

## WATER POLO – 7/8 DEVELOPMENT (Training Only)

To continue to grow our water polo programme at Baradene, we are offering development training sessions for our Y7/8 students in Term 4.

These sessions are open to **ALL** Y7/8 students no matter their water polo experience. It is a fun opportunity to get girls confident in the pool, as well as keeping our experienced players active in the pool during the school league off-season.

- ELIGIBILITY:** Year 7/8
- TRAINING:** Mondays (5:00pm-6:00pm) at Sacred Heart Aquatic Centre  
*Beginning Monday 14<sup>th</sup> October, Final training: Monday 9<sup>th</sup> December*  
*No training Monday 28<sup>th</sup> October – Labour Day*
- AIM:** The sessions will be a mix of fitness and water polo specific skills and drills. These will be run by Senior Baradene Water Polo players.
- UNIFORM/GEAR:** Full piece swimsuit, swimming cap, goggles, towel and warm clothes to get changed into.
- COST:** \$100.00 (depending on numbers)
- NOTE:** Water Polo is played without goggles. Within these trainings goggles will be worn at some points and removed during game specific drills. If your daughter is visually impaired, please take this into consideration.

***Please note: Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.***

Please ensure your daughter's online registration is completed by **Thursday 22nd August, 2024.**

If you have any questions, please do not hesitate to contact me.

Yours sincerely,



Danielle Reynolds  
Sport Manager



Alexandra Russell  
Acting Principal