

# HUNTER HURRICANES JUNIOR PLAYER HANDBOOK

## HUNTER HURRICANES WATER POLO

REPRESENTATIVE HANDBOOK 2022/2023  
SEASON.



***" The Hurricanes 'secret sauce' is that we are one community of many clubs. Opponents then teammates, pushing and supporting each other to become and remain a Hurricane."***

Colin Irvine – Founding Director, Hunter Hurricanes.

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## WELCOME

- ▶ *Congratulations* on your selection to play Representative Water Polo with the Hunter Hurricanes. Your inclusion in the squad makes you a valued representative for the Hunter Hurricanes.
- ▶ This handbook outlines the responsibilities and commitment required and provides information and support to both current and aspiring athletes and coaches affiliated with Hunter Hurricanes Water Polo.
- ▶ Players need to support, assist, and respect their Team Members, Coaches, Managers, Officials, Umpires, and other teams at all times.

### OUR PURPOSE

**To facilitate Water Polo Players and Coaches in the Hunter and surrounding areas with opportunity, skills, and pathways to play and achieve in all levels of representative and elite Water Polo.**

### OUR MISSION

- ▶ To provide a structured representative program that allows our Hunter based water polo athletes to develop and compete at representative and elite levels within NSW and Australian Water Polo competitions.
- ▶ Provide clear and formal pathways for progression of our elite junior athletes to compete and represent at Regional, State and National League Levels with WPNSW and WPA.
- ▶ To recruit, support and develop high quality coaches to our program and use that expertise and structure to mentor and grow future elite Water Polo Coaches.
- ▶ Create more depth across NSW Water Polo by increasing regional based talented athlete participation and retention, in representative Water Polo.

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- ▶ To ensure our teams are competitive and exposed to competitions at their level by providing opportunities to play against teams in surrounding regions for specifically identified events.

## OUR HISTORY

- ▶ A conversation over coffee with Colin Irvine, initiated by Founding Board Member and Life Member Brian Berry, started what would become our Hunter Hurricanes. Brian wanted Col's thoughts on putting together a Men's team to compete in the National League, as most of the local promising players had to move to Sydney to continue playing elite level polo. Many coffees, hoops, and crashing, spinning plates later, the Hunter Hurricanes came alive.
- ▶ Great thanks are given to our Founding Board Members Brian Berry, Colin Irvine, Shannon Johannsen, Andrew Bright, Kyle Jones and Mick O'Brien for their contributions to this dream.
- ▶ Our Hunter Hurricanes AWL journey began in 2005/06 season with a single men's team entered in the League. The coach was Renae Burdack.
- ▶ In the 2006/07 season, a team of talented women, coached by Kyle Jones, joined our men and competed in the elite National League.
- ▶ The Hurricanes have entered into the AWL every year since then.
- ▶ Many of our Founding Members and Inaugural players are still involved with the club to this day, and still passionate about our 'Canes.'
- ▶ In the words of Brian Berry "Sun is shining, birds are singing" SSBAS

## OUR FUTURE/OUR VISION

- ▶ We aspire to be one of the leading Water Polo Clubs in NSW, producing quality players and coaches, and achieving results that better our previous performances, year after year. The future is bright for the Hunter Hurricanes.

