

WATER POLO

1st Halifax Invitational Tournament



nova scotia
pwpa

PROVINCIAL • WATER POLO • ASSOCIATION



GET IN THE GAME!

Contacts: PWPA

 pwpa.ns@gmail.co

On the web: 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!

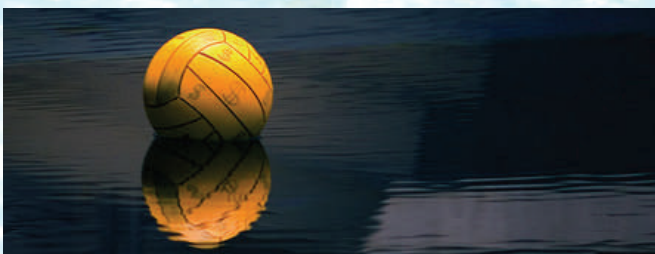
Registration Info:

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*