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## PRESIDENT'S PIECE

The Board of SAWPI joins me in wishing everyone a very happy and a prosperous New Year.

Since our last Newsletter we have been very busy at SAWPI. In fact the last newsletter was very well received and people expressed interest in helping with producing future newsletters if that was you please email us at [administration@sawaterpolo.asn.au](mailto:administration@sawaterpolo.asn.au). We would love to hear from you!

A lot of effort has been going into the preparation of our teams for the 20 and under championship in Sydney. Thank you to all the players and coaches for a great effort leading up to team selection and congratulations to the players that were successful in making their team. The teams have been posted on the SAWPI web site. We wish the teams a happy and successful tournament.

Following the 20 and under championships, SAWPI will commence training for the National 18 and under championships scheduled in Melbourne during April. 2009 will see this age group change to a National State championship. In previous years the 18 and under has been a club championship. We believe for this age group South Australia will have good teams and expect a high number of players to try out in the training sessions.

In the recent months there has been quite a bit of review and planning for our future local competitions in 2009. Work is continuing and we will publish full details soon.

### **Referee Scheduling Volunteer**

We require a volunteer to assist with the scheduling of referees for our local competition. We have some great volunteers but we do not want to overload people. Too often a large amount of work is let to only a few people.

So, we have identified a parcel of work that is very important but should not be too onerous. We are after a person to manage the roster of referees for the local competition. This will include determining the roster, contacting the referees to inform them of their schedule and paying the referees. SAWPI will provide you with a list of referees (last year 30 people completed the course) and guidance as to who is suitable for each grade.

If you are interested please email your details to SAWPI  
administration@sawaterpolo.asn.au . We would love to hear from you!

All the very best to both of the 20 & U teams in their coming competitions.

Mark Dayman  
**President**

**SA Water Polo proudly  
acknowledges the support  
of its Major Sponsor**



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Creating a  
**smoke-free**  
South Australia

Isn't it great to smell the fresh air! Fortunately more and more South Australian sport, recreation and arts organisations are choosing to be smoke-free. May all South Australians enjoy smoke-free venues, and enjoy being healthy.



**we're smoke-free**

## World League bid

In November last year, SAWPI lodged a bid to host in Adelaide a round of the World League in May this year. While discussions have continued with AWPI a decision is yet to be announced. There was a lot of tough competition between the bids but the SAWPI bid has obviously made it a tough call. So, we will wait and see how we go.

**be active**

**State League  
2008-09**

Henley Sharks have dominated the senior competition of the **Be Active** State League 2008-09, taking out three out of the four grand final matches that were played at the end of 2008.

Henley won the A Grade Men's and Women's Grand Finals played at the Adelaide Aquatic Centre. In the first match the Henley women beat Adelaide Vikings 5-3, in a close match, settled in the last quarter with a 3-0 count, starting 2-3 down, with two goals from Jess Martin and a 'final nail in the coffin' goal by Sophie Ricketts with 2:40 to go.

In the Men's match it was another nail-biter, with Henley 8-10 down. However, they came back strongly to win the quarter 5-2 and the match 13-12, the winning goal being scored by Anthony Martin with 34 seconds game time left.

Women: Henley Sharks 5 (Sophie Ricketts 2, Jess Martin 2, Sarah Forrest) def Adelaide Vikings 3 (Lisa Callahan 2, Sorcha Murphy)

Men: Henley Sharks 13 (Anthony Martin 4, Matthew Martin 3, Luke Northcott 3, Nic Martin 2, Will Gibbs) def Adelaide Vikings 12 (Tom Dayman 4, Luca Vezzosi 2, Matt Richardson 2, Aaron Coad, Dan Parrish, Jamie Histed, Josh Frost)

Henley continued their good form taking out the B Grade Women's title, defeating Adelaide Tritons 7-5. While in the other match Adelaide Vikings defeated Eastern Saints 10-7 to take out third place.

Adelaide Vikings continued their good form in taking the B Grade Men's title defeating an impressive and determined Eastern Saints team 10-8. While the Saints showed early good form, the games became a sea-sawing affair, with each side taking the lead throughout the game. In the end, the skills and talent of the Vikings side were able to outlast the strength and agility of its much younger opponents. The Vikings wins continues the team's domination of the B Grade title over the past ten or so years.

Vikings BOSA finished the season in third place, followed by Henley Sharks, Tritons and Henley SMOSH.



JET Stream



A lot of work is being completed in preparation for the 2009 National League season. The work has not only been on the teams but also with a Committee that has included the coaches, managers, Director of Finance and President. Following the completion of the season last year a review was completed. Out of this review came a set of strategies that the committee has been working on.

We will be looking to expand this group in the new season as game day approaches in Adelaide around mid February. Volunteers will be required to assist on the table, gate and various tasks. We would love to hear from volunteers.

The competition will commence in early February (see Events Calendar) and more details will be advised in the next Newsletter.

The Jets men are being coached by Doug Cocking this year and the Jets women are being coached by Eddie Denis.

# 20&U Water Polo Championships

These National Championships will be held in Sydney from the 20th to 25th January.

The Coach for the Men's Team is Ben Battams and the Manager is Mark Dayman. The Coach for the Women's Team is Aaron Coad and the Manager is Terril Ashton. The Referees accompanying the Teams are Michael Bayne and Zane Adams.

We wish the Teams a happy and successful tournament.

