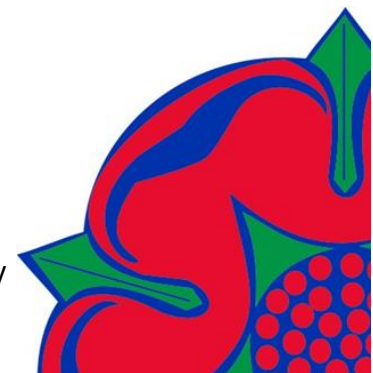




# JULY 2010 – JULY 2011

## LANCASTER CITY WATER POLO STRUCTURE

[www.lancasterwaterpolo.co.uk](http://www.lancasterwaterpolo.co.uk)





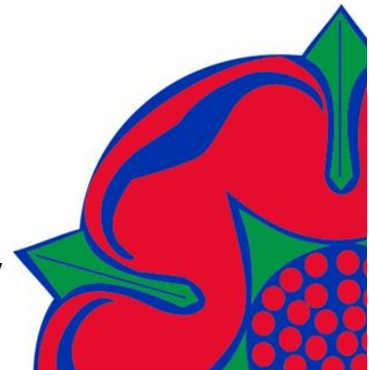
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**Coming soon  
version 2.0**

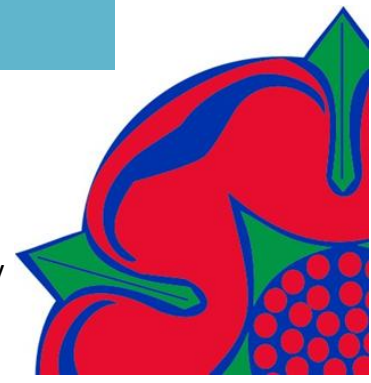
- Nutrition and hydration information
- Warm up and cool down
- **Regional Training Centre**
- Competition information





## July 2010 – July 2011 Age Groups

Seniors 92+	Juniors 93 & 94	Youth 95 & 96	Academy 97 & 98	Cadets 99 & 00
Alex Parsonage Andy Squires Anthony Trafford Chris Hartley Ciaran James Colin Burgess Dave Bush Glen Robinson James Wannap Laura Hesketh Marc Robinson Michael Brown Ryzh Detko Sam Liver Scott Carpenter Stephen Smith Tom Curwen Zak Sly	Decland Ellwood Elliot Trafford Jake Starkie Katie Hesketh Lawrence Daykin Louise Murby Rachael Murby Robert Simpson Sam Smith Stefan Detko	Ben Walker Bethan Richards Bethany Bell Katheryn Routledge Dominic Lock Jack Hill James Alker Luke Saul Molly Dixon Noel Howson Sam Routledge Scott Sharpe Stuart Burch	Alex Bradley Danny Davies Dean Akister Emma Barker Emma Lund Eve Simpson Fen Bleasdale Harry Palin James Nobel Jordan Titley Josh Barrett Lewis Peach Nathan Cheetham Zak Lamb	Aaron Mason Adam Leech Alistair Edwards Elias Giles Ellie Muncaster Joe Hamilton Kit Nolan-Barnes Remi McVey Sam Hayhurst Samantha Murby





## Senior Training 92 +

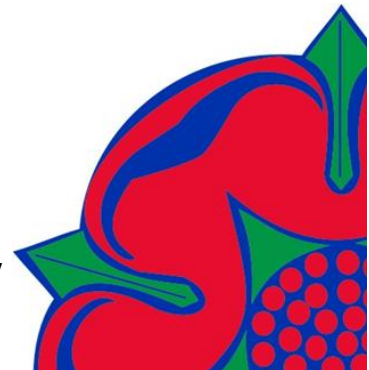
Day	Times	Session	Where	Who
<b>Monday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
<b>Tuesday</b>	7.00am – 8.00am	Water Polo	Tank	Ron Winn
	8.30pm – 9.30pm	Swimming	Main pool	Ryzh Detko
	9.30pm – 10.30pm	Water Polo	Main Pool	Seniors
<b>Thursday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
	9.00pm – 10.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood
<b>Friday</b>	8.00pm – 9.15pm	Swimming	Main pool	Ryzh Detko
	9.15pm – 10.30pm	Water Polo	Main Pool	Seniors
<b>Sunday</b>	5.30pm – 7.00pm	Swimming	Main Pool	Ryzh Detko

