



Come and Try Canoe Polo at Bartley Bridge,  
West Lakes, 18 May 10am to 12 plus BBQ

Dear Scouts

We invite you to increase your experience in kayaking in canoe polo come and try sessions and ongoing training - and we can arrange to meet specific interests such as rolling and rescue.

### **What is Canoe Polo?**

Canoe Polo is at best a fast, energetic, skilful game played in swimming pools and lakes.

It's like basketball in a kayak, in slow or fast play.

- There are rules for safety and fairness.
- Treasured skills are learning to paddle well, and to roll.
- Male or female, young or old, play, at local level often together.

### **Everyone is welcome**

Coaches and players guide learning and training. Officials keep us running/paddling!

Beginners enjoy the game, gaining new in-water confidence, enjoying the outdoors social life.

- Division 1 provides for high-power players
- Division 2 is open to all others, encouraging team play and confidence
- Come and try sessions offer you a taste, but you could end up playing for your state or country, relatively soon.

### **Costs**

Initial costs are low compared to many sports:

- Cheap registration, with a two-month introductory membership, then Canoe Club fees, to cover Insurance and support our Code of Conduct.
- Pool entry fees when playing at hired swimming pools
- Free training at West Lakes and Mawson Lakes
- Equipment free for new and casual players (then borrow; or buy cheap second-hand boats)

### **Competitions**

*Adelaide Canoe Club* and *Northern Districts Canoe Club* run shared events.

- Winter games – ACC: indoor pools on Saturday or Sundays.
- Warmer months – NDCC: Mawson Lakes (Sundays 6 weekly and practice in between).
- Interstate competitions - 4 or 5 times a year, including a national championships at Easter

### **Training/Practice Sessions**

Various and varying training options with newcomers are always welcome – people develop skills surprisingly rapidly.

- Coaching and team practice– Corcoran Drive West Lakes Sunday mornings (9-11 am)
- Development coaching – as advertised at Club websites (at West Lakes and Mawson Lakes)
- Come and Try – at the new from time to time field at Bartley Bridge, West Lakes

### **Officials and support team**

Canoe Polo is a volunteer run sport, with a friendly, interesting group. Helping is satisfying, and could open up a new world for you.

### **Acknowledgements**

Governance and guidance: *International Canoe Federation (ICF)*; *Paddle Australia (PA)*; *Paddle South Australia (PSA)*; *Sport SA*.

Site access: *Local Councils* and the *SA Government*.