



SWIM 21 PERFORMANCE WATER POLO CLUB



I hope you are all enjoying the build up to Christmas and are nearly ready!



The last training session before Christmas will be Tuesday 19th December (except the men's 2nd team who have training at Bristol South on Thursday 21st). Training will start again on Thursday 4th January 2018.



2018 Squad emails have been sent out! If your monthly payments are changing then you would have also received a further email.



This Sunday's session (17th) is a land session, 10am @ Hengrove.

A look back at November & December so far

International representation: City of Bristol Water Polo had 4 representatives at the EU Nations u21 International Water Polo Tournament! Emily Watkins & Tom Manley competed in the England u21 squads despite being only 18 & 16 respectively! Nick Hume coached the ladies squad & Paula Manning was a table official. Both the ladies & the men's squads won! Tom Manley also picked up a trophy for the best goalkeeper of the tournament! Well Done all!

Bristol & West League: In the last month of the Bristol & West League season 2017 there were 5 games played by the City of Bristol squads.

Ladies vs Exeter at home won 9 - 8

Ladies vs Exeter away lost 7 - 6.

Barbarians vs Devonport away won 17 - 6

Barbarians vs Cwm Draig away drew 14 - 14

Harlequins vs Devonport away won 9 - 13

Bristol & West League Squads & Results 2017:

Division One - City of Bristol Men's 1st Team 2nd

Division Two - City of Bristol Harlequins 1st

Division Two - City of Bristol Barbarians 2nd

Ladies Division - City of Bristol Ladies 3rd

Junior Division: City of Bristol Juniors 4th

Well Done all Bristol & West League squad members!

Men's 1st team: Sam, Diego, Andy, Nathan, Joe, Dylan, Joe, Jacob, Giorgi, Craig, Carl, Adam, Stuart, Jakob, Sean, Jon, Ryan, Matt, Michael, John, Elliott

Men's Harlequins & Barbarian teams: Nick, Jamie, Luke, Tyler, Ridvan, Bradley, David, Harry, Nick, Luke, Robin, Rich, Louis, Arjun, Andy, Cody, Gorka, Edward, Richard, Anthony, Henry, John, Sergey, Robert, Richard, Yannis, Max, Nikolay, Phillip, Theo, Lewis

Ladies team: Lucy, Lou, Tabitha, Lorna, Olivia, Mich, Rachel, Paula, Abi, Helen, Anna, Harriet, Georgia, Tasmin, Emma, Holly, Sophie, Emily, Kiera, Zoe

Junior team: Dylan, Jacob, Joe, Abi, Will, Joe, Henry, Ben, Ciaran, Alby, Scott, Jack, Wills, Kiera, Rachel, Liam,

Ladies British League: Congratulations to City of Bristol Ladies for qualifying in 1st place in Division 3 for the next phase of the British League!

Our Ladies travelled to Northampton on the 25th & 26th November for 3 games. City of Bristol vs Leeds won 14- 5, City of Bristol vs Liverpool won 12 - 4, City of Bristol vs Cheltenham drew 8 - 8

In total phase 1 comprised of 3 weekends away, 7 games of which CoB won 5 drew 1 and lost 1.

Well Done all! Poppi, Sophie, Lucy, Anna, Emily, Harriet, Heather, Ella-Louise, Alice, Amy, Georgia, Tasmin, Abi, Helen, Kiera, Olivia, Emma



Ladies British League Squad

Regional Representation: Joe and Jonathan represented the region in the u14 Inter Regional Championships held in Walsall on the 9th & 10th December. The team came 3rd narrowly missing out on 2nd place. Joe captained the regional side and also won the most valuable player cup for the tournament! Well Done boys!

I hear there were some good snowball fights too!

Regional Academy Selection: Johnny & Ben have both been selected for the regional academy along with the players named in November's newsletter.

U14's Intra Club Friendly: On November the 26th we held an u15 intra club game. This gave some of our younger age group players a good opportunity to play and enjoy a full game in a full size pitch. All good preparation for more game opportunities next year - league, championships & friendlies.

Dates for Diaries.....

As stated above the last training session before Christmas is Tuesday 19th, except for 2nd team who will train at Bristol South on Thursday 21st.

First session back after Christmas will be Thursday the 4th January.

There are no training sessions due to events on Sunday 7th & 21st January. There are no land sessions on these dates either.

We are looking to run 3 Club Tournaments in 2018!
Dates will be January 27th & 28th, April 28th & 29th and September 15th & 16th!
Therefore please keep these dates free if at all possible.



Please can I take this opportunity to say.....

Thank you to all members of City of Bristol Water Polo for your continued support of the Club!

Thank you to all the Club's volunteers who give up their time - we are a club run on volunteers and it just wouldn't happen without you!

Well done to all our members in 2017!

Here's to a successful and progressive 2018!



INFORMATION & CONTACTS

*Email (new address!): cityofbristolwaterpolo@yahoo.com

*Website (new website!): bristolwaterpolo.co.uk

*City of Bristol Water Polo kit is now available to buy. Please have a look: <http://www.xpertees.co.uk/> go to website and click on Mini Shops on the left hand side or type in Water Polo in the search box. (The kit will have the CoB Water Polo logo on when supplied).

*If you know anyone who would like to come along and try Water Polo please pass contact details to them. We offer a free trial session for girls & boys from aged 7 up, Men & Ladies!

*We have been using 'whatsapp' as a communication tool for our Ladies and Men's squads and this is working very well especially for any late communication we receive e.g the pool being closed. If you are happy to be added to a Club 'whatsapp' group please email Lynne cityofbristolwaterpolo@yahoo.com giving your permission to be added and your telephone number.

*We are a Club run by volunteers. We are always looking for more volunteers to help in the running of the Club. Any time you can offer, however little, would be very much appreciated. There is a range of areas you can help with both on poolside and off, you don't even need to know anything about Water Polo there's still a job for you! Please contact Lynne to discuss cityofbristolwaterpolo@yahoo.com Thank you!



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