



# Achievement Awards

**Hutt Water Polo Junior Development Squad**

*Testing days : Thursday 14<sup>th</sup>, Sunday 17<sup>th</sup>, Thursday 21<sup>st</sup>  
November*

<b>Skill</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
<b>Swim 100m freestyle</b>	under 2.10	under 1.50	under 1.30
<b>Eggbeater</b>	Wrists out over 30 sec	Wrists out over 1.30 sec	Hands on heads over 45 sec
<b>Dry Passes</b>	Over 10	Over 20	Over 40
<b>Distance Throw</b>	Over 3 metres hitting a target	Over 6 metres hitting a target	Over 8 metres hitting a target
<b>Control ball head up freestyle for one length</b>	Yes	Yes	Yes

**Its that time again,  
to see how you  
have improved!**



[www.huttwaterpolo.org.nz](http://www.huttwaterpolo.org.nz)