

**ENGLAND YOUTH WATER POLO - WOMEN
TRAINING CAMP & MATCH SERIES vs SCOTLAND
STIRLING, SCOTLAND
MAY 30TH – JUNE 1ST 2003**

YOUTH TEAM MANAGER: CHARLOTTE MILLER
YOUTH COACHES: NEIL GREEN, ADAM WALZER

See attached coaches report for athletes.

ASSEMBLY – individual organisation					
Bus service	Excellent	Good	Satisfactory	Fair	Poor
Route: MAC – Stirling return, with various collection points on the M6					
Comments (if any - please keep brief): Ashalls coaches provided excellent coach and reliable driver at a competitive price					

Office Response

ACCOMMODATION					
Rooms	Excellent	Good	Satisfactory	Fair	Poor
Location (from pool and other facilities)	Excellent	Good	Satisfactory	Fair	Poor
Meals/Food	Excellent	Good	Satisfactory	Fair	Poor
General Service	Excellent	Good	Satisfactory	Fair	Poor
Accommodation name, address and contact numbers: Express by Holiday Inn, close to National Swimming Academy, Stirling. Contact Helen Pearson in SASA office for cheap rates!					
Comments (if any - please keep brief): Excellent standard of accommodation and food at a very competitive price.					

Office Response

TRAINING & COMPETITION VENUE					
Location (from hotel and other facilities)	Excellent	Good	Satisfactory	Fair	Poor
Facilities	Excellent	Good	Satisfactory	Fair	Poor
Access	Excellent	Good	Satisfactory	Fair	Poor
Optional support Services (access to sports science etc)	Excellent	Good	Satisfactory	Fair	Poor
Venue name, address and contact numbers: National Swimming Academy, Stirling					
Comments (if any - please keep brief): Great 50m pool split into 2x 25m pitches.					

Office Response

ADMINISTRATION: N/A organised within 'Polo'					
Comments (if any - please keep brief): As always the Scottish admin and team staff could not have been more helpful.					

Office Response

FINAL SUMMARY - any additional comments you would like to make (not obligatory).
A valuable camp to give the youth squad their first taste of international competition, albeit in a relaxed and unpressured environment. Only downside was the unfortunate lack of a referee for the games (when one had been promised from the SASA officials committee)

COSTINGS (For use by Water Polo Team Managers controlling own budgets only)
Total cost for 18 persons for 2 nights, 3 days (including travel and assembly): £1,800 . Each athlete made a £30 contribution towards costs.

RESULTS
3 Matches were played between England & Scotland. Please see separate coaches report for details of results.

Coaches Report

Below are the players, Clubs and Districts of the girls who were selected to attend the Scotland weekend at the end of May (not including the 3 Scotland girls, due to the squad being an England initiative).

Name	Surname	Club	District
Rachel	Yeomans	Solihull	Midlands
Carly	Sailsbury	Liverpool	North
Sarah	Pimblett	Manchester	North
Aine	Hoy	Manchester	North
Stephanie	Holme	Liverpool	North
Sam	Crawford	Sunderland	North East
Lucy	Slough	Solihull	Midlands
Sophie	Drinkwater	Solihull	Midlands
Fiona	McCann	Liverpool	North
Felicity	Leighton	Sheffield/Rotherham	North East
Claire	Walmsley	Coventry/Hucknall	Midlands
Alex	Rutledge	Manchester/Lancaster	North
Anna	Richardson	Durham/Sedgefield	North East
Laura	Woodfield	Hucknall	Midlands
Sarah	Scott	Durham/Sedgefield	North East

Objectives:

- To invest quality time with a smaller nucleus of players to strengthen 'core techniques' and expose the team to their first official type of competition (1).
- To develop and enhance each players dry passing, faking and spider/movement techniques (2).
- To develop and enhance each players technique to tackling and to steal the ball (3).
- To develop and enhance each players technique to defending a drive (4).
- In 3's to introduce players to basic principles of extra-man 4:2 offence (5).
- In 5's (3 offence/2 defence) to introduce players to basic principles of man-down 3:2 defence (6).
- To continue to develop a 'competitive cohesive team' through team building activities outside of the water (7).
- Post weekend to have 15 minute one to ones with each player identifying areas of strength and weaknesses to enhance/develop (8).

