

Waterpolo: Aquatic Athletics

By: Skye



Specific Purpose

- The purpose of my presentation is to inform the audience about the sport of water polo and the correct way to play the game.
- While water polo is often renowned as one of the most difficult sports to participate in at the Summer Olympics, getting a better understanding of what is required to play the game, as well as the gameplay itself, will make it easier for anyone who wants to take up the sport as a hobby.

CLUB WATER POLO AT FLORIDA STATE



Considering that there is both a women's and men's water polo club right here at Florida State University, it would be to your advantage to learn more about the sport, should you decide to try something new and join these clubs in the future.

- <https://campusrec.fsu.edu/sports/clubs/w-water-polo/> (Women's Club)
- <https://campusrec.fsu.edu/sports/clubs/m-water-polo/> (Men's Club)

CREDIBILITY



- I, myself, wanted to join a club sport upon coming to FSU, and water polo was the first choice. It took a lot of practice and discipline, but I had improved immensely after playing for my entire freshman year, and the fall semester of my sophomore year.
- Photo credit by Samantha Klupchak @Klupchak_Creations on Facebook



Re-Main

A recently-made anime that focuses on water polo is *Re-Main*. *Re-Main* follows the story of Minato Kiyomizu, a teenage boy who stopped playing the sport after recovering from a car accident during the winter of his third year of junior high school. Upon entering high school, Minato commits to a promise; and joins the water polo team. I will be using pictures of the characters throughout this presentation.

The History Of Water Polo



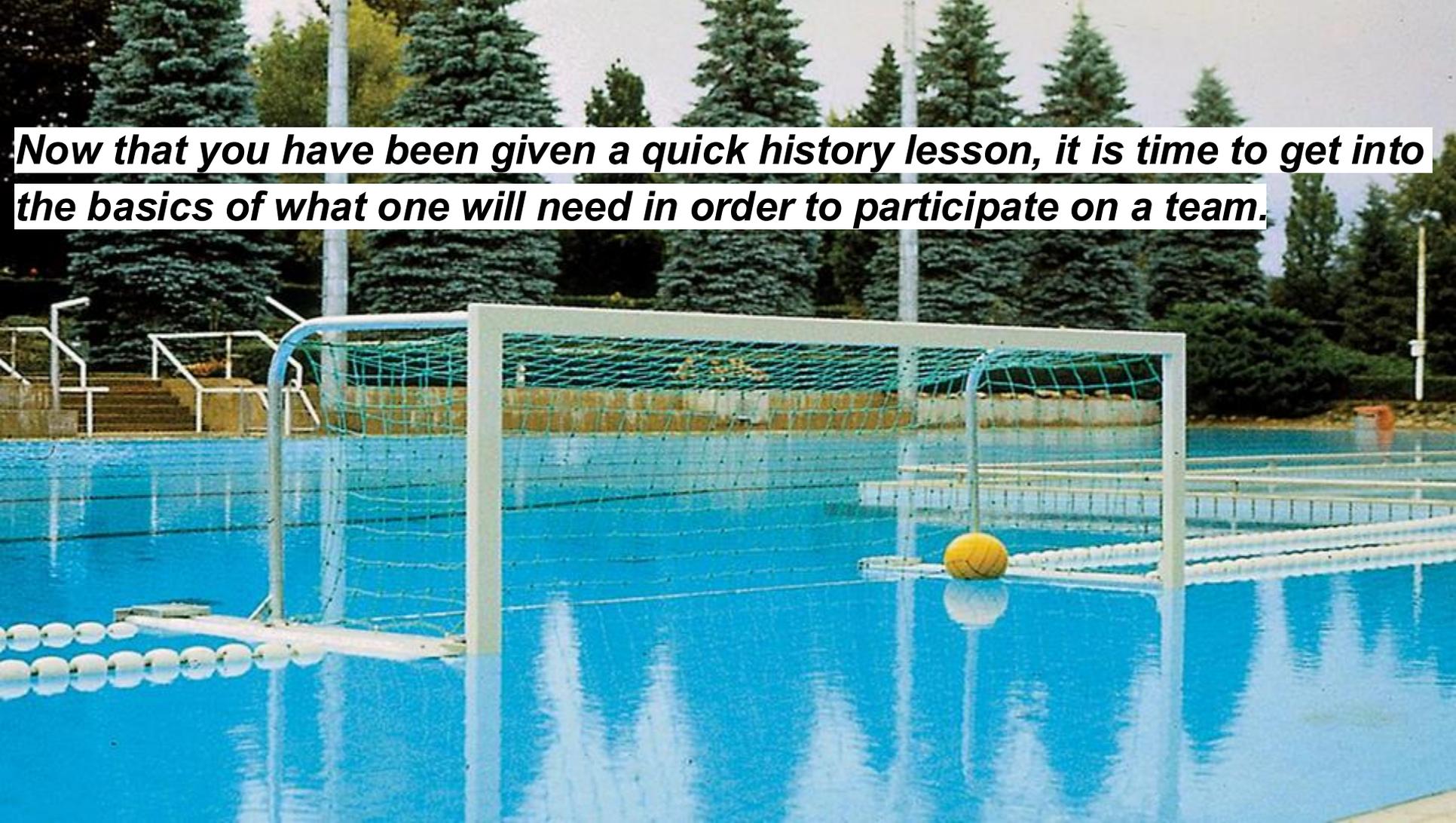
a. Water polo started off as a sport in England in the 19th century. It was believed that British holiday resort owners invented the game in order to seem unique and attract guests to their businesses.