	<b>MEN</b>	<b>WOMEN</b>
1	Daniel Corry (NSW draft)	Victoria Risby
2	Tom Dayman v/capt	Elissa Dearman
3	Lachlan Cameron	Edwina Birdseye
4	Connor Martin (NSW Draft)	Jessica Martin
5	Alex Dellamalva Co/Capt	Isobel Bishop
6	George Bretag-Norris	Katherine Antle
7	Luke Northcott	Sorcha Murphy
8	Josh Frost Co/Capt	Pascale Kerry
9	Will Dayman	Kimberley Green
10	Paxton Barr	Chloe Barr
11	Daniel Parrish v/capt	Emma Opie
12	Hamish Burns	Sarah Forrest
13	Charlie Horsnell	Alexandra Thomas

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## 18&U Coaches appointed

At its meeting on 13 January, the Board appointed the coaches for the 18&U state squads. Congratulations to Terril Ashton and Ben Battams on their appointment. We wish the squads all the best in their preparation for the championships in April.

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## SAWPI Website

The website is continually being updated. There are still more more changes to be made as AWPI has recently amended their Constitution and Regulations.

If you have any suggestions please contact Graham Barr by email at [administration@sawaterpolo.asn.au](mailto:administration@sawaterpolo.asn.au)

Check out the website at [www.sawaterpolo.asn.au](http://www.sawaterpolo.asn.au)

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# EVENTS CALENDAR

Keep up to date with all upcoming events. Changes to event dates can be found on the website.

<b>JANUARY</b>				
<b>20-25</b>	20&Under National Championships - Sydney			
<b>28</b>	Men's Premier League season commences			
<b>FEBRUARY</b>				
<b>3-5</b>	<i>Be Active</i> State League (Junior) Competition recommences			
<b>5-6</b>	School Competition commences			
<b>14</b>	National League @ AAC			
	4.30pm	Adelaide Jets Women	v	Uni NSW Killer Whales
<b>15</b>	National League @ AAC			
	6.00pm	Adelaide Jets Men	v	Wests Magpies
<b>15</b>	National League @ AAC			
	12.30pm	Adelaide Jets Women	v	Uni NSW Killer Whales
<b>21</b>	National League @ AAC			
	2.00pm	Adelaide Jets Men	v	Wests Magpies
<b>21</b>	National League @ AAC			
	4.30pm	Adelaide Jets Women	v	Drummoyne Devils
<b>22</b>	National League @ AAC			
	6.00pm	Adelaide Jets Men	v	Drummoyne Devils
<b>22</b>	National League @ AAC			
	12.30pm	Adelaide Jets Women	v	Drummoyne Devils
<b>27</b>	National League @ AAC			
	2.00pm	Adelaide Jets Men	v	Drummoyne Devils
<b>27</b>	SAWPI Schools Grand Final			
<b>28</b>	National League @ AAC			
	4.30pm	Adelaide Jets Women	v	Fremantle Marlins
<b>28</b>	National League @ AAC			
	6.00pm	Adelaide Jets Men	v	Fremantle Mariners
<b>MARCH</b>				
<b>1</b>	National League @ AAC			
	1.30pm	Adelaide Jets Women	v	Fremantle Marlins
<b>12-13</b>	National League @ AAC			
	3.00pm	Adelaide Jets Men	v	Fremantle Mariners
<b>12-13</b>	National League @ AAC			
	3.30pm	Adelaide Jets Women	v	Cronulla Sharks
<b>13</b>	National League @ AAC			
	8.30pm	Adelaide Jets Men	v	Cronulla Sharks
<b>13</b>	National League @ AAC			
	6.30pm	Adelaide Jets Women	v	Cronulla Sharks
<b>28</b>	National League @ AAC			
	8.00pm	Adelaide Jets Men	v	Cronulla Sharks
<b>28</b>	National League @ AAC			
	5.00pm	Adelaide Jets Women	v	Sydney Uni Lions
<b>29</b>	National League @ AAC			
	6.30pm	Adelaide Jets Men	v	Sydney Uni Lions
<b>29</b>	National League @ AAC			
	12.30pm	Adelaide Jets Women	v	Sydney Uni Lions
<b>29</b>	National League @ AAC			
	2.00pm	Adelaide Jets Men	v	Sydney Uni Lions
<b>APRIL</b>				
<b>6</b>	<i>Be Active</i> State League (junior) Competition finishes			
<b>10-14</b>	14 & Under National Championships - Perth			
<b>14-19</b>	18 & Under National Championships - Melbourne			
<b>23</b>	National League @ AAC			
	6.30pm	Adelaide Jets Women	v	UWA Comets
<b>24</b>	National League @ AAC			
	8.00pm	Adelaide Jets Men	v	UWA Torpedoes
<b>24</b>	National League @ AAC			
	6.00pm	Adelaide Jets Women	v	UWA Comets
<b>24</b>	National League @ AAC			
	7.30pm	Adelaide Jets Men	v	UWA Torpedoes
<b>TBA</b>	SAWPI Presentation Dinner			
<b>MAY</b>				
<b>12-16</b>	National League Finals			

# be active.

Make physical activity an enjoyable part of your lifestyle.

Follow these tips to get started:

Plan time in your life to be active.

Find an activity that matches your interests and lifestyle.

Set a goal and work towards it – start with a short-term goal.

Reward yourself when you achieve your goal!

*Try activities such as walking, bike riding, playing at the local park, taking the stairs instead of the lift, or try a sport or recreational activity.*



Photo credits : Michael Mullan



Government  
of South Australia

**be active.** [com.au](http://beactive.com.au)

## Inside H<sub>2</sub>O Contributions

The Association would welcome the input of all members to each and every issues of **Inside H<sub>2</sub>O**. It's an opportunity to tell your fellow members of what's happening in your club or school.

Submissions should be forwarded to the Administration Officer at [administration@sawaterpolo.asn.au](mailto:administration@sawaterpolo.asn.au).