

Polo Bears are delighted to offer as our Winter Program 2009, this new innovation in Water Polo Coaching.

WATERPOLOSTAR is a style of water polo coaching delivery based on wisdom programs for players, coaches and referees. The WATERPOLOSTAR approach provides players, coaches and referees with the necessary tools and base philosophy to analyse, understand and continually improve in their water polo endeavours. WATERPOLOSTAR will offer a philosophical and mechanical approach to water polo through methods that are innovative, forward thinking and continually improved.

For more information click on [Waterpolostar Program](#) and follow the link.

2009/2010 Pre-Season Event



NORTH BRISBANE
POLO BEARS

POLO BEARS in association with WATERPOLOSTAR, are delighted to offer the S.T.A.R Winter Program 2009



Program Features

- Multi-Olympian Coaches
- Queensland KFC Breakers NWPL Players
- Sunday Afternoon's Social and Sausage Sizzle

Dates: Start: **Sunday 26th July** & End: Sunday 6th Sept
Venue: Albany Creek Leisure Centre
Times: Sun: 2.00 – 3.30pm, Tue: 6-7.30pm & Fri: 5.30 – 7pm
Program: 19 x 1.5hr sessions
Cost: \$250 / polo bear member or \$275 / non member
Discount: 10% family discount for 2+ family members (10% off total)
Coaches: Dan Marsden, Naomi McCarthy and Raf Sterk

Positions are limited so register online at: www.waterpolostar.com or contact the admin team at admin@waterpolostar.com

Attention: All Coaches & Referees are invited to participate in the Waterpolostar winter program. Please contact Dan Marsden at the above email for details.

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
Today's Polo Bears Water Polo players tomorrow's OLYMPICHEROS www.polobears.com.au



Flippa Ball during 3rd term on Sunday afternoons

Rick Arnold is again offering children aged between 8 and 12 years the opportunity to learn the basics of water polo through the modified version of the game-Flippa Ball. It is a fun, simple game that can be played by all children regardless of their height, gender and most importantly of all, their swimming ability. Being a modified version of water polo, Flippa Ball™ is played in the shallow end of the pool so that the children may use the bottom of the pool to rest and for added security and safety.

Sunday 16th August is a date not to be forgotten.

1.00pm - Season Sign On

3.00pm – AGM

During Term 2, a number of our junior players will be wearing Maroon having been training for and participating in Qld State Teams.

More details next newsletter.

