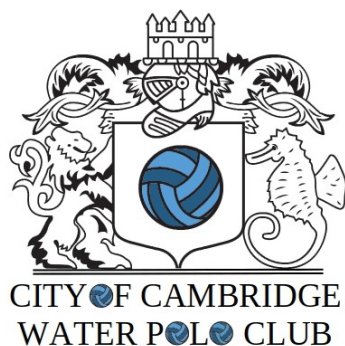




Cambridge Parkside Pools
Gonville Place
Cambridge
CB1 1LY

City of Cambridge water polo club

This introduction to City of Cambridge Water Polo Club is to provide some guidance to prospective members regarding the section, plus to existing members about squad moves and the structure. The water polo club is part of City of Cambridge Swimming Club. For more information, visit the club website: <https://uk.gomotionapp.com/team/cocsc/page/home>

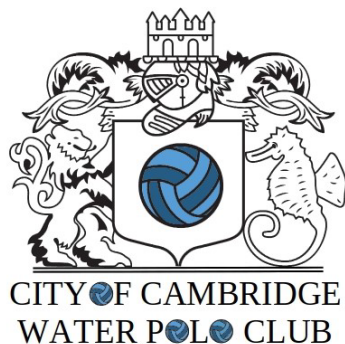
Please email waterpolo@cocsc.org.uk to arrange a trial session, and look us up on [Facebook](#) and [Instagram](#).

Any questions should be directed to Matt McGeehan on waterpolo@cocsc.org.uk or at training.

Updated July 2025

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What is water polo

Water polo is a dynamic, fast and physical team sport which combines strong swimming with ball skills. It often appeals to those who have a competitive swimming background, people looking for a team sport with camaraderie and those wishing to test themselves.

The oldest Olympic team sport, Olympic gold medals were won by Great Britain in the early 1900s. GB were last represented at London 2012, as hosts. It is popular in central Europe, and around the world.

General

We are a **competitive and sociable** water polo section. We have water polo squads for all ages and abilities. We welcome new players regardless of previous experience, but strong swimming ability is a benefit to get the utmost enjoyment out of sessions.

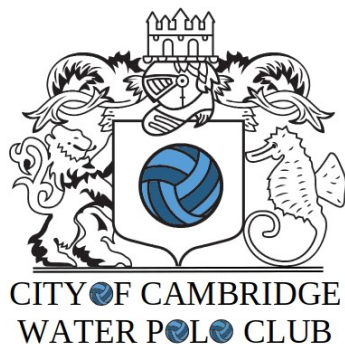
As we're participating in a team sport, we require **commitment** to the collective, requesting regular attendance at training sessions and matches (both home and away) for the benefit of the team. Matches for the men's team are either during our training sessions, or other teams' training sessions. Matches for junior teams (various age groups) are more commonly played as tournaments held at a weekend; women's matches can be weekend tournaments or one-off matches at various times.

Communications are via **email** (may come via TeamUnify) and the app **Spond**. Spond is used for attendance for training and matches, its chat function and managing events. Members (or parents if under-18) are requested to respond without delay to events on the app. The link to the app will be provided once triallists have completed the membership process.

We encourage all our members – from the youngest to the eldest – to **keep swimming** in lessons, club squads or in their own time for fitness and to get the most out of water polo. Strong swimming is a fundamental skill which will only help you become a better water polo player!

Squad moves are subject to the discretion of the coach(es) and by consultation. Age restrictions may be in place for some squads.

Where **selection** is required for matches, the coach(es) will make a decision for the benefit of the whole team, and make a record of the selection. Where possible, the coach(es) will endeavour to provide equal opportunity to play in matches across the year (provided responses are made via the app).



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We have **social activities** above and beyond matches organised by our members, which are not strictly club activities. We try to arrange activities for members across the squads, but are always open to new ideas and assistance in arranging them. Activities range from curry nights to Aqua Park trips – to foster camaraderie and friendship.

Membership and monthly **training fees** are set and administered by the City of Cambridge Swimming Club. The annual fee include Swim England membership and training fees cover pool hire, lifeguards and club costs. There is a whole club break for much of August.

Existing members of swimming club swim squads receive a discounted rate for water polo training fees.