### **Tuesday and Friday Water Polo sessions**

Water polo training outside the build up for British Water Polo League and British Championships, the seniors will work with the juniors. For the first 15 – 30 minutes the seniors will take 2/3 juniors and work on a specific exercise with them e.g. leg set, passing, pit attack and defence etc. for the rest of the session the seniors and juniors will do some shooting, man up / man down drills etc. followed by a game

### **Alberto Bertolotti (Development Officer)**

When Alberto is around he may wish to assist the coaches or take charge of the sessions .





## Junior Training 93 & 94

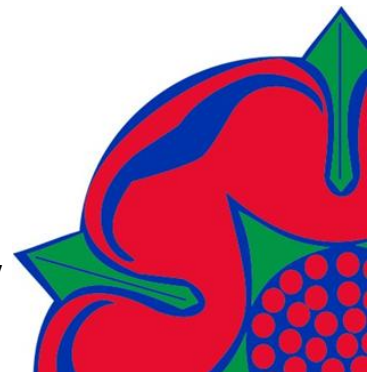
Day	Times	Session	Where	Who
<b>Monday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
<b>Tuesday</b>	7.00am – 8.00am	Water Polo	Tank	Ron Winn
	8.30pm – 9.30pm	Swimming	Main pool	Zak Sly
	9.30pm – 10.30pm	Water Polo	Main Pool	Zak Sly & Seniors
<b>Thursday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
	9.00pm – 10.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood
<b>Friday</b>	8.00pm – 9.15pm	Swimming	Main pool	Zak Sly
	9.15pm – 10.30pm	Water Polo	Main Pool	Zak Sly/ Seniors
<b>Sunday</b>	5.30pm – 6.30pm	Swimming	Main Pool	Zak Sly/ Gary Ellwood
	6.30pm – 7.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood

### **Tuesday and Friday Water Polo sessions**

Water polo training outside the build up for British Water Polo League and British Championships, the seniors will work with the juniors. For the first 15 – 30 minutes the seniors will take 2/3 juniors and work on a specific exercise with them e.g. leg set, passing, pit attack and defence etc. for the rest of the session the seniors and juniors will do some shooting, man up / man down drills etc. followed by a game

### **Alberto Bertolotti (Development Officer)**

When Alberto is around he may wish to assist the coaches or take charge of the sessions.





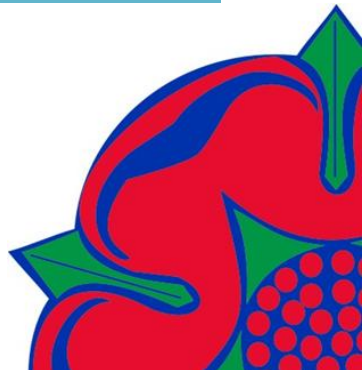
## Youth Training 95 & 96

Day	Times	Session	Where	Who
<b>Monday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
<b>Tuesday</b>	7.00am – 8.00am	Water Polo	Tank	Ron Winn
	7.30pm – 8.30pm	Swimming	Tank	Ryzh Detko
	8.30pm – 9.30pm	Water Polo	Tank	Ron Winn/ Gary Ellwood
	9.30pm – 10.30pm	Water Polo	Main Pool	Ron Winn
<b>Thursday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
	9.00pm – 10.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood
<b>Friday</b>	8.00pm – 9.15pm*	Water polo	Tank	Ron Winn/ Gary Ellwood
	9.15pm – 10.30pm*	Water Polo	Main Pool	Ron Winn
<b>Sunday</b>	5.30pm – 6.30pm	Swimming	Main Pool	Zak Sly/ Gary Ellwood
	6.30pm – 7.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood

