



Dear Parents & Students,

Welcome to this season of RGS water polo, especially to the new families joining our extended polo family. To gain the best experience we would encourage each player to make personal goals and bare these in mind when approaching trainings and games. Attached are nomination forms which need to be completed by each player's parents no later than Wednesday 7<sup>th</sup> September. Please note that travel to these tournaments is at each parents own cost as there will not be school transport arranged as has been the custom in the past.

### **PRESEASON TRAINING:**

The dress for the fitness sessions is sports uniform, drink bottle, white socks and closed in shoes. Reminder of the gym timetable for the rest of the term:

Day	Gym Session time
Tuesday afternoon	3.15-4.30pm
Thursday afternoon	3.15-4.30pm (this week last session)
Friday morning	6.45 to 7:30am

I would encourage ALL players to start swimming multiple times a week especially if you haven't been yet. We will be doing afternoon practices starting next week at the Southside pool. This will reviewed at the end of the week as the RGS pool is due to be operational by 5<sup>th</sup> September and may shift practices back to RGS. Swim training times are listed below. If you intend on attending these sessions please email [waterpolo@rgs.qld.edu.au](mailto:waterpolo@rgs.qld.edu.au) to ensure that enough buses are booked.

Day		Time and Team
Monday	Bus available departs 3.30pm returns 5.30pm \$2 per student	3.45 to 4.30 Swimming
		4.30 to 5.15 Water Polo
Thursday	Bus available departs 3.30pm returns 5.30pm \$2 per student	3.45 to 4.30 Swimming
		4.30 to 5.15 Water Polo

### **PRACTICE DAYS**

The following practices times will commence first week back next term:

Team	Practice Day and Time for TERM 4
Junior Boys (Year 7-9)	Wednesday 3.15pm to 4.30pm
Senior Boys (Year 10 -12)	Wednesday 4.00pm to 5.30pm
Junior Girls (Year7-9)	Thursday 3.15pm to 4.30pm
Senior Girls( Year 10-12)	Thursday 4.00pm to 5.30pm
Development Squad	Friday 3.30 - 4.30pm

**Please also note that each team is to supply players/parents to help with running the table, the game after they have played.**

**DRESS: All players are to wear their RGS sports uniform to and from the pool including footwear.**

We have streamlined our registration process. You will have to register your child directly with Water Polo Queensland by way of an online system which can be found by using the link below.

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If you have played before you will already be registered on their system and will have to request the username and password which will be sent to the registered email account.

There will be a \$20 RGS fee payable to RGS, with the Parent Consent form as well as a fee of \$70 to Water Polo QLD which can be done while registering your child online.

<https://membership.sportstg.com/regofrm.cgi?formID=60486>

**FEE – ALL PLAYERS before you will be allowed to play (\$20 to be paid to RGS, per player)**

Payment can be made by online through the school website, using the Make a Payment icon (gold in colour) at the top of the page. Choose School Activities and Events, and on the next page from the drop down selection box Water Polo will show.

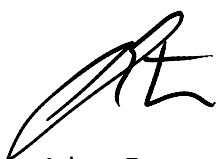
For all information relevant to water polo please refer to the school website or save the following link for easy access <http://www.rgs.qld.edu.au/water-polo>

All forms are now electronic. Please return the forms listed below electronically (by pressing submit or via email to [waterpolo@rgs.qld.edu.au](mailto:waterpolo@rgs.qld.edu.au) ) as soon as possible:

- Parent Consent Form Water Polo 2016/2017
- Playing in a higher age division consent form- to be completed by all juniors playing in senior teams.
- Games fees information.
- Rockhampton Nomination Form to be emailed to [waterpolo@rgs.qld.edu.au](mailto:waterpolo@rgs.qld.edu.au) once complete.

If you have any questions or concerns please contact myself or Mr Todd Wells.

Thank you,



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Todd Wells  
Director of Co-Curricular  
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