

WA Water Polo Underpinning Program from July 2010

❖ For male athletes:

There is a break from the 5th of July till the 30th of July.

First training back will be on the **30th of July Friday at 7pm** in Challenge Stadium's dive pool.

After the break the trainings will be held only on:

- **Mondays** 5pm – 7pm (@ Bicton Pool)
- **Fridays** 7pm – 9pm (@ dive pool - Challenge)

The program runs until the 8th of October2010!

❖ Female athletes:

The female athletes only have a break during the 20&U Nationals are on in Melbourne from the 5th of July till the 11th.

First training back is going to be on the **12th of July**.

After the break the trainings will be held on

- **Mondays** 6pm - 8pm (@ dive pool - Challenge)
- **Fridays** 6pm – 8pm (@dive pool - Challenge)

The program runs until the 1st of October2010!

Regards

Tibor Seress

Competition & Development Manager
Western Australian Water Polo Inc.

Updated on the 22nd of July 2010.