

Canoe Polo Development Academy: Women's Weekend

September 29th/30th 2018, Collingwood Facility, Liverpool

As part of its ongoing development initiatives, the Academy will look to host an open age women's only weekend at its Collingwood venue in late September. In hosting the weekend the primary objective is to initially gauge the interest in women wishing to aspire to and develop towards future participation in national leagues polo, to then assess the candidate's potential to develop further thereafter. The invitational notice with more detail will be published at a later date, but the planned activities over the weekend will progressively address both the individual and team core game skills. In terms of competency as a minimum candidates will need to be comfortable in exiting a kayak capsized in open water.

Planned Activities

The likelihood is that activities will take place using a mix of both open water and a pool. The session content will be progressive, with much of the detail revolving around the execution of core boat, stroke and ball skills, how to use them effectively in a game situation and then culminating in working on different tactics and game plays.

We would envisage doing something like 6 or 7 kayaking sessions over the course of the weekend.

Whilst most of the groundwork will be addressed by the Academy coaches, any club coaches and senior players are welcome to come along and support the initiative.

Administration and Arrangements

<u>Venue</u>	Collingwood Facility Regent Road Liverpool 3, L3 OAH.
<u>When</u>	10.00 a.m. Saturday 29 th September to Sunday 30 th September 4.30 p.m.
<u>Cost</u>	£40.00. The fee is inclusive of overnight accommodation in a local scout hut, a Saturday evening meal at a local cavery, and also includes Sunday breakfast cereals and toast.
<u>Kit</u>	Between the venue, pool and gym players will be expected to participate in as many as 8 or 9 sessions over the weekend. Participants need to ensure they have sufficient personal paddling and gym kit to cover the weekend.

All Welcoming Open Invitation

We understand that within an invitation such as ours the ability range of the participants can be ever wider, so be it. No matter the standard the most significant determinate factor from our point of view is that the participants demonstrate that they have the ambition, the enthusiasm, and determination to improve and aspire to play better ability canoe polo. Our invitation to participate extends to all abilities Women/Girls from aged 13years onwards.

It depends on the interest shown but the September date will hopefully give us an insight as to the level of interest going forward with the possibility of establishing a regular women's development weekend calendar.

More detail and the application process will be in place at a later date. In terms of a response and to get a feel for the potential interest at this point in time individual 'Expressions of Interest' would be helpful. Any further info required then please get in touch: moffitt.mike@yahoo.co.uk

Thanks
Mike Moffitt