Analysis of Objectives

The weekend proved to be an outstanding success in relation to the objectives and the three match series verses Scotland. Prior to the weekend it was agreed with the newly appointed Ladies Scotland coach that before each of the three matches both teams would have an hour and a half with their respective squads for training. The weekend allowed both sets of coaching staff to establish links and disseminate the 'core techniques/skills' and philosophy that Nick Hume (National Performance Director and Great Britain Senior Ladies Coach) is now putting into place. Players were given clear analysis and clear feedback during drills and post weekend (1,2,3,4 and 8). Basic principles of extra man offence and man down defence in small groups focussed on the underlying skills/techniques, which we have been working towards with the squad. These were introduced and understood (5 and 6). Sunday morning enhanced team cohesion through team building activities and challenges (7), which since the squad has been formed these activities have started to bring about some form of leadership from within the group. The Scotland squad consisted of players from Youth, Junior and Full Senior ages and proved to be very similar in abilities and very competitive.

Match One

Won: 5-3, Holme x 3, Richardson and Rutledge x 1 each.

Whole game based around good defences from both teams. We played a press and when executed by all players it was hard for Scotland to continue to recycle ball. 2 good individual goals by Holme and 3 well-worked counter attack goals resulted in a good start to the weekend. Solid goalkeeping by Yeomans kept us in the game at times.

Match Two

Won: 10-8, Holme x 4, Slough, Rutledge, Woodfield, McCann, Scott and Hoy x 1 each.

Early match was both physical and coupled with a late night/travelling for 7 hours and over 4 hours in the water this match was always going to be hard. However, during first half of game, solid defence and good transition into counter attack resulted in some well-taken goals. As we tired Scotland came back into game but good performances from Holme, Pimblett, Slough and Leighton made sure we left the pool with a victory.

Match Three

Won: 11-6, Hoy and Richardson x 2 each, Rutlidge, Holme, Scott, Leighton, Pimblett and McCann x 1 each. **1 goal not accounted for – any idea please?**

Last game and Scotland came out very competitive and much more physical. We saved our best performance and all players rose to the situation. We pressed, stole possession and countered very effectively throughout the game. Hard to signal out individual performances as this was an outstanding team performance effort.

One of the most encouraging aspects of the weekend is that 10 out of 13 outfield players scored over the weekend.

1987 England Youth Water Polo Report, Manchester, June 2003

The squad came back together again for the last weekend before the summer break to allow coaches to see all players in how they have improved on their individual targets and to select a team to go to the club tournament in Holland in September 2003.

Saturday sessions were based around wet and dry shooting involving techniques for both and movement into the correct body position.

During the Sunday morning session Nick Hume (National Performance Director and Great Britain Senior Women's Coach) assisted with a session on basic core techniques of dry passing, receiving, faking and body position in the water. The remainder of the session was based around scrimmaging from within the squad and including eight of the female Manchester players before the team was announced to travel to Holland.

Below are the players, Clubs and Districts of the girls who were selected to represent England at the club tournament in Holland in September 2003, (not including the 3 Scotland girls, due to the squad being an England initiative).

Name	Surname	Club	District
Rachel	Yeomans	Solihull	Midlands
Sarah	Pimblett	Manchester	North
Aine	Hoy	Manchester	North
Stephanie	Holme	Liverpool	North
Sam	Crawford	Sunderland	North East
Lucy	Slough	Solihull	Midlands
Fiona	McCann	Liverpool	North
Felicity	Leighton	Sheffield/Rotherham	North East
Claire	Walmsley	Coventry/Hucknall	Midlands
Alex	Rutlidge	Manchester/Lancaster	North
Anna	Richardson	Durham/Sedgefield	North East
Laura	Woodfield	Hucknall	Midlands
Sarah	Scott	Durham/Sedgefield	North East

Non Travelling Reserve

Sophie	Drinkwater	Solihull	Midlands
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I would like to at this point again, to publicly thank Manchester Water Polo club for its continued support with water time and accommodation. Without the generosity of such clubs, parents and players, but particularly Mike Glover and Julie Allsopp the magnitude of our initiative would not be financially feasible.

In addition I would like to thank our team manager Charlotte Miller whose efforts, organisation, and advice throughout the week, is as usual invaluable!

Neil Green and Adam Walzer