



Fortnightly newsletter for Water Polo ACT Members



Latest Update

The season has almost reached the end! This weekend we get to celebrate our biggest season yet with our GRAND FINAL DAY! If your team is in it or not, make sure to come and support your club and celebrate what has been a great season!

Thank you to everyone who contributed to such a great season including; players, coaches, managers, referees, pool controllers, table officials, our wonderful pool staff, the list could go on!

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Upcoming WPACT Events

- **Grand Final Day**
 - Saturday 18th March 2023, CISAC
- **Winter Comp - Round 1**
 - 12s-16s - 6th May 2023, AIS
 - Youth League - 7th May 2023, CISAC
- **Winter Comp - Round 2**
 - 12s-16s - 3rd June 2023, AIS
 - Youth League - 4th June, CISAC

Upcoming WPNSW Events

- **NSW State Festival, Sydney**
 - 14s - 12th - 15th April 2023
 - 16s & 18s 16th - 19th April 2023
- **NSW Cole Smee Championship**
 - 26-28 May 2023, Sydney

Upcoming WPA Events

- **Australian Country Championships**
 - 3-6 April 2023, Ballina/FNC

Lillian's Line Up

A wonderful member of our community, Lillian, has recently been diagnosed with leukaemia. Lillian is a member of the Dragons Water Polo Club and a regular goalie for our state teams.

Because there are no treatment options in Canberra, she is in Sydney receiving treatment.

HOW CAN YOU SUPPORT LILLIAN?

1. Donate through the link ->

OR

2. Visit the Australian Red Cross Lifeblood and donate blood or plasma!

STAY TUNED FOR MORE FUNDRAISING INITIATIVES TO SUPPORT LILLIAN AND HER FAMILY!

Thanks to Dragons for organising this support!



IT'S NOT
TOO LATE!
[DONATE HERE](#)



THINK. ACT. PLAY.

There are three slogans that underpin the **THINK. ACT. PLAY.** program aimed at promoting positive behaviour and respect. Each slogan is relevant to everyone involved in the game.



**THINK
BEFORE YOU SPEAK**

What you say and do shapes the culture of our sport. Your words can influence the way you and other people are treated, and the way in which people feel about themselves. It can also impact the way the community perceives our sport. Remember – what you say matters.



**ACT
WITH RESPECT**

Showing respect and treating everyone fairly is just as important as the game. No matter who you are or where you come from, treating each other with respect and dignity ensures everyone can enjoy the game. Whether you're playing, coaching or cheering from the sidelines – respect the referee's decision. Remember – to earn respect you must give it.



**PLAY
IN THE SPIRIT
OF THE GAME**

The way you play, coach and support says a lot about your character. Playing in the spirit of the game is more than just the rules. Players that keep their cool under pressure, even when things are not going their way, have a better chance of winning the game. Coaches that encourage sportsmanship get the best from their players. Parents that set a good example help their children enjoy the game. Remember – take responsibility for your actions and play in the spirit of the game.

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Water Polo
AUSTRALIA

Grand Final Day

It's the biggest day on the Water Polo ACT calendar!

GRAND FINAL DAY 2023!
CISAC, Belconnen

JUNIOR FINALS

9:30am



NORDEK
WHITE



NORDEK
BLUE



10:30am



CGS



BREAKER
WAVES



11:30am



CGS



NORDEK



12:30pm



DRAGONS



NORDEK



Grand Final Day

Come down and Support your club!

GRAND FINAL DAY 2023!
CISAC, Belconnen

SENIOR FINALS

13:30pm



TBC



TBC



14:30pm



TBC



TBC



15:45pm



NORDEK



WOMEN

VIKINGS



17:00pm



NORDEK



MEN

DRAGONS



Junior Winter Season Info



Water Polo
ACT

The WPACT Junior Winter Season returns in May 2023. Whilst the structure remains relatively the same, providing opportunities for skill development and broadening our participation base to surrounding regions, there have been a few slight changes:

- 12&U mixed added to this year's competition
- The introduction of "Youth League" instead of 18&U



Important info:

Dates

Round 1: AIS Aquatic Centre

Saturday 6th May 2023 – 9am – 6pm (12s, 14s & 16s)

Sunday 7th May 2023 – 9am – 6pm (Youth League)

Round 2: AIS Aquatic Centre

Saturday 3rd June 2023 – 9am – 6pm (12s, 14s & 16s)

Sunday 4th June 2023 – 9am-6pm (Youth League)

Round 3: AIS Aquatic Centre

Saturday 12th August 2023 - 9am – 6pm (12s, 14s & 16s)

Sunday 13th August 2023 – 9am-6pm (Youth League)

Round 4: AIS Aquatic Centre

Saturday 2nd September 2023 – 9am – 6pm (12s, 14s & 16s)

Sunday 3rd September 2023 – 9am-6pm (Youth League)

Divisions

12&U (2011 & later) Mixed

14&U (2009 & later) Boys and Girls

16&U (2007 & later) Boys and Girls

Youth League (2004 & later) Boys and Girls

Want to find out more?

[CLICK HERE](#)

Rep Coach Applications

WPACT is seeking applications from those wishing to be a part of the Water Polo ACT coaching team for 2023/2024.

Roles available:

- Head Coach
- Assistant Coach
- Development Coach

Teams:

- 15&U (Born 2008 or later) Boys and Girls
- 17&U (Born 2006 or later) Boys and Girls
- 19&U/22&U (Born 2004/2001 or later) Men and Women
- Senior Men and Women

Applications close **SUNDAY 26th March 2023**

If you feel you could contribute to the WPACT representative program as a coach, please find the position description below:

[**CLICK HERE**](#)



AUS Country Team EOI

Water Polo ACT is calling for player EOI's to attend the Water Polo Australia Country Championships.

The Championships will be held on the Far North Coast of NSW at Ballina and Alstonville Pools.

Dates of the Championships are 3-6 May 2023.

For more information and to register your interest:

[CLICK HERE](#)

EOI's close 11:45pm, Sunday 19th March 2023. Only players who have submitted an EOI will be considered for selection.



ACT 22&U Team EOI

Water Polo ACT is calling for player EOI's to attend the WPNSW 22&U Cole Smee Championship.

The Championships will be held in Sydney NSW.

Dates of the Championships are 26-28 May 2023.

For more information and to register your interest:

[CLICK HERE](#)

EOI's close 11:45pm, Sunday 26th March 2023.
Only players who have submitted an EOI will be considered for selection.





Social Polo

Term 2, 2023

Starting Sunday 30th April



WHAT'S GREAT ABOUT SOCIAL POLO?

- Fun, social atmosphere
- CHEAP \$\$ - \$75 for 8 weeks
- Minimal commitment - turn up when you can :)
- Individual or team options - get a team together or join an existing team of awesome people

For more information and to register click

[HERE](#)