 and 15h00-17h00.

U15 Team Training

The u15 squad training will take place on the following dates and times:

8 – 12 January 10h00 – 12h00

Fitness Training – U14 and U15

Brad vd Westhuisen and John Whitehead will be running a series of fitness and skills sessions in the final week of the holidays for all 2010 U14 and U15 players.

All junior players are welcome to attend the sessions which will be from 12h00-14h00. (Mon. 4th, Wed. 6th and Thur. 7th)

The cost will be R60 for the week or R20 per session, payable at the start of each session. Boys are to please register their attendance to facilitate planning by completing the 'slip' below and returning it to whitehead@rondebosch.com.

Player's Name	
Age at 1 Jan 09	
2009 Polo Team.	

E-mail address	
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Recommended Training

All level of players should do some training during the holidays and in particularly from the beginning of January. Obviously swimming as much as possible is preferable, but for those who are away from a pool, running and gym work will have to suffice. A-Team players should be doing 3 - 4 sessions a week, of about 90-120 minutes in which 3000-4000m should be covered - depending on proficiency.

Below is a 3000m session which can be used:

Warm Up (800m)

200m swim at 75%

Freestyle kick	}	1 length of each of the following. Four sets. 1 minute rest between sets	200m
Freestyle swim (75%)			
Breast stroke kick			
Freestyle swim - head up			
Treading (arms above heads)			
Freestyle (100%)			600m

Session (2000m)

5 x 100m free	on 120 second cycle	
1 min rest		
5 x 100m IM	on 150 second cycle	
1 min rest		
5 x 100m free head-up	on 200 second cycle	
1 min rest		
5 x 100m IM	on 200 second cycle	2000m

Warm down (200m)

Recovery swim:	200m		
		200m	Total 3000m

Pool Use During Holidays

Kindly note that despite all of the above activities, the pool is out-of-bounds during the holidays. Boys are only permitted into the pool area to participate in a school approved practices/clinics at which recognized coaches are in attendance.

The security guards are tasked to check on the pool and where necessary lock the gates and clear any unauthorized users out of the pool area. Recently they have been receiving verbal abuse from boys who they are 'removing'. We urge all parents and boys to observe the rules of using the pool and to respect the authorities who enforce them.

Spectators' Guide to Water Polo

Copies of the *Rules of Water Polo* are available from the tuck shop on match days. Also available is '*A Spectator's Guide to Water Polo*' which is superior to the rules in some ways, as it covers the rules as well as interpretation and application, which is generally where many spectators, players and referees struggle.

Both are sold at a nominal price to cover printing costs. The Spectators Guide (which is recommended reading for **ALL** players) is available in PDF format at: <http://www.owpra.org/guide/home.html>, alternately look for a handy copy at the pool tuck shop.

Another excellent website that has lots of ideas on the game, skills and training is www.waterpoloplanet.com.

First Term Fixtures

The fixture meeting has not been held yet. Fixtures for the first term will be distributed when they are available.

First Term Tournaments

The Parktown Tournament (U15A) and the KES Tournament (1st Team) are on the same weekend. The teams play on 26-28 February and will travel on the following flights:

Thu 25 Feb	CPTJNB 1T104	15.00-17.00
Sun 28 Feb	JNBCPT 1T117	19.30-21.40

As we have not received tournament costs from the host schools, final costs have not been finalized, but should be in the region of R3500 per player. Detailed letters will be distributed to parents/players in January.

2010 Coaches

We are in the process of appointing coaches for 2010 and are able to advise that the 1st team coach for 2010 is Garth Olivier and Shea Bailey will coach the U15A team.

Any people wishing to apply for a coaching positions are invited to do so by sending a brief CV to the e-mail address below.

While the level of knowledge of water polo and previous experience required varies with the level of the team, the basic requirements are listed below:

- Attendance at all practices and matches. Junior (U14/U15) practices are on Mondays and Wednesdays, senior (U19) practices on Tuesdays and Thursdays.
- Arranging and managing practices which will focus on fitness training, individual skill development and developing team skills/match set-ups.
- Supervising the teams at matches. (Most matches are on Saturdays. U14 and U15 teams occasionally play on Friday afternoons)
- Coaches must be able to referee practices and matches.

Please submit CVs to Gary Endley at endley@rondebosch.com . The CV must reflect playing experience, coaching experience (water polo and other sports) and the level of coaching or team being applied for.

Cut off time for applications is Friday 27th November.

Fixtures for the first term will be distributed as soon as they are available.

Regards

John Whitehead

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<http://www.eset.com>