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## OUR CURRENT

- ▶ The Hunter Hurricanes Water Polo Club continues as the only regionally based team to compete in the Australian Water Polo League (AWL), fielding both a Men's Team and a Ladies Team.
- ▶ The growth of the sport in the Hunter has been excellent and with the support of Newcastle Water Polo, we now enter junior representative teams from U12 through to U22 male and female, in both State and National Championships each year.
- ▶ In the most recent season, 2021/22, our U12 girls medalled at both the Orange Festival and the Narwhal cup.
- ▶ At the NSW State Championships our U14 Boys team were Silver Medallists and our U16 boys placed 4<sup>th</sup>.
- ▶ At the AYC Nationals in Brisbane our U14 boys continued their dominance in Gold Division, beating Sydney Uni in an epic comeback, but eventually going down to SNB in the Gold medal match.
- ▶ Also at Nationals, our U14 girls placed 5<sup>th</sup> from 19 in Green Division, our U16 boys WON the Green Division, our U18 girls grabbed a bronze medal in Green Division, and our U18 boys had a top 10 finish in a very competitive gold division.
- ▶ In the 21/22 Sydney Super League 2.0 our Senior Men's team finished in 3<sup>rd</sup> place.
- ▶ We have also had several our female and male players selected in the NSW State Teams, NSW Country Teams, and Australian Youth Teams for overseas competitions.
- ▶ Our AWL Men's Team Player, Kennan Marsden, has been selected to play for the Australian Men's Team and compete in the FINA world competitions held in Hungary.
- ▶ These selections continue to highlight the quality of our players and coaches in the Hunter Hurricanes.

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## GENERAL INFORMATION

- ▶ SEASON DATES – The 2022/23 season will run from September through to April. Please refer to the attached Calendar of Events for specific competition details.
- ▶ REGISTRATION TERMS AND CONDITIONS - All registrations are subject to the acceptance of the terms and conditions of the Hunter Hurricanes Water Polo Club. See here for full details  
<https://cdn.revolutionise.com.au/site/5rtfglbboj8vyixz.pdf>
- ▶ REPRESENTATION - By registering with the Hunter Hurricanes YOU agree to make Hunter Hurricanes your primary representative club for the entirety of the upcoming season. You will be available for selection in Hunter Hurricanes teams at State Titles, Australian Youth Water Polo Championships, Australian Water Polo League, or any other competitions entered by the Hunter Hurricanes.
- ▶ REPRESENTING OTHER CLUBS - You can only play for another club, if:
  1. The Hunter Hurricanes are not entered in the competition that the other club is playing for, and this competition does not clash with a competition that the Hunter Hurricanes are playing in.
  2. You trial for but are not selected in a Hunter Hurricanes team at a specific tournament / event.
  3. During the season, you move your primary place of residence to more than 100km away from the Hunter Hurricanes home pool.
- ▶ PAYMENT OF FEES – for your registration to remain current, fees must be paid by their due date. Please contact the Hunter Hurricanes via email to [treasurer@hunterhurricanes.com](mailto:treasurer@hunterhurricanes.com) to discuss any issues with fees.
- ▶ MEMBERSHIP REQUIREMENTS – Financial members – players are required to be a financial member of a primary (first claim) water polo club in NSW, prior to registering with Hunter Hurricanes.
- ▶ WITHDRAWAL PROCESS – should you wish to withdraw from the Hunter Hurricanes Representative Program, please contact [coaching@hunterhurricanes.com](mailto:coaching@hunterhurricanes.com)

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## FEES

- ▶ Hunter Hurricanes are introducing a tiered system of fees that are reflective of the amount of coaching that players are exposed to.
- ▶ Fees are for the entire season and will be invoiced individually to members and can be paid via direct deposit as per details on invoices.
- ▶ Fee exemptions can be discussed with the Club Chairperson.
- ▶ The fees listed are 'training' fees only. They do not guarantee you selection in teams that are being entered into competitions.
- ▶ No play, no pay, AND NO pay, NO play.
- ▶ Fees are payable by October 30, 2022.

### \* Age Group Squad Fee

This allows athletes to attend training sessions with appointed coaches of appropriate age divisions, or other higher age divisions upon request. You will also be provided with additional training aids such as swim sessions and stretching charts.

U12 - \$365.87 (\$250)

U14 - \$465.87 (\$350)

U16 - \$515.87 (\$400)

U18 - \$515.87 (\$400)

\*\*\* NOTE – THESE FEES CURRENTLY INCLUDE THE LEVIES FROM NSW WP AND WPA. IF YOU HAVE ALREADY REGISTERED WITH YOUR PRIMARY CLUB, THESE FEES WILL BE AUTOMATICALLY DEDUCTED AND THE FEE IN BRACKETS SHOULD REMAIN AS OUTSTANDING.

