

**FLIPPABALL**

**INFO**

**NIGHT**

# Committee

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# WELCOME



# Our Vision

Melville Water Polo Club has a proud history of achievement through the commitment of its members. We have overcome many challenges and built a proud club, making a continuing contribution to water polo locally, nationally and internationally. As we look to the future our behaviors will be guided by our values to create a club and a legacy based on our sporting passion – water polo.

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## WHO WE ARE

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We believe that by doing what's right we can perform to our very best. Living our values will guide us to success:

### **DISCIPLINE**

We play to win – but not at any cost. We set goals, work hard and hold ourselves to account.

### **INTEGRITY**

We are open, honest and fair. We do what we say we will do. We have the courage to do the right thing. We play by the rules.

### **RESPECT**

We give everyone a fair go. We listen. We are loyal to our members, and them to us.

### **EXCELLENCE**

We achieve great results. We learn. We strive to improve.

### **CREATIVITY**

We look for better ways to do things. We are not afraid to give new things a go and we value unconventional thinking.

### **TEAMWORK**

We are on the same team. We build long-term partnerships. We look after one another.

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## WHERE WE'RE GOING

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### **OUR VISION:**

*To be the best water polo club in Australia – in every respect.*

### **OUR MISSION:**

*To serve our members and realize the potential of our athletes, coaches and officials at every level – representative, participatory and social.*

# Our Vision Continued

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## HOW WE'LL GET THERE

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### **LEADERSHIP**

We have leaders at every level of the Club. We will leverage the skills of our members and make our Club a great place to be.

### **FACILITIES**

We have created world-class facilities for the benefit of our members, the sport of water polo, and the community.

### **COMMUNITY**

MWPC has its roots in the greater Fremantle area. We will be a community leader, contributing to the health and wellbeing of our members, families and supporters.

### **ENGAGED PEOPLE**

We value our members and volunteers. They will be empowered and supported in their efforts and contributions towards realizing the club vision.

### **CULTURE & HISTORY**

We celebrate our history, working hard for success and our members' enjoyment. We are a welcoming, family oriented club.

### **DEVELOPMENT**

We are passionate about water polo. We will develop our sport and support our club members to be the best water polo players, coaches and officials they can be.



# FLIPPABALL

## **How long have we been running it?**

Since the early 1980's and every year since then.

## **Why is it fun?**

Social for kids AND parents. A new sport in a great location perfect for summer months!

## **Who are the umpires?**

Our Junior elite athletes, trained by the WA Water Polo Association

## **What to bring?**

Bathers (Speedos), Towel, Sunscreen and a good attitude!

## **Parking?**

Bottom of the hill, at the Quarantine Park car park area, **ON** Rod Campbell Park at the top of the stairs (**not in** permit area bays)

## **Food and Drink?**

Support our junior U14 and 16 teams. They provide a BBQ to fundraise for Club Nationals.

Our bar is also open within our licenced area.



# FLIPPABALL Cont

- Fun, easy to play introduction to water polo
- Modified rules to assist with ease of participation
- Friday Flippaball – non-competitive social competition
- Saturday Flippaball – introduction to intra-club competition
- PoloSkills – Basic and advanced skills training



# Match format

- 5 field players plus 1 goal keeper in the pool at one time
- Team are allowed unlimited substitutions
- Friday 2 x 12 minute halves
- Saturday 4 x 7 minute quarters



