

Worthing Swimming Club Press Release 14/5/2011

"Water Polo Training in Serbia"

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Ben Goddard is invited to join the tour to Serbia for Water Polo Training.

The tour, organised by London region ASA, takes place from 23rd to the 30th July when a party of 20 players (born in 1998 and 1999) supported by a team manager and 4 coaches travel to Nis in Serbia.

The training and matches will take place in the 50 metre and 33 metre indoor pools as well as the 50 metre outdoor pool. The squad will be training twice a day for two hours and they will be working on technical and fitness aspects of water polo as well as playing a number of matches.

This is a wonderful opportunity for Ben. Serbia is one of the leading water-polo nations and are recent world champions. The sport has a huge following in the country and the training will undoubtedly be demanding. All the squad have been warned that they need to work as hard as possible on their fitness before travelling!

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