Any issues, please email Daniel at [treasurer@hunterhurricanes.com](mailto:treasurer@hunterhurricanes.com)

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## **COMPETITION and TOURNAMENT FEES.**

If you are selected as a **player** for a specific competition, a player fee will be invoiced to you. This is generally an equal portion of the team entry fee applicable to that competition.

This process will apply to all tournaments including **National Championships AYWPC at Perth in January 2023 and State Titles at Sydney in April 2023.**

Additional costs such as travel and accommodation **will be** payable for these competitions. These costs will be notified to players as soon as possible.

**Fundraising** is available to the club and teams however it must comply with the Club's policy and can only be used to assist with State and National Competition Fees. Please search and join the Facebook page 'QWH Raffles – Hunter Hurricanes' to participate, or contact Jacqui Pitkin for information.

## **SPONSORSHIP PACKAGES.**

The Hunter Hurricanes offer a variety of sponsorship packages that can be purchased to help with your child's water polo expenses. Individuals and Businesses are provided with tax receipts when sponsoring players or teams.

For a full prospectus or further information, please contact Daniel Sullivan on [treasurer@hunterhurricanes.com](mailto:treasurer@hunterhurricanes.com)

A summary of packages is as follows: -

Major Sponsor- \$20,000 plus GST

Hospitality Sponsor - \$10,000 plus GST

Team Sponsor - \$3000 plus GST

Player or Cap Sponsor – Senior League Team \$1500 plus GST

Juniors \$500 plus GST

The Hunter Hurricanes are also registered with the Australian Sports Foundation. Find them here at <https://asf.org.au>

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## UNIFORM.

Hunter Hurricanes player merchandise is available for purchase at

<https://www.revolutionise.com.au/canes/shop/>

Please contact Kay Dunford on [uniform@hunterhurricanes.com](mailto:uniform@hunterhurricanes.com) for all enquiries.

Players will be required to wear Hurricanes Uniform including swimmers, shirts and shorts at all tournaments and at other representative events.

Hurricanes swimwear is preferred during all competitions and is mandatory for State Titles and National Championships.

## COACHES

“Recently I was delighted to accept the role of Technical Development Coach for the Hunter Hurricanes Water Polo Organisation.

I believe this position will be challenging and rewarding in equal measure. I hope to help create a culture where individual players and coaches are provided with the necessary knowledge and resources to achieve their desired goals. To that end we need to create a positive, and fun sporting environment whereby every individual is valued, regardless of skill level or role in the team.

Young athletes need to learn that their talent alone will not be enough to guarantee success. It is essential that as coaches we need to praise effort over performance and give encouragement rather than criticism. This in turn will create an environment where all athletes will know that their coaches are there to support them and have their best interests at heart.

My role will be to provide resources and facilitate coaches with the planning of their sessions especially in relation to technical and individual skill development i.e. fundamental skills, relevant drills and age-based



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development milestones. Hopefully by providing this holistic approach the HH water polo community will develop a culture where our young athletes thrive, and our coaches enjoy a rewarding experience."

Cheers,

Brett Arnold. TDC

## HUNTER HURRICANES 22/23 COACHING STAFF

AGE GROUP	HEAD COACH	ASS'T COACH	MANAGER
U12 MIXED	Nikki Burdack	Lexie Burdack	TBC
U14 GIRLS	Tammy Humby	Joel Radnidge	TBC
U14 BOYS	Jake Robinson	TBC	Karen Jones
U16 GIRLS	Kate Donaldson	Gracie Saunders	Colin Irvine
U16 BOYS	Renae Burdack	Spencer Burdack	Matt Bloomfield
U 18 GIRLS	Emily Grelman	Jocelyn Flook	Jocelyn Flook
U18 BOYS	Andrew Dunford	TBC	Kate Donaldson

## NATIONAL LEAGUE TEAMS

SENIORS	HEAD COACH	ASSISTANT	MANAGER
WOMENS	Shannon Jones	TBC	TBC
MENS	Dan Marsden		Todd Finlay

For any inquiries, please contact Andrew Pitkin via email to [coaching@hunterhurricanes.com](mailto:coaching@hunterhurricanes.com)

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## FITNESS AND TRAINING.