Day	Times	Session	Where	Who
<b>*Friday (RTC)</b>	8.00pm – 8.40pm	Land Training	Sports Hall	Gary Ellwood
	8.40pm – 9.20pm	Swimming/ leg set	Tank	Ron Winn/ Zak Sly
	9.15pm – 10.30pm	Water Polo	Main Pool	Ron Winn/ Zak Sly

### **Alberto Bertolotti (Development Officer)**

When Alberto is around he may wish to assist the coaches or take charge of the sessions.



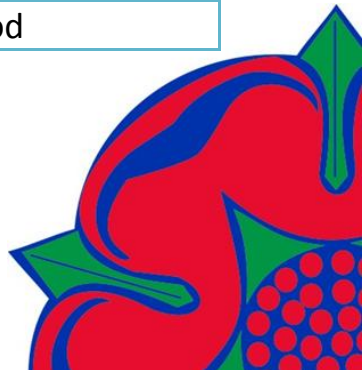


## Academy Training 97 & 98

Day	Times	Session	Where	Who
<b>Monday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
<b>Tuesday</b>	7.00am – 8.00am	Water Polo	Tank	Ron Winn
	7.30pm – 8.30pm	Swimming (born 98's)	Main Pool	Swimming Coaches
	7.30pm – 8.30pm	Swimming	Tank	Ryzh Detko
	8.30pm – 9.30pm	Water Polo	Tank	Ron Winn/ Gary Ellwood
	9.30pm – 10.30pm	Water Polo	Tank	Gary Ellwood
<b>Thursday</b>	7.00am – 8.00am	Swimming	Main pool	Ron Winn
<b>Friday</b>	7.00pm – 8.00pm	Swimming	Tank	Ryzh Detko
	8.00pm – 9.15pm*	Water Polo	Tank	Ron Winn/ Gary Ellwood
	9.15pm – 10.30pm*	Water Polo	Tank	Gary Ellwood
<b>Sunday</b>	5.30pm – 6.30pm	Swimming	Main Pool	Zak Sly/ Gary Ellwood
	6.30pm – 7.30pm	Water Polo	Tank & Main Pool	Zak Sly/ Gary Ellwood

Day	Times	Session	Where	Who
<b>*Friday (RTC)</b>	8.00pm – 8.40pm	Swimming/ leg set	Tank	Ron Winn/ Zak Sly
	8.40pm – 9.20pm	Land Training	Sports Hall	Gary Ellwood
	9.15pm – 10.30pm	Water Polo	Main Pool	Gary Ellwood

**Alberto Bertolotti (Development Officer)**





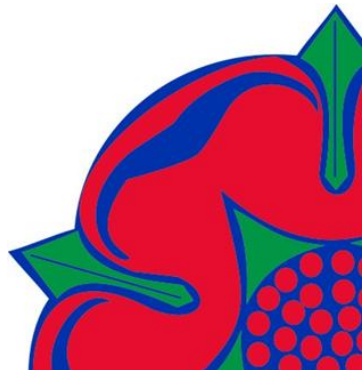
When Alberto is around he may wish to assist the coaches or take charge of the sessions.

## Cadets Training 99 & 00

Day	Times	Session	Where	Who
<b>Tuesday</b>	7.30pm – 8.30pm	Swimming	Main Pool	Swimming Coaches
<b>Friday</b>	7.00pm – 8.00pm	Swimming	Main Pool	Swimming Coaches
<b>Sunday</b>	4.00pm – 5.30pm	Swimming	Main Pool	Swimming Coaches
	5.30pm – 6.30pm	Water Polo	Tank	Stephen Smith

### **Alberto Bertolotti (Development Officer)**

When Alberto is around he may wish to assist the coaches or take charge of the sessions.