## FRIDAY FLIPPABALL POOL LAYOUT

CLUBHOUSE

POOL 4

POOL 3

POOL 2

POOL 1

RIVERSIDE



## SATURDAY FLIPPABALL POOL LAYOUT

CLUBHOUSE

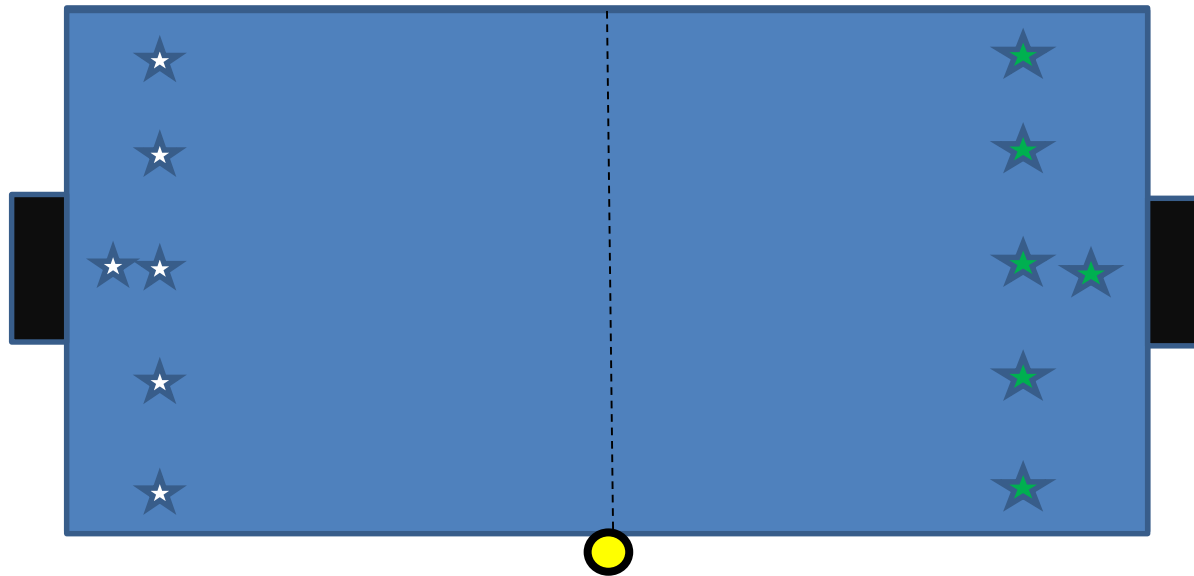
POOL 3

POOL 2

POOL 1

RIVERSIDE

# Starting the Game





# Catching, Passing and Shooting

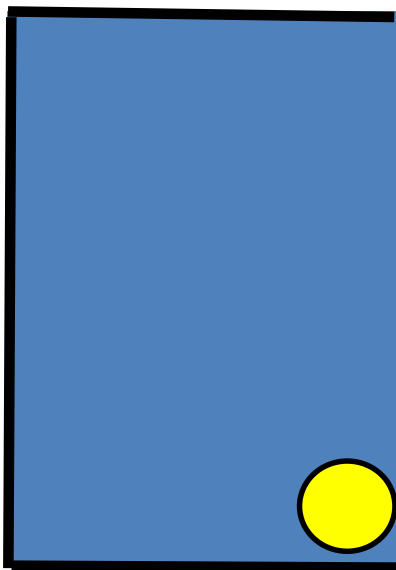
- Catch the ball:
  - one or two hands (Friday Flippaball)
  - One hand only (Saturday Junior Competition)
- Pass or shoot – one hand only
- No clenched fists
- 5 seconds to pass, shoot or swim with ball

# Dribbling the ball

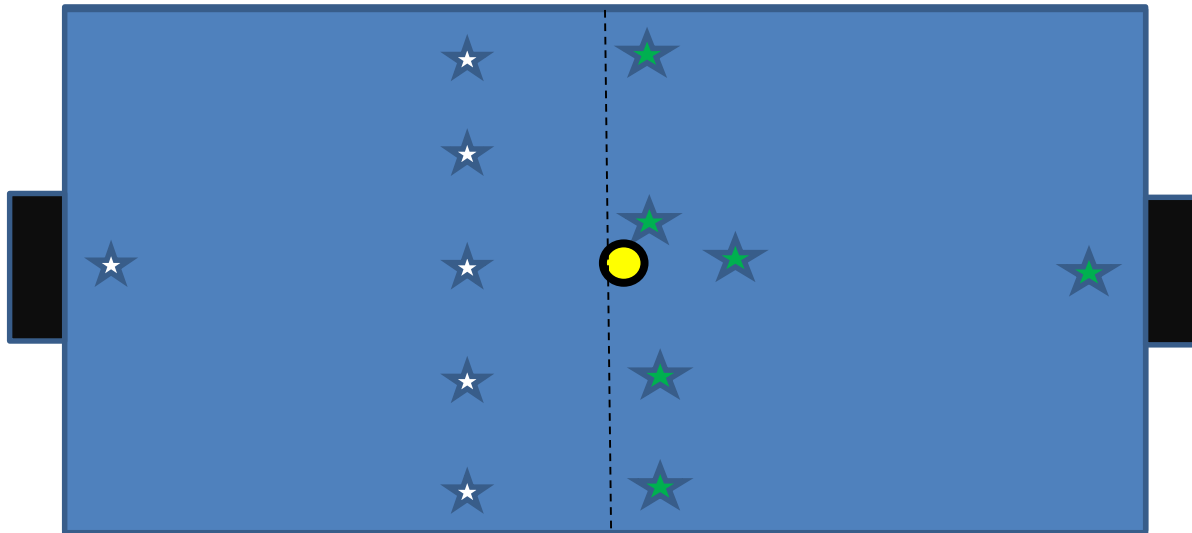
- Ball in front
- Defender can steal provided:
  - No contact
  - Ball does not go under
- No ball tucking – defender allowed to make contact for ball under