b. The game soon made its way to America in 1888, and utilized the rugby style of play that made it appear as if American football was being performed in the water.

c. The sport soon gained popularity in the 1890s, and was played at authentic venues and drew 14,000 spectators to the championship games (<https://collegiatewaterpolo.org/fans/gameinfo/history/>).



Now that you have been given a quick history lesson, it is time to get into the basics of what one will need in order to participate on a team.



- Each team must consist of seven players. Six of those players will be field players, while the remaining player shall be the goalie; everyone will wear a water polo cap in order to, not only keep track of players, but to protect their ears from any injuries that may occur during the game.



Equipment

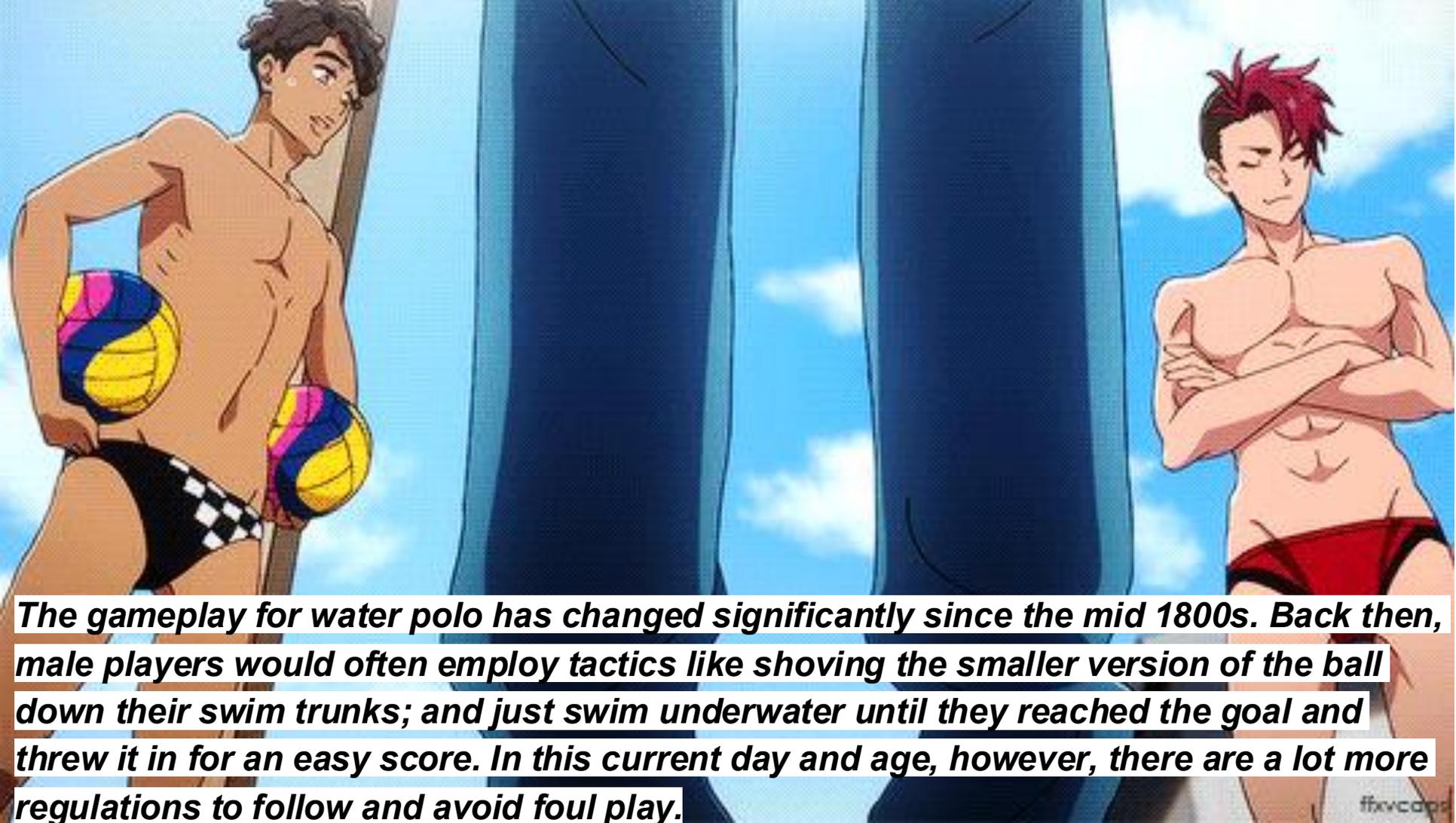


- Goggles are not allowed.
- Women will wear swimsuits, and men will wear Spedos- both specifically made to withstand the rough nature of the game.
- As a protective measure to prevent injury, any sizable jewelry is asked to be removed before the game, in addition to watches.
- Players are also required to clip both of their toenails and fingernails before starting a match.

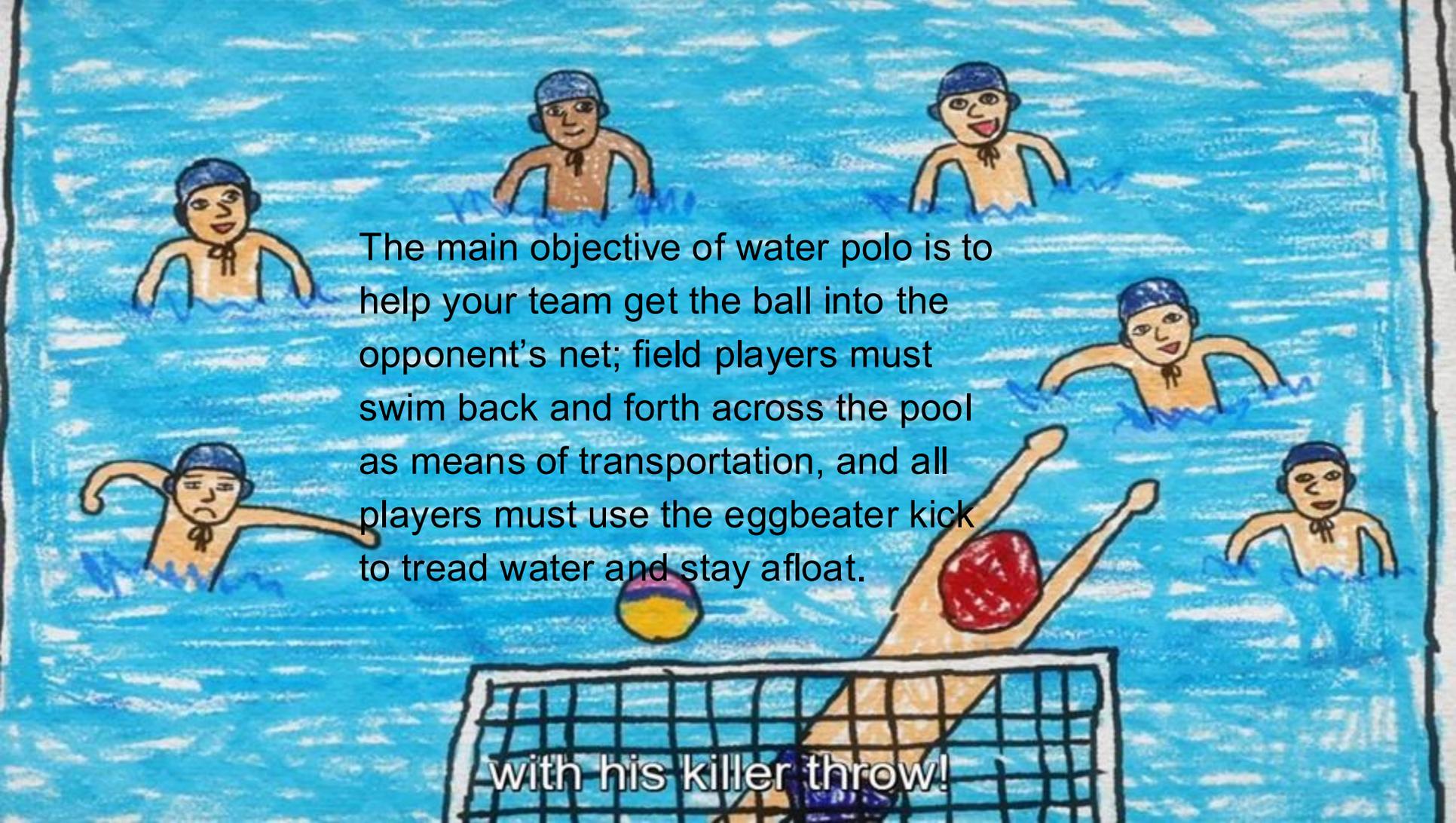
Equipment (cont'd)



