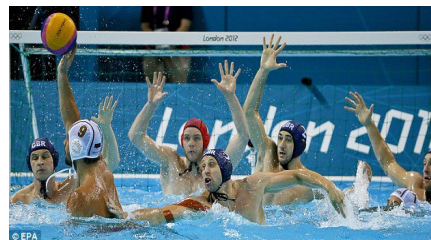


CITY OF  
**BRISTOL**  
WATER POLO

SWIM 21 WATER POLO PERFORMANCE CLUB

**NOVEMBER NEWSLETTER**



**A LOOK BACK AT OCTOBER**

**British League**

**Our Men's 1<sup>st</sup> team have qualified for the British League Championship 1! Further to their weekend in Sheffield in September they travelled to Elstree and won both their games. Then to Plymouth and played 3 games winning one, drawing one and losing one.**

Elstree results: They won against Sutton & Cheam 11 – 9 and London Penguins 10 – 8  
Plymouth results: They won against Croydon 17 – 11, they drew with Exeter 8 – 8 and lost to Welsh Wanderers 9 – 14.

**British League**

**Our Ladies rose to 3<sup>rd</sup> place in their division with 2 very good wins in Marlborough! They have one more weekend at the end of November to see if they make qualification for Championship 2!**

Marlborough results: They won against Sunderland 16-4 and mid Sussex Marlins 7-4.

**Bristol & West League**

**October saw 9 Bristol & West League games: 3 Junior games, 2 Ladies games, 2 games for Men's Harlequins & 2 games for Men's Barbarians.**

**\*\*\* City of Bristol won all league games in October! \*\*\***

**Junior Results:**

Away vs South Gloucestershire won 12-4, Away vs Cwm Draig won 24-0, Home vs Exeter won 10-8.

**Ladies Results:**

Away vs Cwm Draig won 15-4, Home vs Cheltenham won 10-9.

**Men's Harlequins:**

Home vs Bradford upon Avon won 12-9, Away vs Cwm Draig won 11-4.

**Men's Barbarians:**

Home vs Cwm Draig won 18-5, Away vs Bradford upon Avon won 17-8.

**National Age Groups**

City of Bristol u15 boys team played in the National Age Groups in Manchester! They played 4 games in one day and they did the Club and themselves very proud showing great determination and teamwork. A great experience for all players! Well Done Jackson, Scott, Ciaran, Henry, Liam, Joe, Johnny, Johnny, Wills & Aaron!

**International Selection**

Emily has been selected for the u19 England Ladies squad to compete in the EU Nations towards the end of November in Manchester! Well Done!

**Regional Selection**

Joe & Jonathan have been selected for the South West u14 team. Well Done!

### **Regional Academy**

Several players have been selected for the South West Academy squads! Henry, Will, Jackson, Jonathan, Max, Abi, Kiera, Well done to all! (If any other players have been selected please just let me know).

### **County Selection**

Aaron was selected for Gloucestershire's u13 squad. Well Done!

**Picture below: City of Bristol Men's team at the British League in Plymouth**



British League Squad: Diego, Tom M, Sam, Jakob, Chris, Tom W, Nathan, Joe C, Ryan, Craig, Adam, Sean, Carl, Stuart, Matt, Giorgi, Joe H

### **A LOOK FORWARD TO NOVEMBER**

#### **Bristol & West League Games:**

Sun 5<sup>th</sup> Men's Barbarians away vs Devonport

Wed 8<sup>th</sup> Barbarians away vs Cwm Draig

Sun 12<sup>th</sup> Ladies home vs Exeter

Sun 12<sup>th</sup> Harlequins away vs Devonport

Sun 26<sup>th</sup> Juniors home vs Devonport

Tues 28<sup>th</sup> Ladies away vs Exeter

*Please note if you are not involved in the home games and they are taking place during your normal training time there will be no training available that day.*

#### **British League:**

**Sat/Sun 25th/26th Ladies BWPL @ Northampton**

*Please note that there will be no Ladies training on Sunday 26<sup>th</sup> November.*

#### **Land Session:**

Due to an event being held at Hengrove Park Leisure Centre Sunday 19th November there will be a land session at 10am in the Sports Hall.

**Good Luck to all our athletes competing in November! Enjoy!**

### **INFORMATION & CONTACTS**

\*Email (new address!): [cityofbristolwaterpolo@yahoo.com](mailto:cityofbristolwaterpolo@yahoo.com)

\*Website (new website!): [bristolwaterpolo.co.uk](http://bristolwaterpolo.co.uk)

\*City of Bristol Water Polo polo shirts & hoodies are available to buy. If you wish to purchase please do, just visit <http://www.xpertees.co.uk> and search City of Bristol.

\*City of Bristol Water Polo Trunks and Costumes are available. These need to be ordered in bulk therefore, if you wish to purchase trunks or costumes please contact Lynne [cityofbristolwaterpolo@yahoo.com](mailto:cityofbristolwaterpolo@yahoo.com)

\*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! If you are able to put flyers/posters up anywhere such as schools or leisure centres etc...please just contact Lynne [cityofbristolwaterpolo@yahoo.com](mailto:cityofbristolwaterpolo@yahoo.com)

\*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](mailto: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](mailto:cityofbristolwaterpolo@yahoo.com) Thank you!

