



**Go the Bears Go Philosophy**  
**Have Fun Gain Fitness Acquire Skills**  
**Develop Friendships in a Safe and Supportive Environment**  
**Water Polo, Another Water Sport, Not Just Another Ball Game**

ACLC requests water polo Pool Cards from last season to be returned to reception as soon as possible please for recycling.

These cards can then be re-allocated as per your individual identification numbers on our data base.

Past players not returning this season are requested to indicate this please by return email asap.

The official opening of the Polo Bears 2009/10 will be held on Sunday 27<sup>th</sup> September from 2 – 4pm.

This session is particularly important for new players and those playing U16 and below for information gathering and communication.

Each family present will receive an orientation booklet. Players are requested to bring their togs, towels, sunscreen and mouth guards.

A variety of **roles are still available**. Feel free to offer your skills. Coaches and referees are still in short supply. All teams require a coach, referee and age manager before the team is nominated.

Brad Griffith, a Level 2 Referee will conduct again this season, referee and table official classes. Table officials from each team are required for each game played.

Registration fees are required to be paid prior to entry into the water for your first game. This will be monitored by Brisbane Water Polo Incorporated (BWPI) officials at the playing pools to ensure all players are registered and financial before each game.

Club Meetings will now be held on the last Monday of each month, usually at Toscanis next to the Newmarket Hotel from 6.30 pm.

Flipper Ball will be run during Terms 4 and 1 on Thursday evenings from 6pm to 8pm Sandgate State School pool.

### Proposed Training Schedule

Sunday Morning 8.30am ground work pool start 9am to 10am

- ❖ Under 13 / 14 Boys
- ❖ Under 13 / 14 Girls

Monday Evening

- ❖ 5.45pm ground work
- ❖ Pool start from 6.15pm finish at 7.45pm sharp
- ❖ Ladies
- ❖ Under 15 girls
- ❖ Under 18 Girls

Tuesday

- ❖ 5.45pm ground work
- ❖ Pool start from 6.15pm finish at 7.45 sharp
- ❖ U13/14 boys from 5.45 to 7.00
- ❖ U13/14 Girls as above
- ❖ Under 16 Boys 6.30 to 7.45
- ❖ Under 16 Girls 6.30 to 7.45

Thursday Evening

- ❖ 5.45 to 7.45 sharp
- ❖ Under 16 girls and Under 18 girls from 5.45pm
- ❖ Under 16 boys and under 15 girls from 6.45pm

The under 18 boys will train with the men's side at All Hallows.

Please be aware these arrangements are tentative and may vary due to senior players mid week game schedule.