**Pool** Space for Representative Water Polo within Newcastle is very limited. The Diving Pool at Lambton is largely the only venue suitable for practice sessions, and due to number of water polo teams in NWPI, and pool allocation to Divers, practice time in this pool is at a premium.

**Training**, however, is not limited to this pool, and players may be required to train/swim at different locations during the season. Your coach/manager will advise you further on this.

**Pre-season Screening** - Water polo is a demanding sport that, whilst requiring power and strength to throw and wrestle, also requires flexibility for swimming, egg-beating and moving in the water.

Physiotherapy musculoskeletal screening is designed to assess an athlete's joint mobility, and muscle length and strength to make sure that they meet the optimal requirements of the sport. The protocol followed has been honed over many years by sports physiotherapist's working with national and state representative water polo players. Feedback from a musculoskeletal screening will provide the individual player with information on his/her physical makeup and areas that can be improved. Pre-season screening will assist with both injury prevention and athlete efficiency.

Pre-season player screening will be mandatory for players selected in the U18 teams and the National League Teams. Player screening is optional for players in the U16 teams. This will be conducted by the Staff at Regent Street Physiotherapy in New Lambton at a cost of \$50 per player. (Health Fund rebate available)

**Fitness** - Representative Players will be expected to maintain certain levels of fitness, particularly swimming, during the season. Stretching and Strength and Conditioning programs may also be created for representative players. Athletes will be responsible for completing their assigned sessions. Failure to maintain fitness can result in a loss of position on a team.

**Attendance** - Representative players are expected to maintain an attendance rate of no less than **75%** of the team's practice sessions. Swim training can be

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offset via attendance at a club squad session. Any issues are to be discussed with your coach.

Frequency of training will be up to individual coaches. Sessions may increase at certain times throughout the season, such as 4-6 weeks out from scheduled events.

**Attitude and Behaviour** – is an important area for everyone involved. Hunter Hurricanes adopts Water Polo Australia's Guidelines of THINK, ACT, PLAY. Attitude and Behaviour at training is being monitored.

**Knowledge** - It is desirable that our representative players complete a water polo referee's course. In addition to providing you with a sound knowledge of the rules of Water Polo, you can assist in the local leagues by refereeing junior games. Newcastle Water Polo do pay junior referees for officiating matches.

## NUTRITION

Performance on the day comes down to the amount of sleep & recovery an athlete has had, their nutrition, emotional regulation and mental focus. The physical preparation has already been done.

The role of sports nutrition, especially during tournament / training / competition is **the four Rs**. The four R's are best applied to a foundation of healthy food, aiming for a diet that is balanced across nutrients and food groups. Despite popular belief the junior athlete does not need significantly more protein. A 70kg athlete would need on average around 105 grams of protein per day, a target easily achievable via whole foods, wholegrain breads and cereals & lean meat or alternatives once per day. The primary demand on the junior athlete is quality (complex) carbohydrates (think wholegrain breads, cereals, pasta, fruit & vegetables).

**The four R's – REFUEL, REPAIR, REHYDRATE AND REVITALISE.**

Refuel: When refuelling we are essentially aiming to replace muscle glycogen used during competition / training. The duration of water polo games / training are unlikely to demand alternative energy sources such as fat etc. Refuelling is best achieved via a mix of mainly complex with some simple carbs. Example of complex would be multigrain bread, Carmen's muesli bar, whole grain pasta,

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banana & other fruits. Simple carbs would be white bread, sports drink etc. You need less simple and more complex.

Repair: When we exert ourselves, especially at high intensity/effort, micro damage to the muscle occurs. The good news is repair can start straight away. Small amounts of protein can assist and research shows is most useful post exercise combined with some carbohydrates.