- According to the Collegiate Water Polo Association, the home team will wear a white/ light colored cap, and the visiting team will wear blue/dark colored caps.
- The home team will start at the left of the scoring table, and the dark caps to the right. Both teams switch sides halfway through the game.



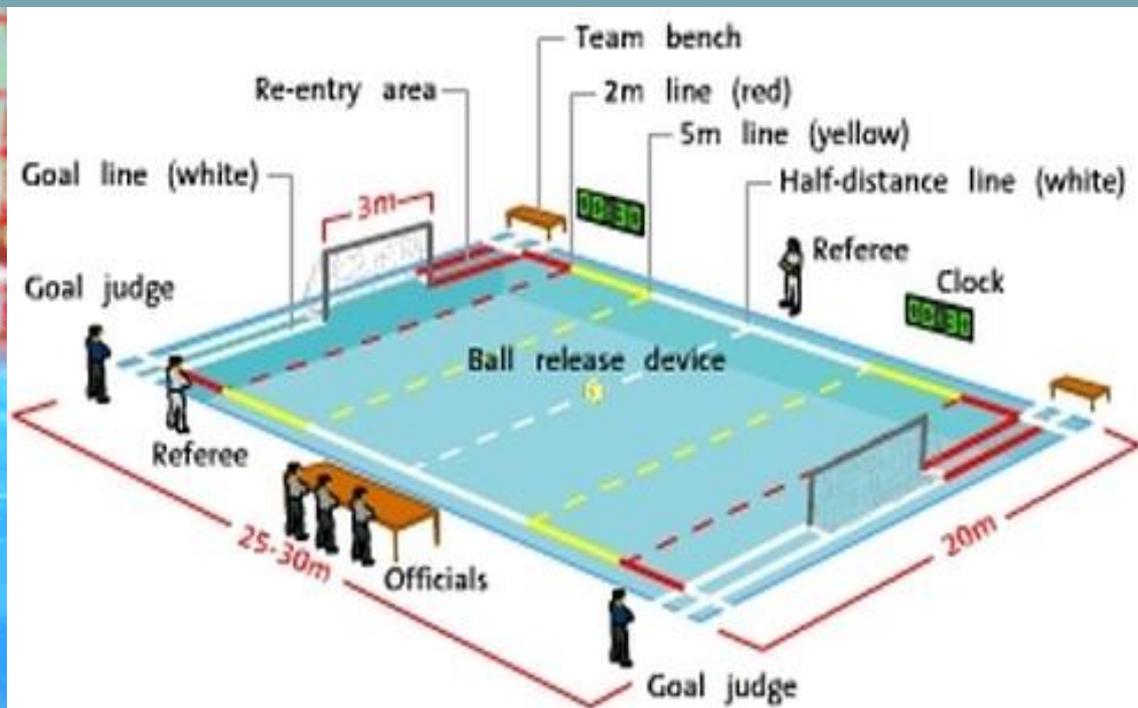
The gameplay for water polo has changed significantly since the mid 1800s. Back then, male players would often employ tactics like shoving the smaller version of the ball down their swim trunks; and just swim underwater until they reached the goal and threw it in for an easy score. In this current day and age, however, there are a lot more regulations to follow and avoid foul play.