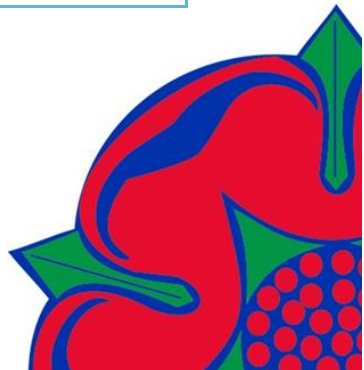
## Competition Calendar July 2010 – January 2011

Up - to - date fixtures can be downloaded at  
[www.fixtures.laswpc.com](http://www.fixtures.laswpc.com)

July 2010	August 2010	September 2010	October 2010	November 2010	December 2010
Senior North Lancashire League	Senior North Lancashire League	Senior North Lancashire League			
		Senior British Water Polo League	Senior British Water Polo League	Senior British Water Polo League	Senior British Water Polo League
		Junior Inter Regions #			
			Academy Swim North West Water Polo Championships*	Academy Swim North West Water Polo Championships*	
		Youth Swim North West Water Polo Championships*	Youth Swim North West Water Polo Championships*		

\* Estimated month

# This may change depending upon FINA age group changes





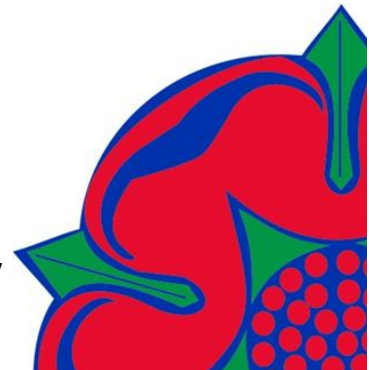
## Competition Calendar February 2011 – July 2011

Dates of fixtures can be downloaded at  
[www.fixtures.laswpc.com](http://www.fixtures.laswpc.com)

January 2011	February 2011	March 2011	April 2011	May 2010	June 2011
	Senior British Championships				
	National Water Polo Championships*	National Water Polo Championships*	National Water Polo Championships*		
Youth Boys Inter Regions #	Youth Girls Inter Regions #				Academy Inter Regions #

\* Estimated month

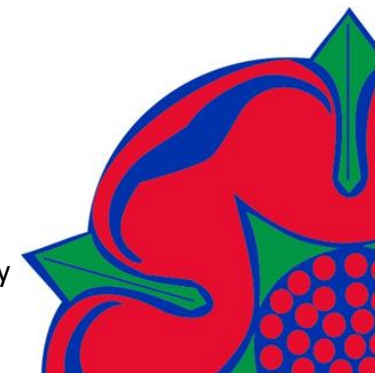
# This may change depending upon FINA age group changes