Rehydrate: Hydration is essential. Monitor your water intake pre game, during and post-game. Know how much water YOU have consumed two hours before (at least 600ml) and after (minimum 600ml). When it comes to electrolytes, these can be replaced via a balanced diet and doesn't need to be sports drinks (see below). Most heat damage / electrolyte loss to polo players occurs outside of game time. This can be managed via exposure to the elements and diet.

Revitalise: This includes the psychological & mental aspect as well as vitamins / minerals etc. The athletes brain depends on carbs for fuel, lacking glucose in the system can impair good decision making. Your micro-nutrients (vitamins and minerals) are also required in the repair process, every colour in your fruit and veg carries different components for cell growth, repair and recovery. Colour counts!

So to make it simple, snacking is key. The aim of snacking is to maintain level blood and muscle sugars, avoiding big spikes and drops. Polo players shouldn't eat much 2 hours prior, and about an hour / 30 min prior have a small carb based snack. E.g. 1/2 banana, glucose chews, gel, up n go etc. It needs to be simple and digest quickly.

Below are some examples for post-game refuelling, depending on time available, listed from snacks through to small meals that achieve the above four R's:

## **Snacks:**

- Up n Go's
- Whole grain muesli bars
- Fruit (grapes, watermelon, bananas, frozen grapes)

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- Cliff bars (pack a lot of energy into small bar) maybe half if your turn-around time short (big fan during sport, not for school lunches 😊 ). You can get these from the supermarket or online.

- Fruit smoothy maybe with yoghurt for protein

- Chobani yoghurt (awesome)

- Sustagen sport on milk or water

## **Small Meals**

- Rice cakes with cheese / cottage cheese / avocado / peanut butter

- Whole grain peanut butter (beware of allergies) sandwich / bread rolls / wrap

- Chicken salad wrap

- 125g can of four bean mix with can of tuna

- Fried rice

- Sushi rolls

- Pasta salad (cold pasta is awesome, as pasta cools the resistant starches increase, making it a longer term source of energy)

- Couscous salad

- Fruit salad and yoghurt

## **Timing:**

- Pre-Game: Large meals more than two hours before a game / training. Small snack an hour before. Being kicked in a full belly can be ugly in the pool. Avoid high fat food as it will make the athlete sleepy and sluggish.
- Post-game: ASAP, refer to list above
- Post-game: Have a meal as soon as practical. A good tip at tournaments where multiple games are being played is to plan the meal times, where gaps allow sufficient time for digestion. Often junior athletes want to play / socialise straight after games however this is often the best time to get food in before then next round.

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**Energy drinks:** This is a contentious issue. Simply put, most junior athletes 12-18 will not need energy drinks to support performance. Mainstream ones like Gatorade have been shown to have little benefit to performance compared to water. They will rehydrate but so will water. The sugar profile isn't that helpful. If the name and colour gets the kid to drink then that's useful. That being said, if an athlete has multiple games a sports drink combined with food could assist in getting the number of calories needed. There is certainly no need for energy drinks during the game.

**Supplements:** Generally speaking, there is minimal evidence supporting supplements at our level of sport regardless of age and very strong evidence supporting junior athletes not using supplements to enhance performance. Put simply it is unwarranted & hazardous. More often than not in adult populations, supplementation is wasted due to poor diet or poor training practices. Supplementation in junior athletes can also bias their perspective when it comes to their ability to influence performance short term.

All of the above needs to be balanced with the athlete's likes and dislikes, availability of food and time you have to prepare. Remember, it doesn't have to be perfect, something is better than nothing and at the end of the day this guide is supplied to support junior athletes as part of their broader life.

*THIS INFORMATION WAS GENEROUSLY SUPPLIED BY ANDREW PITKIN (Current Board Member) Managing Director of HealthStyle.*

More information is available here - <https://www.healthstyle.net.au/>

Sports dietitians Australia: half time

snacks: <https://www.sportsdietitians.com.au/factsheets/across-the-lifespan/https-www-sportsdietitians-com-au-wp-content-uploads-2020-01-half-time-snacks-for-active-kids-pdf/>

Sports dietitians Australia: Nutrition for adolescent

athlete. <https://www.sportsdietitians.com.au/factsheets/across-the-lifespan/nutrition-for-the-adolescent-athlete/>

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## PLAYER SAFETY & INJURY MANAGEMENT

Team Coaches and Managers are required to have a Current Working With Children Check.

