

YMCA UNSW Water Polo Clinic

UNSW Fitness & Aquatic Centre



Parent/Guardian Information Checklist

Your child is booked into the UNSW YMCA Water Polo Clinic. The clinic is a 3-day program running from Monday to Wednesday. Participants in the program will be introduced to the fundamentals of water polo. The structure of the clinic allows the students to learn the essential skills of water polo and the chance to practice them in modified water polo games.

The essential skills that participants will learn are:

- Water polo swimming and the important egg beater kick
- Passing
- Catching
- Swimming with the ball
- Shooting
- Attacking
- Defence
- Game structure – game strategy
- Water Polo rules.



It is essential that all participants can swim 150m and tread water for 2mins. The clinic is designed for children who are proficient squad level swimmers.

Sample Daily Schedule

- 9.00am Early drop off if needed – participants will be supervised in the pool area.
Activities start at 9.30am
- 9.30am Introduction | Warm up includes stretching and swimming | Leg Work
- 10.15am Passing and Catching Drills | Dribbling Drills
- 11.00am Recess/Lunch break on the pool lawn (weather permitting)
- 11.30pm Shooting drills and practice | Goalie Skills
- 12.00pm Game time | Game strategies | Game Rules
- 1.00pm Clinic Finishes

Participants must bring the following:

- Swimming Costume
- Warm Clothes to wear at break time
- 2 towels
- Water Bottle
- Recess / Lunch (it is advised to bring your own as there is limited time to go the café)
- Medication if required and action plan if needed

All water polo equipment (balls and caps) will be provided.

UNSW Fitness & Aquatic Centre

High St, Kensington NSW 2052

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Parent/Guardian Terms and Conditions:

1. Payment must be made at time of enrolment. Places will not be held without payment.
2. Payments to be made at reception (UNSW Fitness & Aquatic Centre). Faxed bookings will not be processed till the next day and does not guarantee your child/s spot.
3. I give my consent for my child/ren to participate in all activities organised by UNSW Fitness & Aquatic Centre with some activities being played on the Pool lawn outside the centre.
4. UNSW Fitness & Aquatic Centre reserve the right to expel a participant if their behaviour jeopardises the safety and wellbeing of staff and other children. Bullying will not be tolerated at UNSW. Children will be removed from the group for short period of time, if it continues parent will be contacted to collect child.
5. Children must bring their own snack / lunch and water bottle. There will be a ½ hour break at around . **Cafe and vending machines are off limits during the course of the clinic. (Orders can be made at the café prior to 9am).**
6. In the event of accident or illness, I authorise medical treatment for my child and the associated costs. Food allergies – this needs to be noted above, together with any procedures that need to be taken.
7. Refunds are not given. Exceptions may be made on compassionate grounds at the discretion of the Swim School Coordinator. All refund requests must be made in writing and sent to the Swim School Coordinator.
8. I am aware of the inherent physical risks in taking part in all activities.
9. A Parent or Guardian must sign their child/ren in and out of the Water Polo Clinic every morning and afternoon, also showing a drivers' licence as proof of identification. A child over age of 10years may be permitted to leave the clinic on their own accord with a letter of permission provided to the Swim School Coordinator on application. (Letter must state name of child, date/s, time to leave, and transport they will be taking, and needs to be agreed and signed by Swim School Coordinator.)
10. I understand that UNSW Fitness & Aquatic Centre accept no responsibility for lost or damaged items such as clothing, money, electronic devices.
11. I understand that UNSW Fitness & Aquatic Centre may take photographs and videos in connection with the program for YMCA UNSW. I understand that these may be used for advertising purposes for the Sports and Games programs and that I can revoke these permission at any time.
12. UNSW Fitness & Aquatic Centre must be given prior written warning of absence wherever possible.
13. All bookings are the Water Polo Clinic are for 3 days Monday to Wednesday.
14. Bookings must be made and paid for in full. Limited spots available.

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