## Club Competitions

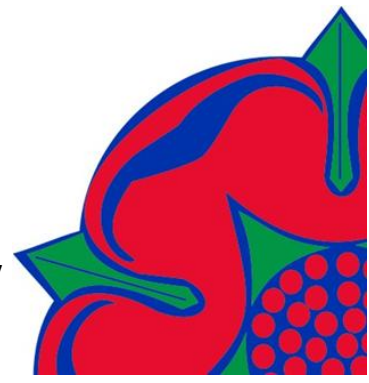
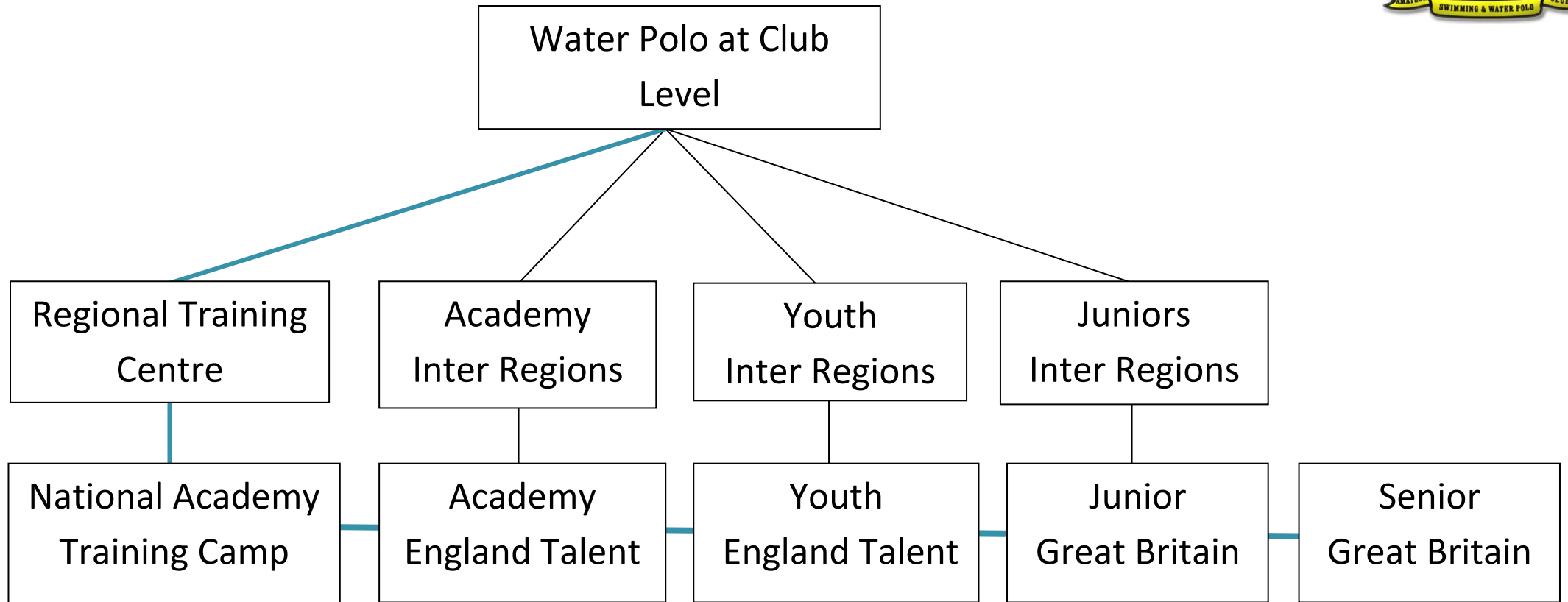


Cadets 99/00	North West Championships					
Academy 97/98	North West Championships	National Championships				
Youth 95/96	North West Championships	National Championships	North Lancashire League			
Junior 93/94	North West Championships	National Championships		Winter Cup	British Water Polo League	British Championships
Seniors 92+						





## England Talent Pathway





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## who's who?

### Water Polo Coaches

- Alberto Bertolotti – Development Coach & Senior Coach
- Ron Winn – UKCC Level 2 & Head RTC coach
- Zak Sly - UKCC Level 1, Advance Coaching Offer & RTC coach
- Gary Ellwood – UKCC Level 1 & RTC coach
- Ryzh Detko – UKCC Level 1 & Stephen Smith – Cadet (Mini Polo) coach
- Chris Hartley – Senior Captain

### Water Polo Captains

- Senior Captain – Chris Hartley
- Junior Captain – Decland Ellwood
- Youth Captain – Elliot Trafford
- Academy Captain -

### Other people you may need to know

- President – Ron Flude
- Vice President – Mike Hesketh
- Secretary – Jane Rawlinson
- Treasurer – Geoff Shingler
- Welfare Officer – Sandra Bateson
- Club Captain – Zak Sly
- Vice Captain – Laura Hesketh
- RTC Administrator – Lesley Barrett
- Senior Team Manager – Duncan Holmes
- Senior Team Manager – Jeff Parker
- Revenue Officer – Vanessa Dixon
- Head Swimming Coach – Andrew Daykin
- Sales Administrator – Susan McGowan

