



# WATER POLO SKILLS PROGRAMME

**Open to any Year 9 & 10  
Secondary School Pupil**

**Six weeks from 21.2.13 to 28.3.13**

To be delivered by the very experienced  
**Hungarian Coach – Dr Josef Sike**  
& NZ National Senior Men's Coach

This is a unique opportunity for all Year 9 and 10 secondary school pupils (*club or non club members welcome*) to develop their water polo skills ahead of the Naenae Winter Schools competition starting in May.

When: **Thursday's commencing 21 February to 28 March**

Time: **7.30 pm to 8.30 pm at Naenae Pool**

Who: **Any Year 9 & 10 Secondary School pupil**

How many: Maximum number of registrations – **24** (strictly adhered to)

This programme will teach you the skills you need to be a competitive water polo player. You will improve your overall fitness level, swimming and polo skills. Attendees will be treated to a full program of activities, including team drills, fundamentals of the game, including passing, shooting, swim techniques, offensive and defensive skills, team strategies, specialized position training and scrimmages.

**Cost \$40 per person (including pool entry fee)**

**Registered Hutt Club Members - \$25 per person**

Numbers are restricted to first 24 Registrations with payment received

Organised by Hutt Water Polo Club [www.huttwaterpolo.org.nz](http://www.huttwaterpolo.org.nz)

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## REGISTRATION FORM

**Year 9/10 Secondary School Pupils Water Polo Skills Programme  
21 February to 28 March 2013**

Name: \_\_\_\_\_ Male/Female

Address \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please email Registration form to:  
Payments direct to:

[Enquiries@huttwaterpolo.org.nz](mailto:Enquiries@huttwaterpolo.org.nz)  
Hutt Water Polo Club 03-0531-0622204-00