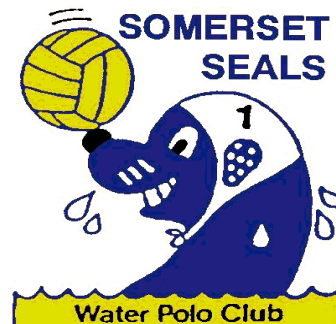


Seal Speak



Results

Women: Were disappointed to find the other team (City Beach) forfeited this week. It certainly is more fun beating them fair and square. At least we got the points.

Men: STOP PRESS. Won for the first time in 2 years. Beat City Beach 5-3. Good on you guys, worth the persistence. Mickey Mouse starred as centre forward but was assisted with some great driving moves from Donald Duck. Awesome shot from half way by Goofy just before half time to give us the lead and nice back hand shot by Scooby Doo to secure the win with 1 min to go. Defense certainly was the key to attack. (Of course none of this is true, except that the boys won, but no one emailed me details of the match... Chris? Ben?)

Masters: Somerset Sluggers 5 v City Beach 7. Best players were Alex (goal keeper), Dave Richards, and Max Henson. Somerset usually get thrashed by City Beach but this time we put up a gallant fight and left the pool with our heads held high.

Fixture this week: Round 6 (1/3 of the way through)

- Somerset Sluggers vs Melville : UWA court 1, 7pm Tuesday 17th November
 - Somerset Div 1 Women Starlets vs. Dolphins 2: Somerset Pool, 7:15pm Wed 18th November
 - Somerset Div 2 Men vs Melville Sharks: Somerset Pool, 8:00 pm Wed 18th November
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Where to find information:

Besides the weekly newsletter you can also find information:

1. For fixtures / results / ladders

http://www.sportingpulse.com/assoc_page.cgi?c=1-3211-0-97580-0&a=COMPS

2. Somerset Seals website

<http://www.somersetseals.org.au/>

(maybe if you've got some photos we can pass them onto Ben or Aaron and add them to the site? I'll find out for you and let you know for next week).

3. For competition details: calendar, rules, referee and coaching courses

<http://www.waterpolowa.asn.au/default.cfm>

Hot tip from Coach Dettamanti who has produced winning and championship water polo teams at all levels. He's particularly well known in the USA. The sentences in bold are judged the most important. This information was obtained from the website: <http://www.waterpolotraining.net/> It has some interesting scientific research about water polo and training.

"Don't worry about not being fast. Having good water polo legs is the single most important physical factor in the sport. You can learn to swim fast, if you train correctly. Remember, you have to only swim fast for a distance of 20-25 meters. At that short distance, you won't be that much slower than the fastest players. If you are playing against a very fast player, you might have to get a little head-start on him. If you both start out even-up, he will probably beat you down the pool. Learn to react and leave a little early to get a jump on your opponent. Once you get ahead of him, weave back and forth in front of him so that he cannot get around you. Counterattack offense and defense depends a lot on reaction, not speed."