



REGIONAL TRAINING CENTRE **SCOTLAND**

Dear Players

7th September 2007

The next term for the Water Polo Regional Training Centre in Scotland begins on Saturday the 15th of September at Carnegie Leisure Centre, Pilmuir Street, Dunfermline.

The RTC is the starting point for entry into the GB Squad structure and is recommended for all young players. The purpose of the RTCs is to bring the best regional players together where they will be taught the skills required by the modern player and given an opportunity to improve their technical proficiency. Sessions, which are not too difficult and concentrate on the basics, are issued centrally so all players in GB should receive the same basic tuition at each RTC. The RTC program is designed not only to develop player skills but also to underpin the culture of hard work and dedication that GB is striving to develop.

Competition days are held during the year and attendance at Millfield during the summer is also offered. 15 Players from the Scottish RTC attended Millfield from 5th – 10th August this year and had a very enjoyable, if tiring, experience.

Due to changes in the National Age Groupings from Term 1 in October 2007 the RTC will be aimed at those born in 1993 to 1996 and will be named year-groups: **95/96** & **93/94**

It is possible, depending on numbers and abilities, that players from 91/92 may be able to attend to further enhance their skills.

Sessions will take place on the following dates

Saturday 15th September 3pm – 5.30pm
Saturday 22nd September 3pm – 5.30pm
Saturday 29th September 3pm – 5.30pm
Saturday 6th October 3pm – 5.30pm
Saturday 3rd November 3pm – 5.30pm
Saturday 10th November 3pm – 5.30pm
Saturday 17th November 3pm – 5.30pm
Sunday 25th November 3pm – 5.30pm
Saturday 1st December 3pm – 5.30pm
Saturday 8th December 3pm – 5.30pm

Squad membership will be based on ability rather than purely age. Sessions may be split depending on numbers and ability, the first 1.5hrs for the younger players with the second 1.5hrs for the more experienced players.

The cost for the term is £55.00, payable as £5 at the first session followed by a payment of £50 on confirmation of a position within the RTC. Cheques should be made payable to 'ASA'.

If you are interested please contact the Administrator (Mike Tate) @ rtc@dunfermline-wpc.co.uk providing your full name, date of birth, address, telephone, Club and e-mail address.

For further information visit <http://www.dunfermline-wpc.co.uk/rtc.htm>

Or contact the Administrator at rtc@dunfermline-wpc.co.uk