Water polo minis

Wednesdays, 6.30pm – 7.30pm at the Leys School Pool, Cambridge

Ages approx. 9-12 – mixed (boys and girls) – swimming level – Better Gold and above (swims lengths for 30 minutes of a swimming lesson; can swim all four strokes (beginning butterfly)). Focusing on fun, fundamentals and progression. We organise match nights and games with other clubs.

Water polo juniors

Wednesdays, 7.30pm – 8.30pm at the Leys School Pool, Cambridge

Ages approx. 11-14/15 – mixed (boys and girls) – swimming level – Better Gold/Academy and above (swim lengths for 30 minutes of a swimming lesson; can swim all four strokes; looking to extend aquatics skills to a new sport). Focusing on fun, fundamentals and progression, plus more structured match play. We organise match nights and games with other clubs. Various age groups (beginning at under-14s) have opportunities to join East Region training and to be in contention for representative water polo.

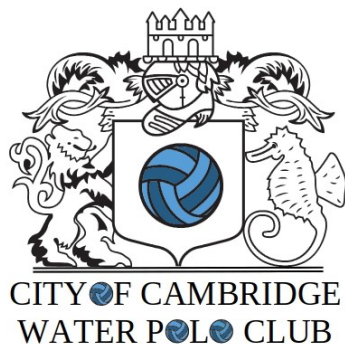
Water polo women

Wednesdays, 8.30pm – 9.30pm at the Leys School Pool, Cambridge

Our junior girls progress to the women's session at age 14 and above (at coaches' discretion), which is normal progression for women's water polo and increases match opportunities. The scope of these sessions is to increase skills in a match play setting and to build tactical awareness and match experience. The women's team play friendly matches and have the opportunity to compete in a combined clubs' team in the Women's London League.

Some women may choose to join the men's/open squad on Sundays for an additional session (and an additional fee).

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Water Polo youth men

Sundays, 4pm – 5pm at Abbey Leisure Centre, Cambridge

Youth men aged approx. 14-17. An opportunity to build skill, match awareness, physicality and fitness, as a bridging point between junior water polo and the more physical men's game. The youth men can join in with East Region training sessions (age dependent) as well as opportunities to play matches and tournaments against local teams.

Water polo men/open

Thursdays, 9-10pm at Parkside Pools, Cambridge; Sundays, 5pm – 6pm at Abbey Leisure Centre, Cambridge

Men's/open sessions are for the senior team with progression most commonly at 16+, at the discretion of the coach(es). Women can join one session for an additional fee to the women's session.

The men's/open team ability varies from novices to those with 40+ years' experience and encompasses a wide range of abilities and playing level interests. Sessions are centered around improving individually and collectively, building tactical awareness and match experience. Match opportunities are in local leagues which are played home and away, within training times of the host club.

We play in the Eastern League and Hertfordshire League, plus friendlies.

Can I swim with the club as well?

Swimming is managed separately, with additional fees. Email membership@cocsc.org.uk to request a swimming trial.

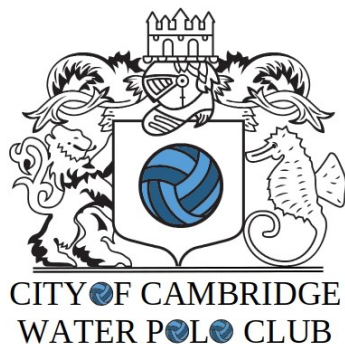
Coaches

Our coaches are qualified to Swim England Water Polo Coach and/or Assistant Coach level. We are always looking for anyone who wants to help coach to join our coaching team. We are happy to have players 16+ assist with younger sessions, under direction and supervision of senior coaches, which can be used for D of E or similar volunteering experience.

Can I help?

We are always looking for volunteers to be team managers and poolside helpers, referees or table officials. Much of this is carried out at the same time as players are in the water and should not be too burdensome on individuals. As per Swim England requirements these require volunteer commitment, safeguarding course attendance and DBS (Disclosure and Barring Service) checks, and, in some cases, qualifications. The roles are to support the enjoyment of our members at training and events. The club may help with any associated costs depending on the course.

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Welfare

The welfare of our members is of paramount importance. The club has clear information on welfare and safeguarding, published on the website:

<https://uk.gomotionapp.com/team/cocsc/page/about/welfare>

Questions and contact

Contact us on email, via Spond (group details provided once a member) or at training with any questions.