

# Seal Speak



## Results

Women: The other team didn't have enough players, so we're either going to reschedule or take the forfeit. It will be good practice for both teams if we do end up being able to have a game. Instead we trained and it was pretty good to get back into it after the Christmas break, and all that pudding.

Men: Only some of the other team turned up and not enough to play Somerset. So I think they took the forfeit.

Masters: May have played, but unfortunately I didn't get an email through, perhaps dancing Dennis didn't play. Unfortunately I left it too late to contact one of the other team members to find out the score.

So all in all, quite an uneventful week.

## Fixture this week: Round 12

- Somerset Sluggers vs Melville : UWA court 1, 7pm Tuesday 19th January.
- Somerset Div 1 Women Starlets: Bye, but we still have training on Wednesday night instead.
- Somerset Div 2 Men: Bye, but you still have training on Wednesday night instead.

## **Some stuff from the committee meeting....**

Important dates:

1. Australia Day Tuesday 26th; Masters bye.
2. Grand final day 20th March
3. Silly Chilly Swimming Carnival end of season break up. Evening of Wednesday 7th April, TBC.
4. Social tournament vs Bunbury and Dolphins April 10th-11th. TBC.

Some other things we talked about

1. Graeme is looking into starting Flippa Ball next Summer. This is for the young ones and is mixed. More details will follow, but if your son/daughter/grandchild/ next door neighbour is pretty envious of you playing water polo then this will certainly be something you could mention to them. It will also be pretty important for building up our club numbers in the next decade.
2. Besides beer, wine and softies, water and a sports drink will be available to purchase from our fridge. Please put the bottles/cans in the new recycling bin rather than the bin bin. This should all happen in the next week or so.
3. Player recruitment: as a committee we will be making a fair effort to recruit players: men, women and masters. This will be done with posters, letter drop, press releases in local paper. We aim to recruit a few players before the winter season as it is a great introduction to playing the game. If you know someone who might like / be able to join in with water polo, then send them along to a training session.

Our next committee meeting is Sun 21st February. If you've got any suggestions, or anything you want us to sort out then let a committee member know.

I like the website: [www.waterpolotraining.net](http://www.waterpolotraining.net)

There's a good article ([http://www.waterpoloplanet.com/HTML\\_Mike\\_pages/mr04\\_Strength\\_Training.html](http://www.waterpoloplanet.com/HTML_Mike_pages/mr04_Strength_Training.html)) about what swimming training we should be doing to help fitness and speed for water polo. (Yes, YOU should be doing at least 1 or more swimming sessions outside of games and water polo training.)

Basically the gist of it is summed up in this quote:

*"Training a basketball player to play basketball by requiring him to run a marathon, is just as ridiculous as requiring a water polo athlete to train long distance swimming, like 500, 1000, 1500-meter repeat swims."*

In summary: if you want to be a faster water polo player, you have to swim train short and fast.

Some interesting information:

Water Polo Research Key Points	
<i>- refers to international men match play with 7 minute quarters</i>	
Total Work Time	34 minutes
Total Rest Time	20 minutes
Work to Rest Ratio	5:3 – 1:1
Duration of High Intensity Work Demands	up to 15s
Duration of Low Intensity Work Demands	up to 20s
Distanced Swam in a Match	500m - 1800m
Horizontal Body Position (as a %)	30 - 50%
Vertical Body Position (as a %)	50 - 70%