

# **WATER POLO**

## ***1st Halifax Invitational Tournament***



nova scotia  
**pwpa**

PROVINCIAL • WATER POLO • ASSOCIATION



## **GET IN THE GAME!**

**Contacts:** PWPA

 [pwpa.ns@gmail.co](mailto:pwpa.ns@gmail.co)

**On the web:** [www.hfxh2o.ca](http://www.hfxh2o.ca)

**Where:** Centennial Pool Halifax

**When:** Friday November 27th, 6pm  
to Sunday November 29th, 6pm.

**LTAD Level:** Competitive Founda-  
tions — 14 and Under at tourna-  
ment date, Co-ed.

**Teams:** Minimum 6 teams.

**Games:** Each team is guaranteed 6  
games!

**Cost:** \$300.00 per team—\$250.00 if  
bringing a referee.

**Description:** This is the first tour-  
nament at this level in Nova Scotia  
since the early 80's! Come and help  
us promote the sport in the Mari-  
times!

**Registration Info:**

**Intent:** 01 November 2009.

**Rosters** 15 November 2009.

**All must be registered and in good  
standing with PSO.**

**FINA rules with the exception of 20  
x 20 meters pool area, 4 x 6 mins  
stop time quarters.**



**Mini Polo:** There will be a Mini  
Polo Tournament on Saturday  
afternoon 1200-1600 under the  
“Technical Foundations” stage  
of the LTAD (12 and Under).  
The tournament will be for  
maritime athletes but there  
will also be room for out of  
town athletes/teams. Let us  
know if you are interested in  
bringing a team or athletes to  
join our local teams. Cost will  
be \$5.00 per player.

The mini polo tournament will  
be played half-court, 5 mins  
quarters running time, 5 play-  
ers plus a goalie.

*“The baseline for the water polo play-  
ers, the thing that gets them to the  
point where their game is unlike any  
other games, is this relentless effort to  
stay afloat and move through the wa-  
ter. There's something pure about it.  
They can't take for granted the chance  
to get a shot or stop a shot, to make a  
pass or to elude a defender. Every-  
thing they do is earned, and their ap-  
preciation for what they've earned is  
higher than any other team-sport ath-  
letes.” - ESPN*