

**Great Britain Junior Men's Waterpolo
Training Camp
Zeist, Holland
14 to 18 February 2005**

Howard Cartwright (TM) Norman Leighton, & Jerome Read (Coaches)

Squad List in coaches report

Date final team names confirmed with office (office use only):	02 February 2005
ASSEMBLY	
Flights	N/A
Comments (if any - please keep brief): Travelled by car & minibus	
Office Response	
KIT & DISTRIBUTION	
	Excellent Good Satisfactory Fair Poor
Comments (if any - please keep brief): None received. No Speedo kit issued.	
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: KNVB Sportcentrum Zeist, Woudenbergseweg 56, 3707HX, Zeist. Tel: +31 343499317. Fax: +31 343491827	
Comments (if any - please keep brief): Excellent VFM	
Office Response	
TRAINING 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 N/A
Venue name, address and contact numbers: see accommodation	
Comments (if any - please keep brief): Plenty of water time in an excellent venue.	
Office Response	
ADMINISTRATION	
Communication with office	Excellent Good Satisfactory Fair Poor
Information from Organisers	Excellent Good Satisfactory Fair Poor
Comments (if any - please keep brief):	
Office Response	
COSTINGS (For use by Water Polo Team Managers controlling own budgets only)	
Accommodation £3034, Float £1342 & travel Exp £293	
RESULTS Included in the coaches report	
Full set of official results sent to office by team manager (office use only)	Yes / No

Water Polo Coaches Report
Zeist, Holland
14th – 18th February 2005

A Great Britain travelling squad of eighteen players was selected from a squad of thirty six players that had been involved in this the second of six macro training cycles working towards the Junior Europeans in 2006.

1	Elliott Murphy	Hailsham	GK
2	Zak Sly	Lancaster	GK
3	Adam Legge	Cheltenham	
4	Alex Murphy	Hailsham	
5	Ben Cartwright	Parogon	
6	Callum Bailey	Invicta	
7	Daniel Laxton	Carmarthen	
8	Joe Wannop	Lancaster	
9	Joel Thomas	Cheltenham	Capt
10	Lewis Matthews	Parogon	
11	Phil Powell	Solihull	
12	Rob Rae	Bolton	
13	Sam Broadbent	Lancaster	
14	Shaun Taylor	Cheltenham	
15	Simon Williams	Chester	
16	Tom Patrick	Solihull	
17	Tom Kennedy	Hailsham	LH
18	Will Liddie	Haisham	

This was the first time for many years that the Junior National squad had trained in Zeist the Dutch National Training Centre. The invitation was put forward initially following the strong performances of the previous age group against the Dutch in the European tournament of the previous year. The welcome, facilities and accommodation ensured the squad had optimum training over the five day camp. The co-operation from our hosts ensured a most excellent week of training with our own aims of the week definitely being achieved.

The purpose of the five-day training camp was to: -

- reinforce core skills and drills
- expose individuals to six hours training per day with further theory sessions
- introduce some basic team tactics
- blend the players into a squad who are working for each other as well as competing for their places

Everyday the players trained in the 25m x 30m pool at least twice if not three times. Sessions were for anywhere between 90 minutes to three hours. The accommodation blocks were 5 minutes from the pool and whilst breakfast and lunch were had here, dinner was had on the complex approximately 5 more minutes from the pool. In the evenings it was necessary on two occasions to supplement the three meals with more nutrition to sustain the levels of activity being demanded from the players.

Players were analysed by video and both individual feedback on core skills as well as team feedback on tactical analysis was fed back.

In many of the evening sessions we played some 'scrimmage' against the Dutch Junior and Youth players with the process being the priority NOT the outcome.

By the end of the week the training levels had improved, the skills had been honed, individuals had been exposed and spirit in the camp was very high. This was clear from the players who showed a new belief in their individual development and as a consequence, raising the standard of the team's performance as the week progressed.

We had one illness that was a bad case of flu.