



# Have fun playing Water Polo



Introduction for  
new members



## How to become a member

The Club **'Come and Try' Day** is scheduled for **Sunday 16th October 2011** at Trinity College Swimming Pool from 08:00am – 10:00am. Boys & girls new to the game can try out to see if the game is as much fun as we think it is! Organisers and team coaches will also be available to discuss the program with parents during this time.

Membership forms are available by emailing [tritonwaterpoloclub@gmail.com](mailto:tritonwaterpoloclub@gmail.com)

Memberships are taken on an individual basis but it is preferable for players to be registered in a school team. A minimum of 8 players is required, with a full team comprising 10 – 12 players. A team with more than 12 players is not recommended as this will impact on player participation. If a player wishes to play but cannot organise a full school team, a combined school team will be created for these players.

All new players are welcome. Current members are encouraged to invite their friends to come to the Club 'Come and Try' Day or have their friend's parent contact a Coordinator for more details.

## Training

Currently training is scheduled for the Primary School Competition players at the Trinity College swimming pool on Sunday mornings from 8:00 – 10:00am. The Coordinator supervises experienced coaches and players to conduct training sessions. Expert knowledge is passed onto the children to help them become competent water polo players. From there the children can progress to junior club programs and contest state and national competitions.

## Coach Profiles



### Mark Oberman

Mark Oberman is the co-ordinator of Triton's Flippaball program. Mark began playing Water Polo with the Triton Water Polo club in 1982. He represented Australia for 15 years in the Senior National team at 2 Olympic Games, 3 World Championships and 4 World Cups. He has played the 5th highest amount of games for Australia at 392. He is also a father of 2 of the current day Flippaball participants and is looking to consolidate on Triton's rich history of providing representative players for the state and country

### Paul Oberman

Around the Triton Flippaball pool you will see a number of coaches including Paul Oberman. Paul represented Australia at the Olympic Games and many World Championships in his 11 year career on the National Men's Team. Paul is also the current Head Coach at Western Australian Institute of Sport and Assistant Coach to the National Men's Team. In 2009, Paul coached the Australian University Men's Team to the country's 1st ever Gold Medal at a recognised International Competition, World University Games. He is also an experienced teacher and has his own children playing Flippaball at Triton.



### Glenn Townsend

Glenn joined Triton Water polo club when he was 12 years old and is proud to be a life-member of the club. He was inducted as a Triton legend in 2008. Glenn is a triple Olympian playing in the Los Angeles, Seoul and Barcelona Olympics. As the goal keeper for State, Australian and Olympic teams Glenn has travelled the world playing water polo and often with other Triton team-mates. Currently Glenn is the manager for the mens' UWA Torpedoes national league water polo team, plays Div.1 for Triton and coaches his daughter Olivia's Triton flippa ball team.



## Our 'Me No Fry' Policy

The health of our Club members and supporters is of primary concern to the Triton Water Polo Club. Skin cancer is a major public health issue in Australia with two out of every three people requiring treatment for some form of skin cancer in their lifetime. Skin cancer is preventable, and we believe that prevention is the best strategy. We strongly recommend that ALL players apply water-resistant 30+ sunscreen lotion before playing water polo and bring a drink bottle, hat and long sleeve shirt to games.

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## Any Questions?

Please contact the Triton Water Polo Club Junior Competition Co-ordinator, **Mark Oberman.**

Mobile: 0408 062511



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TRITON WATER POLO CLUB

Have fun playing...

W A T E R P O L O

**About Triton**

Water polo is an exciting team sport that helps keep you fit and make new friends all at the same time. It is a **game for life** with many players continuing to play competitively well into their fifties.

Triton Water Polo Club has a strong history with 11 Olympians including three Gold Medallists having represented the club. We are arguably one of the finest water polo clubs in the state. As a member, you and your family will enjoy a very friendly and family-orientated environment at Trinity College's swimming pool in East Perth based along the picturesque Swan river.

Each year, Triton provides the opportunity for boys and girls to attend the annual National Club Championships as member of a stand-alone Triton team or as a member of the combined UWA Torpedoes. The championships are held on a rotating capital city basis. As players develop, National League competition and even the Olympics are available to athletes with the talent and dedication.

**Call for new members**

Right now, Triton Water Polo Club is looking for new members. Interested boys and girls are invited to learn how to play the game and have loads of fun in the Triton District Water Polo Competition.

While no prior experience is necessary, water polo is a swimming sport and as such, participants should have completed their **Level 5 Swimming Certificate**.

**The Triton Junior Water Polo Program**

The season starts on Sunday 16th October 2011 with matches each Sunday until Sunday 18th December 2011. Following Christmas, the season restarts on Sunday 15th January 2012, finishing with a presentation day on Sunday 18th March 2012.

The competition is split into appropriate categories depending upon the age and skill of the players.

**Flippa Ball – School Years 4 & 5**

Designed for our younger members, boys and girls play together in teams using modified water polo rules. A minimum of **Level 5 Swimming Certificate** is required.

Each session consists of skills training and a game against other teams of new players with an emphasis on having lots of fun!

On registration each player gets to take home their own waterpolo ball and at the end of the season a participation medal along with photo memories.



**Primary School Competition – School Years 5, 6 & 7**

A unique program offered by the Triton Waterpolo Club that caters for the needs of the advanced player aspiring to pursue the sport competitively and for the fitness enthusiast looking to play the sport socially. A meticulously structured grading program designed by experienced coaching staff ensures players are grouped as per their abilities and aspirations. All grades are coached and supervised by players with over 15 years of Waterpolo experience at the senior National and International level. Players will have the opportunity to play in the club's junior teams against other clubs in the Perth metropolitan and WA regional areas.

The common theme however across all grades is to make sure the child thoroughly enjoys the sport.

**National Club Championships – School Years 7 & 8**

Each year Triton Water Polo Club aims to send both boys and girls Teams to the 14 & Under National Club Championships. As it is the elite competition for the age-group in the country, selection for the team is very competitive and requires dedicated commitment on behalf of the prospects. Although all players in the age-group, registered with the club qualify for this prestigious event, a thorough selection process ensures the best players are selected to represent the Club at the Championships.

**Our Sunday Timetable**

Subject to the number of participating teams and pool availability, the following Timetable is provided as a guide to assist parents schedule weekly games.

Time	Pool 1	Pool 2
0800-0900	Flippa Ball - Mixed	Flippa Ball - Mixed
0900-1000	Flippa Ball - Mixed	Flippa Ball - Mixed

**How games are organised**

Elite International and national players and coaches formulate and supervise the running of games. Numerous volunteers and waterpolo enthusiasts are poolside to manage different aspects of the game.

Parental assistance is required to help with organising and managing teams. Previous water polo knowledge is definitely not a prerequisite. We simply need parents who are community-minded with good organisational skills.