

# THE COUNTER ATTACK

Fortnightly newsletter for  
Water Polo ACT Members

ISSUE

56

1 May 2024



## Upcoming WPACT Events

Key Competition Dates

Winter Comp Round 1 - Reconciliation Round

- 25th & 26th May 2024

Winter Comp Round 2

- 15th & 16th June 2024

Winter Comp Round 3 - Olympic Round

- 27th & 28th July 2024

Winter Comp Round 4 - CGS Pink Round

- 31st August & 1st September 2024

ACT Club Championships

- 7th-9th March 2024, Wagga Wagga

## Upcoming National Events

Australian Country Championships

- 8th-11th May 2024, Gold Coast

East Coast Challenge (15&U Boys & Girls)

- 29th June - 1st July 2024, Melbourne

Interstate Challenge (17&U Boys and Girls)

- 13th - 15th July 2024, Canberra

UniSport Nationals

- 7th - 13th September 2024, Canberra

National State Championships

- 26th - 30th September 2024, Gold Coast

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# LATEST UPDATE

Welcome back for term 2 and the official start of the winter season. The holidays didn't slow down for many as a number of ACT teams participated in the NSW Water Polo State Championships. Well done to all athletes, coaches, referees and supporters that participated in the event.

The winter season competition information is now available on our website and within the newsletter. The winter season is a great opportunity to get involved in a more social setting for any of you who may have friends or family keen to give water polo a try!

It is also an opportunity for us to continue to develop our referee workforce through a combination of online learning, workshops and mentoring. Find out how to become a referee below.

Finally, we encourage all of those looking to take their water polo to the next level to get involved in our representative program which starts shortly.

## Alex Kuzis Recognised Nationally

Alex Kuzis was recently recognised as the Young Achiever of the Year at the Water Polo Australia National Awards.

Alex is a well-known member of the WPACT community, having held many roles and involving himself in all areas of the ACT Water Polo Community.

As the President of the ANU Owls Water Polo Club, Alex has played a pivotal role in its rapid growth. Beyond his administrative duties, he is an active player and coach, always ready to mentor new members.

Alex's influence extends beyond his own club. He has generously shared his expertise with other clubs, notably as a coach for the Woden Waves 16&U Girls teams, who have competed locally, at AYC, and the ACT Club Championships.

Alex has also been a regular contributor for Water Polo ACT, having held board and CWPC positions, been a representative coach and a regular referee in Canberra but also in Wagga and at AYC.

Thank you, Alex, for everything you do, and congratulations on your award!



# WATER POLO AUSTRALIA AWARDS FINALISTS

There were a number of ACT members recognised as finalists at the recent Water Polo Australia Annual Awards. Congratulations to the following members of our community who make significant contributions:

## Volunteer of the Year Finalists

Sarah Purcell  
Naomi Owens-Penfold  
Anthony Rogis

## Young Achiever of the Year Finalists

Alex Kuzis - Winner  
Josh O'Keeffe

## Coach of the Year Finalist

Ansis Eversons

Congratulations to everyone and thank you for everything you do!



## WPACT Awards Nominations

Water Polo ACT is made up of so many amazing volunteers including coaches, managers, referees, administrators and so much more!

We want to hear about the amazing contributions and how they positively effect your experience within the Water Polo ACT community.

Our community awards nominations are open all year round, allowing members of the community to recognise those who make a major impact to our community.

To nominate someone for a WPACT award, head to our website!

[NOMINATE HERE](#)



# 2024 WPACT JUNIOR WINTER SEASON

We are excited to announce details of our 2024 junior winter competition!

The winter competition is a great way to work on your skills and play with friends. Being a more social setting, it's a great place for new players to get involved, so make sure to invite your friends/family down to the pool.

We also excited to have some "theme" rounds over the course of the winter season. This aims to create awareness on some special topics and bring life to the winter competition.

**MORE INFO**



## How to become a WPACT referee

Water Polo ACT is currently looking for our next crop of referees!

Refereeing is a great way to learn the rules, give back to the community and develop your skills. If you are a player, parent or supporter, we are keen to have people give refereeing a go over the winter competition period.

### Here are the steps:

1. Complete the Australian Sports Commission's Officiating Essential Skills course [HERE](#).
2. Complete the Water Polo Australia Community refereeing course [HERE](#).
3. Attend our referee workshops over the winter competition [HERE](#).

We will then add you to our referee roster as a shadow referee.



# WATER POLO AUSTRALIA TEAM SELECTIONS

Congratulations to Hamish Ellison and Lincoln Nicholson who were recently selected to represent the Australian 18&U Green team that is touring New Zealand in June.

Both players have grown up playing water polo for the Gungahlin Dragons Water Polo club and have regularly represented the ACT from 14s and up.

Good luck to both players who will take on the New Zealand 20&U team and play in the New Zealand 21&U National Championships.



## Pool Controllers Wanted

Water Polo ACT is currently seeking expressions of interest to join our Pool Controller team this winter season.

Pool controllers are essential to ensuring our competitions run smoothly and our participants have a great time!

Pool controllers should be comfortable teaching people how to do table duty and supporting our referees if needed.

Water Polo ACT will provide training and ongoing support, as well as a uniform and an hourly rate paid after each round.

