

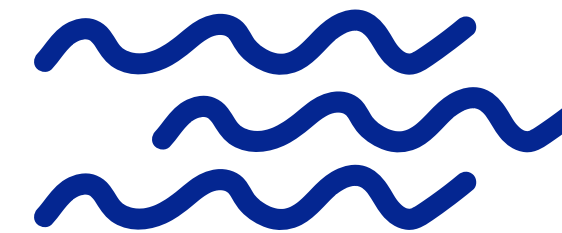


UWA WATER POLO CLUB PERFORMANCE PROGRAM 2025





MESSAGE FROM THE PRESIDENT OF UWA WATER POLO CLUB



The WA Performance Program is a blueprint that provides high performance pathways for aspiring athletes. The program commits to the holistic development of athletes sustainable success, through a customised program that includes, swimming, water polo, games, strength and conditioning and injury prevention delivered by qualified professionals. This year we welcome Brendyn Appleby (Sports Science Sports Medicine), Julie Meeks (Nutrition), Mick Sivakumar (Strength & Conditioning), Brett McGhie (Physio) along with an array of coaches including our Head of Performance, Slobodan Mačić.

The WA PP provides many pathways including: selection into the WA State Team, selection in the National Age Group Program and, of course, a pathway into our AWL teams.

As we enter the new Olympic cycle, now is the time to join the WA Performance Program and enjoy the most comprehensive high performance water polo program in WA.

Peter Hughes

President - UWA Water Polo Club





**UWA WATER POLO CLUB
BRINGS PATHWAYS TO ATHLETE SUCCESS**



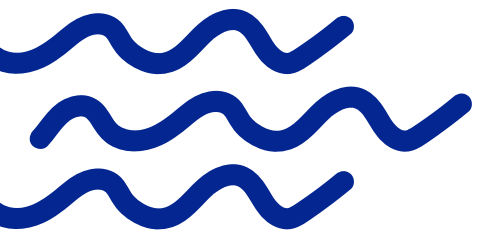
BUILDING HIGH PERFORMANCE ATHLETES

**Performance
Program**

Nationals

**AWL
Exposure**

**Sharks &
Stingers**





UWA WATER POLO CLUB

PUTTING TOGETHER THE BUILDING BLOCKS TO ELEVATE OUR EMERGING ATHLETES ON A PATHWAY OF EXCELLENCE



WATER POLO TRAINING

Enjoy qualified coaches currently coaching or playing in the AWL.

Specialist GK coaching.

AWL Players specialist training sessions.

Swim sets designed to provide base levels of fitness.

Tournaments against other clubs providing a competition arm to the program.

STRENGTH & CONDITIONING (INJURY PREVENTION)

Micky Sivakumar is a Strength & Conditioning expert and offers athlete programs each Tuesday & Thursday at UWA Gym.

Brett McGhie is a 300 game AWL player and will offer injury prevention advise during the program.

NUTRITION

Julie Meeks is an expert in this field and she will deliver informed education around nutrition and planning.

Julie is currently the nutritionist for the Socceroos.

AWL athletes will also present real life methods of maintaining a balanced nutritional lifestyle.

GAMES

Games against other local clubs will be played on 4 Saturdays during the program.

The games act as preparation for the National State Championships and the NAGP, along with exposing yourself to AWL team selectors.



SPORTS SCIENCE / SPORTS MEDICINE

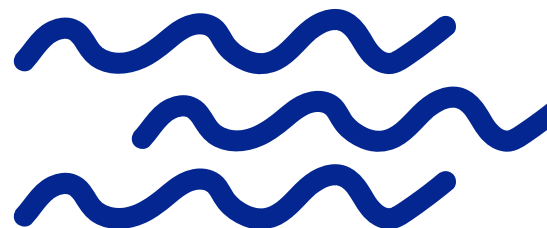
Brendyn Appleby (former Kookaburras Sport Science Manager) will work with our experts in our sport science program and integrate all aspects of our SSSM unit to create the holistic development of athletes including the use of apps and new age metrics. Brendan served over 10 years with the Kookaburra's and is a proven professional.



UWA WATER POLO CLUB

PERFORMANCE PROGRAM SCHEDULE

19 WEEKS OVER WINTER 2025





UWA WATER POLO CLUB

PERFORMANCE PROGRAM MANAGERS



Sports Science / Sports Medicine

Brendyn Appleby

10 years with Kookaburras and a proven professional.

Strength & Conditioning

Micky Sivakumar

Elite personal trainer who has worked with NRL and UWA Sport athletes.

Goalkeeper Coach

Berk Gezek

Former Galatasaray Water Polo Team & Turkish National Goalkeeper.

Nutrition

Julie Meeks

Education and programs delivered by qualified expert.

Injury Prevention (Physiotherapist)

Brett McGhie

300+ games for Torpedoes & qualified Physiotherapist.

Mental Performance Coaches

Leigh Farnell &
AWL athletes

Leigh has worked with 100's of athletes and high-performers to improve their mindset and achieve Consistent Elite Performance. Additionally, current day AWL players will present real life examples and techniques to maintain mental resilience.