Injury Management can be governed by venue location at the time of injury – for example assisted by staff at the pool, including Lifeguards, or other qualified personnel.

Players will also be provided with self-based injury prevention strategies and stretching charts to assist.

Please discuss any medical conditions with your coach and manager such as allergies etc, particularly when travelling with the team.

**INJURY PREVENTION** – Before participating in Water Polo Activities, make sure you have participated in an active warm up, particularly before shooting drills. Supple, warm muscles are more flexible, so are less prone to strain and injury.

Stretching and loop band exercises BEFORE getting in the water will assist with injury prevention.

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## PARENTS AND CAREGIVERS' INFORMATION

The Hunter Hurricanes welcomes parents and caregivers to become involved in your child's water polo journey. Like many sporting bodies, volunteers are greatly appreciated and needed to assist with various roles at different times.

A great way to help the club is to become an accredited Table Official. To do this you need to complete the FREE online Competition Official course, ensure your club membership is current and submit your Working with Children and Vulnerable People number to your respective State Association.

The Water Polo Australia website has a learning hub available with several courses. Check them out

<https://www.waterpoloaustralia.com.au/learn/>

Please let your team managers know if you are already accredited.

### **Personal & Medical Information.**

Your child's Coach and Team Manager should be aware of any important medical information for your child such as allergies, illnesses or medical conditions.

If your child travels as part of a team under the Supervision of Hunter Hurricanes staff, parents will be required to complete a medical information form, in case of injury. These forms will be kept by the appropriate team manager for that event.

### **Photographic Consent**

From time to time your child may be photographed or videoed whilst playing Water Polo. This may be for training and education purposes, or for display on our website. We also understand that this is sometimes not permitted for various reasons. Please notify your coach and manager if any such issues exist.

On registration with your Primary Water Polo Club (Community Club) Photographic Consent was requested on behalf of that club, Water Polo NSW and Water Polo Australia. Please advise your team manager if there are any issues relating to having your child photographed whilst participating in Hunter Hurricanes events.



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## CALENDAR OF EVENTS

(correct at time of publishing)

Date	Event	Location	Group / Division
15 Oct - 14 Dec 22	Sydney Super League 3.0 2022 Sydney Metro Competition	Various Sydney Pools and Newcastle on Dec 3	Juniors, Division 1 & 2 Men and Women
9-13 Jan 2023	Youth National Championships – week 1	Perth	U14 & u18 male and female
15-19 Jan 2023	Youth National Championships – week 2	Perth	U16 male and female. Note ** NO u12 teams
18 – 19 Feb 23	Narwhal Cup	Central Coast	12s,
27 Jan – end April	AWL rounds & finals	Various	National Team
10 - 12 March 23	The 12's Festival	Orange	12s,
12 - 19 April 23 (TBC)	State Championship	Sydney	14s, 16s, 18s, As + Bs, + selection

### OTHER DATES:

Player Welcome and Information: Sat Sept 3 (HELD)

Regional gala Dates: TBA

SSL v3.0 – final Round – HOME GAME FOR OUR NATIONAL LEAGUE is **Sat Dec 3**. Come along to show your support.

National League HOME games – see below

End of Season Presentation: May 2023, date to be confirmed.

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## INTEGRITY and BEHAVIOUR.

In 2022, Water Polo (along with all sporting organisations) signed up to the National Integrity Framework, which is a suite of integrity policies developed by Sport Integrity Australia, and an independent complaint handling process. This means that from 1 July 2022, concerns or complaints about alleged integrity breaches can be reported directly to Sport Integrity Australia by filling out the webform on the [Sport Integrity Australia website](#).