### Interested?

Submit expressions of interest to the WPACT CEO, Ryan McDermott, via email by Monday 6th May 2024 - [ryan.mcdermott@dactwaterpolo.com](mailto:ryan.mcdermott@dactwaterpolo.com)



# ACT REPRESENTATIVE PROGRAM TRIALS

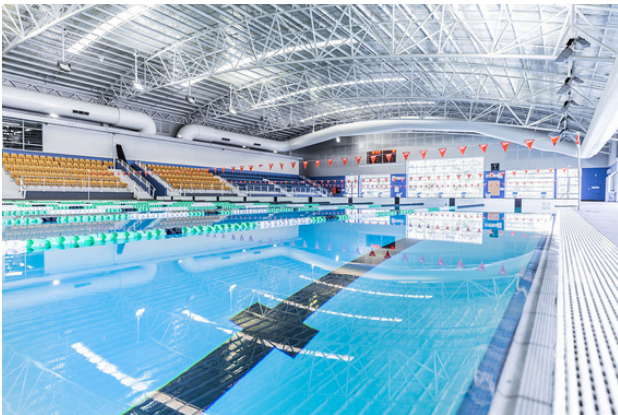
The winter season is also the representative season, during which our athletes have the opportunity to train with players from different clubs and under experienced coaches.

The program also allow athletes, if selected, to play against the best players in the country at a number of events here in Canberra and around Australia.

If you are keen to get involved, trials are coming up shortly. Find out more information and register your interest at the link below. Go ACT!



**MORE INFO**



## Platinum Club Lime Memberships

Thanks to our sponsors Club Lime and Viva leisure, we have 6 Platinum Memberships available to our members at a significantly reduced price.

Platinum memberships give you access to all club lime gyms (except HIIT Republic) and pools including CISAC in Belconnen.

The regular price for a Platinum Membership is over \$1500, but we have a limited amount available for \$850.

If you are interested in purchasing a membership through WPACK, please email [admin@actwaterpolo.com](mailto:admin@actwaterpolo.com)

Memberships will be sold in a first in, best dressed situation, so get in quick! Thanks again to Club Lime for their support!



# AUSTRALIAN COUNTRY CHAMPIONSHIPS



**Water Polo**  
ACT



**CONGRATULATIONS TO ALL PLAYERS SELECTED TO REPRESENT THE ACT AT THE AUSTRALIAN COUNTRY CHAMPIONSHIPS IN QUEENSLAND**

## **MEN'S TEAM**

**NICK TAYLOR - NORDEK**  
**ANDREW CAMERON - NORDEK**  
**BEN SYMINGTON - NORDEK**  
**LACHLAN WINTERTON - DRAGONS**  
**JACKSON HOLDWAY - NORDEK**  
**LINCOLN NICHOLSON - DRAGONS**  
**CAMPBELL ELLISON - DRAGONS**  
**BRADY NIXON - NORDEK**  
**JUSTIN TRABINGER - VIKINGS**  
**ZAC NEWMAN - NORDEK**  
**BEN JORRITSMA - VIKINGS**  
**JEAN-BAPTISTE SPAHR - NORDEK**  
**EDDIE BLANCHARD - NORDEK**  
**MATT WILSON - NORDEK**

## **WOMEN'S TEAM**

**ELLIS ROGIS - NORDEK**  
**KAITLIN DAVIES - ANU OWLS**  
**ELLA CREIGHTON - WAGGA BIDGEEGATORS**  
**LILY AUSTIN - DRAGONS/VIKINGS**  
**INDIA FABER - NORDEK**  
**MILLIE JACOBSON - VIKINGS**  
**MEL TAYLOR - NORDEK**  
**DALE GRUBER - VIKINGS**  
**SARAH PURCELL - VIKINGS**  
**EMMA MATTISSON - ANU OWLS**  
**LILLIAN HANLEN - DRAGONS**  
**ELIZABETH WHITE - DRAGONS**

**NICK TAYLOR**

**COACHES**

**MARK NICHOLSON**

**THANKS TO THE CANBERRA KRAKENS FOR PREPARING OUR TEAMS FOR THE EVENT AND PROMOTING A SENIOR REPRESENTATIVE PATHWAY!**

# EVENT CALENDER

There are more events than ever for players to participate in. These opportunities come at both the club and WPACT level depending on the level. In short, WPACT will send teams to state vs state events while clubs are encouraged to send teams to club events. WPACT will continue to work with clubs as new events come to light and our membership continues to grow. WPACT works closely with our clubs around all decisions that involve participation at events.



**WPNSW EVENTS**



**NATIONAL CALENDAR**



**WPAUS EVENTS**



## WPACT Trailer Hire

Attention WPACT members, we are pleased to announce that the WPACT trailer is now at your disposal for hire.

Our trailer hire service aims to support the maintenance and upkeep of the trailer while easing the financial strain on membership fees.

Conveniently situated at the AIS, you can easily book the trailer through the Water Polo ACT website. It provides an excellent solution for completing miscellaneous tasks around your home or facilitating a smooth transition into a new house.

### Hire Costs

\$50 per day  
Day = 6am-8pm

We extend our sincere gratitude to CWPA and Pat's Plumbing for their generous donations, which greatly contributed to the acquisition of the trailer.

**BOOK HERE**







# Social Polo

## Term 2, 2024

Starting  
Sunday 5th  
May 2024



### WHAT'S GREAT ABOUT SOCIAL POLO?

- Fun, social atmosphere
- CHEAP \$\$ - \$8 per session for adults, \$5 per session for kids.
- 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  
contact **WPACT**

admin@  
[actwaterpolo.com](http://actwaterpolo.com)