



THE COUNTER ATTACK

Fortnightly newsletter for Water Polo ACT Members



NATIONAL 15-21 MAY 2023
VOLUNTEER
 THE CHANGE MAKERS **WEEK**

Latest Update

It's been a while between issues of the Counter Attack but we have a big one to bring you this time around.

Well done to everyone who was involved in Round 1 of the Junior Winter Competition. It was a great atmosphere over the weekend with heaps of kids involved and lots of great game play.

Our Junior Rep Teams are currently busy getting their program underway and we look forward to bringing you team selection news shortly!

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Upcoming WPACT Events

- **Junior Winter Comp - Round 2**
 - 12s-16s - 3rd June 2023, AIS
 - Youth League - 4th June, CISAC (Girls) & GLC (Boys)
- **Junior Winter Comp - Round 3**
 - 12s-16s - 12th August 2023, AIS
 - Youth League - 13th August, AIS
- **Junior Winter Comp - Round 4**
 - 12s-16s - 2nd July 2023, AIS
 - Youth League - 3rd July 2023, AIS

Upcoming WPNSW Events

- **NSW Cole Smee Championship**
 - 26-28 May 2023, Sydney

Upcoming WPA Events

- **National State Championships**
 - 15/17 Girls - 24-29 Sept, Canberra
 - 15/17 Boys - 24-29 Sept, Sydney
 - 19 Girls - 8-13 Dec, Melbourne
 - 19 Boys - 8-13 Dec, Perth

Winter Comp Round 2

Winter Competition Round 2 is coming up on the 3rd and 4th June 2023.

Saturday's games will be played at the AIS, with Sunday's Youth League games being played at CISAC (Girls) and Gungahlin Leisure Centre (Boys).

We have released a FAQ's sheet for the winter competition on the WPACT website to answer a few of the common questions.

[FAQ's LINK](#)

Good luck to all our teams and don't forget to **THINK.ACT.PLAY** in the spirit of the game.



Referees Workshop



WPACT will be hosting a referees workshop for ALL our Junior Competition referees before round 2 of the winter competition.

The course will cover:

- Working together as referees - making sure we don't miss things
- Minor fouls - when to call them and when not to
- Misconduct - what to do in those tricky situations

The course is for existing and new referees wishing to pick up the whistle. Coaches and players are welcome to attend the session as well.

If you wish to attend, please follow the link below to register for the course.

[**MORE INFO**](#)

Rep Program Screenings

In 2023, WPACT has introduced a performance health component into the representative program. We are super exciting to provide our players with the tools to take their games to the next level and stay in the water as long as possible.

The program is being led by Scott Wilson, a Sports and Exercise Physiotherapist who has professional experience across Australia.

WPACT has partnered with the University of Canberra school of Physiotherapy to provide screenings to all our athletes to identify potential injury risks and to come up with a plan to address them. The first screenings took place last weekend with the second round happening this weekend at University of Canberra.

Over 80 athletes will have screenings completed which is a huge step in having a better understanding of our athletes and being able to take steps to look after them.

Check out some pics from the screenings below



WPACT Trailer Hire

The WPACT Trailer is now available for hire to WPACT members.

The Trailer Hire is our way of helping to maintain and upkeep the trailer, reducing the financial burden on membership fees.

The Trailer is located at the AIS is available to book through the Water Polo ACT website. Check it out below:

[CLICK HERE](#)

The trailer is a great way to get those odd jobs around the house done or to help move into your new digs.

Thanks again to CWPA and Pat's Plumbing who's donations assisted greatly in purchasing the trailer.



WPA Selections

Congratulations to the following athletes who have been selected into National Age Group Program touring teams.

Mattia Bognolo
20s World Championships



Jade Arnold
USA 17s Tour



Mattias Schubert
NZ 16s Tour



Hamish Ellison
USA 16s Tour





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](#)