

# Time Out!

Newsletter of the Triton Water Polo Club  
February 2010



## President's Message

By Matthew Kenny

Welcome to the February newsletter, this month I'd like to highlight the need for further volunteers within the club, we have a number of vacant positions on the executive committee and post season this will grow by two. The impending arrival of our contribution to the next generation of Triton players will see my wife Catherine vacate the position of Registrar whilst I will scale back my involvement and intend to step down as President.

Whilst a board position may not suit everyone there are plenty of other tasks available and would reduce the reliance of those on the executive. Caps and goals are in need of repair, training games need referees and matches need time keepers and scorers. So if you've considered helping out in the past but haven't come forward or even if you haven't, now's the time.

Good luck to everyone in the last few rounds, hopefully we'll have the majority of our teams mixing it up in the March finals.

## Bill Richardson Cup



Once again a reminder the Bill Richardson Cup starts tonight with East playing West at 7pm followed by

North versus South at 7:45pm.

Remember the tournament is about fun, fitness and development.

## Flippa-ball: Coaches and Referees Courses



A reminder to all those flippa-ball volunteers in-house courses on coaching and refereeing over the next two Sunday mornings.

The sessions will be held in the Heritage Room at Beatty Park (southern side under the grandstand) from 9:30am.

The coaching course will be conducted by Fiona Haigh on February 7<sup>th</sup>, whilst the referee's course will be run by WAWPI Referee Commission Chairman Russell McKinnon on February 14<sup>th</sup>. The courses will run for 1 hour, all flippa-ball coaches and referees are requested to attend their applicable session.



## Research Study - Shoulder Injuries

Curtin University physiotherapy student Aime Halse (under the guidance of her supervisor) is undertaking a study to investigate whether water polo players with shoulder pain have differences in the firing of their shoulder muscles compared to players with no shoulder injuries.

Aime will be attending training on Sunday February 7<sup>th</sup> and is looking for volunteers to assist in her research. If you're keen to assist, testing will be conducted between 8am and 9:30am.

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## Wind Up



A booking has been made for the evening of March 27<sup>th</sup> at Royal Park Hall on the corner of Charles & Vincent Streets in North Perth for this year's club windup.

In order for the night to progress we require a minimum of 10-12 volunteers who can assist in the prior organisation and on the night.

Please contact Catherine Kenny on 0438 022 329 or email [cathawke@yahoo.com.au](mailto:cathawke@yahoo.com.au) if you can assist.

## U16 Nationals

Our U16 girls are heading to the national club titles later this year. The tournament will be held in Hobart and from February 7<sup>th</sup> the girls and their parents will be cooking up a storm on a Sunday morning to raise funds to assist them in their travels. Please ensure you support the girls in their efforts.

## Torpedoes League

A Saturday afternoon league for prospective and current A grade players will be held on Saturday afternoons



commencing Feb 13<sup>th</sup>. If you are interested in participating please contact Paul Williams on 0412 978 977.

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- Triton junior members Mitchell Zekulich, Heather Scott, Charmaine Parker and Leanne Parker WA Black or WA Gold U18 teams who competed at the U18 state titles held in Perth in January – Well done.
- Matt Lyon (B Suns) and his partner welcomed their first daughter Coco into the family in January – Congratulations.
- Peter Love and partner Jo who to the surprise of guests invited for an afternoon drink were married on January 30<sup>th</sup>. They are now on honeymoon in Europe.
- Thanks to Oliver Fonda (Masters) who has been sneaking home a few training caps in need of a patch up. The repair work you've undertaken is much appreciated.

Do you have information for Time Out!?  
Email [tritonwaterpoloclub@gmail.com](mailto:tritonwaterpoloclub@gmail.com)