UWA WATER POLO CLUB

MEET THE PERFORMANCE PROGRAM TEAM - 2025



Brendyn Appleby
*Head of Sports Science
Sports Medicine*



Julie Meek
Nutritionist



Micky Sivakumar
*Strength &
Conditioning*



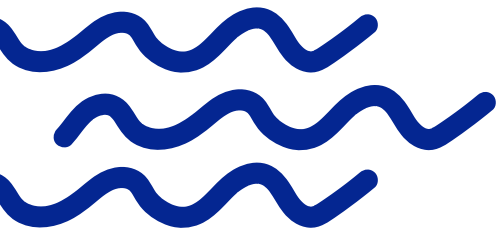
Brett McGhie
*Injury Prevention /
Physiotherapy*



Leigh Farnell
*Mindset Performance
Coach*



Andy Ford - UWA Torpedoes & Aussie Sharks - giving mindset guidance to UWAWPC juniors.



PROPOSED WEEKLY TRAINING SCHEDULE

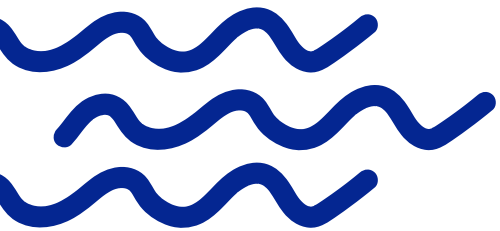
PERFORMANCE PROGRAM



Monday	Tuesday	Wednesday	Thursday	Friday
PHPC - Dive Pool U19 & Open Men 5:30-7am	PHPC - Dive Pool Optional 5:30-7am	PHPC - Dive Pool U19 & Open Men 5:30-7am	PHPC - Dive Pool Optional 5:30-7am	PHPC - Dive Pool U19 & Open 5:30-7am
UWA Aquatic Centre U15 & U17 Girls 6-8pm	UWA Gym Strength & Conditioning Morning	UWA Aquatic Centre U15 & U17 Girls 6-8pm	UWA Gym Strength & Conditioning Morning	UWA Aquatic Centre U15 Boys 6-8pm
UWA Aquatic Centre U19 & Open Women 6-8pm	UWA Aquatic Centre U15 & U17 Boys 6-8pm	UWA Aquatic Centre U19 & Open Women 6-8pm	UWA Aquatic Centre U17 Boys 6-8pm	
Goalkeeper Training Evenings	Goalkeeper Training Evenings	Goalkeeper Training Evenings	Goalkeeper Training Evenings	Goalkeeper Training Evenings

Strength & Conditioning sessions every Tuesday & Thursday morning w/ qualified trainer Micky Sivakuma at UWA gym





PROPOSED WEEKLY TRAINING SCHEDULE

WINTER ACADEMY



Monday	Tuesday	Wednesday	Thursday	Friday
PHPC - WPP/THAC U11 Boys & Girls 5:30-7:30pm	PHPC - Dive Pool U13 Girls 5:30-7:30pm	PHPC - WPP/THAC U11 Boys & Girls 5:30-7:30pm	PHPC - Dive Pool U13 Girls 5:30-7:30pm	
PHPC - Dive Pool U13 Boys 5:30-7:30pm		PHPC - Dive Pool U13 Boys 5:30-7:30pm	PHPC - Dive Pool Club Training 6-7pm	



UWA WATER POLO CLUB - MEET THE COACHES - 2025



All our coaches are
currently playing,
coaching or have
formerly coached in
the AWL



Slobodan Mačić

Head of Performance



Jonas Crivella

Coach



Tibor Seress

Coach



Tom Freeman

Goalkeeper Coach



Berk Gezek

Goalkeeper Coach



Andy Barber

Coach



Riley Childs

Coach



Bella Sayer

Coach



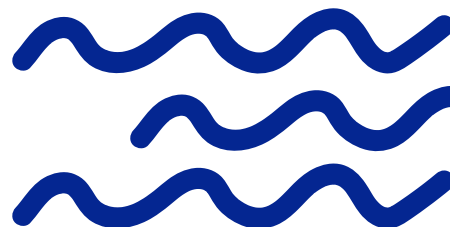
Gabi Sayer

Coach



Byron Kelly

Coach





**UWA WATER POLO CLUB
PERFORMANCE PROGRAM 2025
SUPPORTED BY WATER POLO AUSTRALIA
NATIONAL COACHES**



Tim Hamill
*Aussie Sharks
Head Coach*



Water Polo
AUSTRALIA

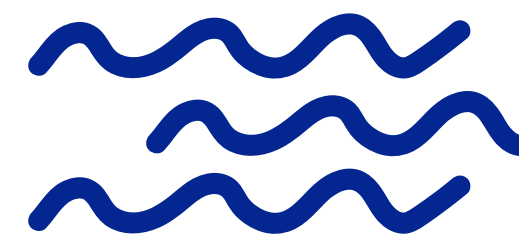


Bec Rippon
*Aussie Stingers
Head Coach*

**Water Polo Australia Head Coaches will visit and present at the UWAWPC
Performance Program over winter.**

Dates to be confirmed

**Tim and Bec will provide insights into the national team and demonstrate
their connection to our program by attending training sessions and games.**



REGISTER NOW!



[HTTPS://UWAWATERPOLO.COM.AU/WINTER-
PERFORMANCE-PROGRAM/](https://uwaterpolo.com.au/winter-performance-program/)