# Scoring a goal



# Restart after goal





# Key messages

- Every one swims up – every one swims back
- Defend goal side of attacker
- Move into space
- Pick the ball up from underneath
- Short passes



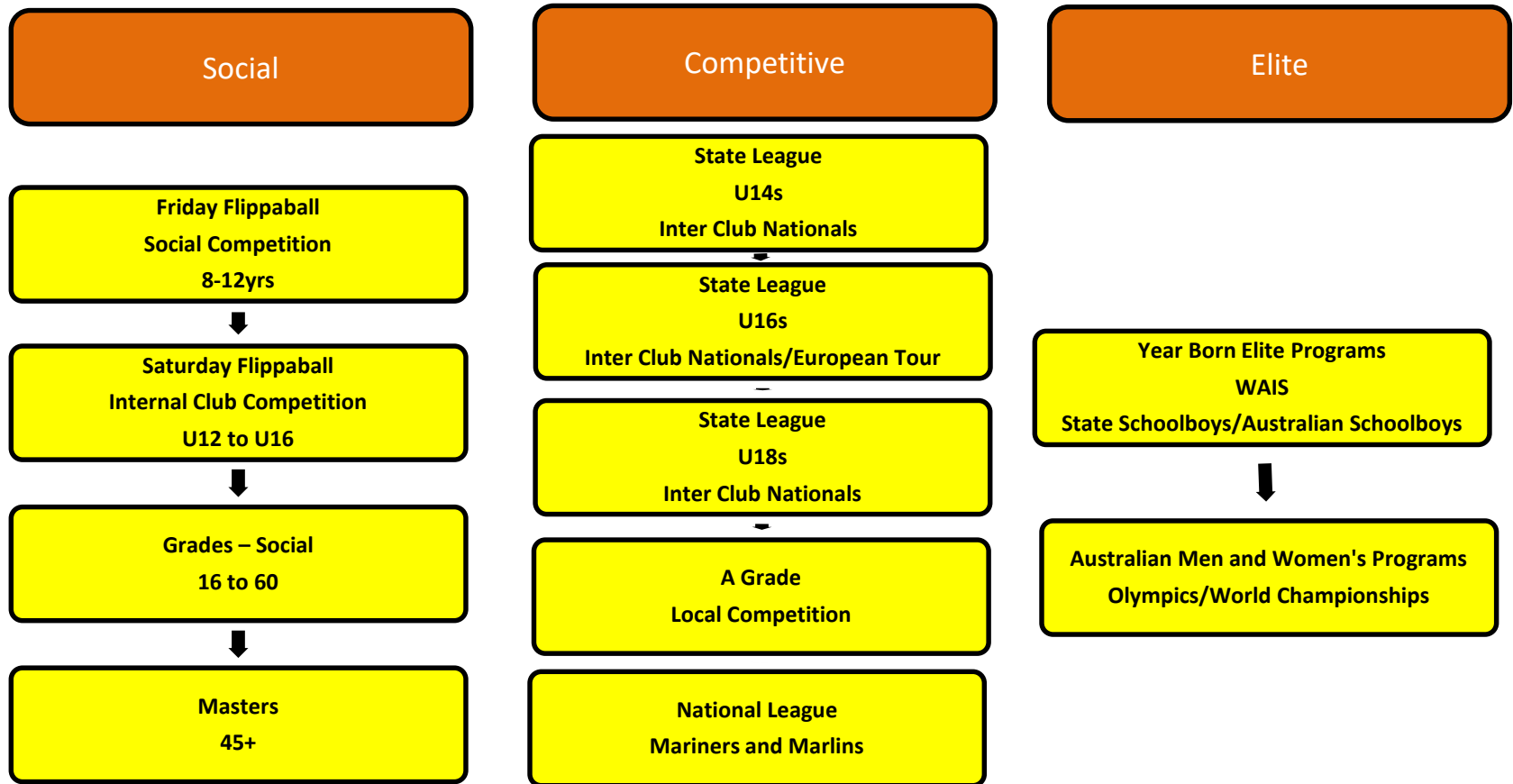
# Your role

- Assist with quality experience
- Equal water time
- Assist the referees
- Coordinate the team
- Keep a watchful eye on siblings

# What's after FlippaBall?



# MWPC Player Pathway





# Connection to the club

## **What your membership gets you?**

Access to Premier League Games, National League Games,  
Club Social Functions (club priced drinks).





# Volunteering

- Busy bees
- Table officials
- Professional/Expertise support



# Sponsorship



**QUBE**

**BULK**