

CSWPC WATER POLO STRUCTURE			AT 06-2015 J.SPICER			
SQUAD	AGE / ABILITY	LTAD	COMPETITION	ATHLETE PROGRESSION	SESSION TIMES	COACHES
					TUES L@C	
A/SCHOOL CLUB	Y 4/5/6	FUNDAMENTALS	MINI POLO TOURNAMENTS	JOIN CSWPC	4.30-5.15&5.15-6.00PM	J SPICER L2/L.BARNES L1
		LEARNING TO PLAY				
DEVELOPMENT	8 - 12 OR NOVICE	FUNDAMENTALS	MINI POLO TOURNAMENTS	COUNTY DEVELOPMENT	SUN L@C 4-5pm	R.MIDDLETON L2/ M HOWELLS L1
	NPTS 8 - 9 - 10	LEARNING TO PLAY	SW U/13/15 CHAMPIONSHIP	SW RTC NORTH		
INTERMEDIATE	12 - 16 OR NOVICE	TRAINING TO TRAIN	B & W U/17 LEAGUE	COUNTY SQUAD - U/15 MIXED TEAM	TUES L@C 8.45 - 10 .pm	J SPICER L2 / J.ROSS L1
		TRAINING TO COMPETE	SW U/15 CHAMPIONSHIP	COUNTY SQUAD - U/17 GIRLS TEAM	WENS DC 8 - 9PM	R.MIDDLETON L2/ M HOWELLS L1
			SW U/17 CHAMPIONSHIP	SW RTC - REGIONAL TEAMS	THU L@C 7 - 8.45PM	J SPICER L2 / P CRERAR L2
			ASA NAT. U/15 CHAMPIONSHIP	WELSH SQUAD - WELSH TEAM	SUN L@C 5 - 6.30PM	J SPICER L2 / P CRERAR L2
			ASA NAT. U/17 CHAMPIONSHIP	GB SQUAD TRAINING - NAT. TEAM		
					WINTER SEP - APRIL	
SENIOR MEN	16 - PLUS	TRAINING TO COMPETE	MIDLAND LEAGUE U/18	COUNTY SQUAD - U/19 TEAM	TUES L@C 8.45 - 10PM	J SPICER L2 / P CRERAR L2
		TRAINING TO PERFORM	ASA NAT. U/19 CHAMPIONSHIP	SW REGION U/19 SQUAD	THU L@C 8.45 - 10.15PM	M THOMASL2/ J.ROSS L1
		TRAINING TO WIN	B & W DIV 1	GB SQUAD TRAINING - NAT. TEAMS	SUN L@C 5 - 6.30PM	M THOMASL2/ J.ROSS L1
		RETIREMENT	B & W PREM		SUMMER MAY - AUG	
			NAT. LEAGUE DIV 1		MON LIDO 7.30-8.30PM	M THOMASL2/ J.ROSS L1
					TUES L@C 8.45 - 9.45PM	J.SPICER L2/J.ROSS L1
					WENS LIDO 7.30-8.30PM	M THOMASL2/ J.ROSS L1
					THU L@C 8.45 - 10.15PM	M THOMASL2/ J.ROSS L1
					SUN LIDO 9.30-11AM	M THOMASL2/ J.ROSS L1
SENIOR WOMEN	16 - PLUS	TRAINING TO COMPETE	JUN NAGS	COUNTY SQUAD - U/19 TEAM	WENS DC 9 -10PM	R.MIDDLETON L2/ M HOWELLS L1
		TRAINING TO PERFORM	LOCAL LEAGUE	SW REGION U/19 SQUAD	SUMMER MAY - AUG	
		TRAINING TO WIN		GB SQUAD TRAINING - NAT. TEAMS	TUES L@C 8.45-9.45PM	J.SPICER L2/M.HOWELLS L1
MORNING SWIM	INT AND ABOVE				MON AND FRI 6 - 7.30AM	
LIDO SWIM					MON 7.30-8.30PM	M.HOWELLS