Water Polo Australia will continue to handle all non-National Integrity Framework related matters, such as Selection Policy Disputes. You can find more information about who manages what sort of sport complaints **here**. A more detailed flowchart outlining how the complaints and reporting process works can be seen **here**

What this means for Hunter Hurricanes is that some of our codes and policies have been removed as we are now governed by the National Integrity Framework and align with Water Polo Australia Policies and Codes of Conduct.

The following policies are now in place:

- National Integrity Framework
- Member Protection
- Child Safeguarding
- Improper Use of Drugs & Medicines
- Competition Manipulation and Sports Wagering
- Complaints, Disputes & Discipline
- Anti-doping

All policies and guidelines can be found **[here](#)**.

The following policies specific to Hunter Hurricanes can be found here.

<https://www.revolutionise.com.au/canes/about/resources/>

[Travel Policy](#)

[Junior Selection Policy](#)

[Non-Financial Player Policy](#)

[Official Constitution](#)

[Covid Safety Plan](#)

[HUNTER HURRICANES Registration Terms and Conditions](#)

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The current Member Protection Officers for the Hunter Hurricanes are Mick O'Brien and Colin Irvine. Please contact them at [memberprotection@hurricanes.com](mailto:memberprotection@hurricanes.com) relating to any issues.

## AFFILIATIONS.

Hunter Hurricanes is affiliated with the following businesses. Player patronage is greatly appreciated. Please mention you are a Hunter Hurricanes Player when making a booking.

### **Preferred Providers**

PHYSIOTHERAPY- Preferred Management of Injuries is by Regent Street Physiotherapy in New Lambton (ph 49509805) however athletes are free to consult their own Injury management specialists.

Regent Street Physiotherapy offer a reduced fee of \$80 for a standard 30min treatment for Hunter Hurricanes players, and \$100 for an hour's initial appointment for new injuries. Health Fund Rebates are available with these fees.

At the time of booking, please mention you are a Hunter Hurricanes Athlete.

## NATIONAL LEAGUE/AWL DATES:

The National League Season is scheduled for Friday 27<sup>th</sup> January 2023 through to April 30, 2023.

The following dates are marked as **HOME** games for our Hurricanes.

Please come along and support our National Team Players. Assistance at these events is always greatly appreciated.

Friday 27<sup>th</sup> January 2023

Saturday 4<sup>th</sup> February 2023

Saturday 18<sup>th</sup> March 2023

Sat/Sun 25<sup>th</sup> & 26<sup>th</sup> March 2023

Sat April 1<sup>st</sup> & Sun April 2<sup>nd</sup> – Men's Only.

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## ADDITIONAL INFORMATION

### **Off – season opportunities**

Hunter Hurricanes has previously entered teams in the Sydney Metro competition, which runs through winter, as a way of maintaining game practice for teams. This will be discussed by the Coaches of your team around term 2 of 2023.

Hunter Hurricanes can assist with swim programs for athletes to complete over winter. Additionally, programs can be found on Water Polo NSW and Water Polo Australia websites.

The Newcastle Regional Academy is an application based selective program run by Water Polo NSW, and open to athletes 13 and older. Your team manager or coach will be able to provide you with information about this program on request.

## WATER POLO ATHLETE PATHWAYS.

**State Athlete Pathways** - NSW Water Polo. Information can be found here <https://www.waterpolonsw.org.au/pathways/state-team-program/>

### **The State Team Pathway has two main steps:**

1. The WPNSW Water Polo Academy (The Academy, Metro and Regional)
2. The State Team Program (STP)

The Regional Academy for Newcastle is open to players over 14 years and runs through winter. Further information for this program is available at the end of the Summer Season and generally on the Hunter Hurricanes Facebook page. Be sure to follow the page for all updates.

*We wish you the best of luck with your representative water polo journey as part of the Hunter Hurricanes.*

This document was prepared by Kellie (Griffith) Boettcher with the assistance of the entire Hunter Hurricanes Board of Directors, Mick, Fiona, Andrew, Daniel, Colin and Shannon.