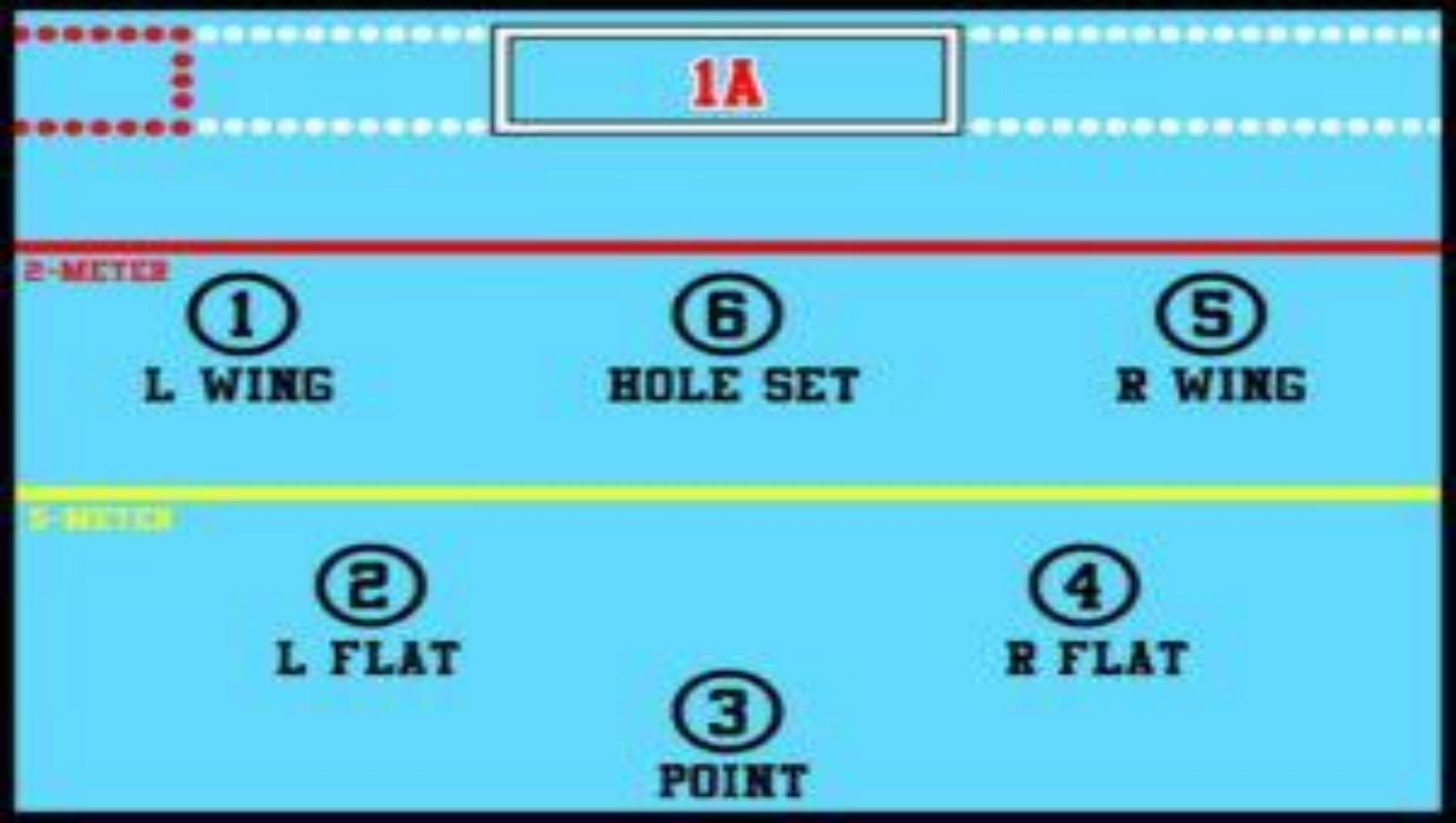


The main objective of water polo is to help your team get the ball into the opponent's net; field players must swim back and forth across the pool as means of transportation, and all players must use the eggbeater kick to tread water and stay afloat.

with his killer throw!

- According to NBCOlympics the pool should span “30m by 20m with a depth of at least 1.8m, but preferably 2m. The water temperature is regulated and should be between 25 and 27 degrees Celsius (77 and 80.6 degrees Fahrenheit).”
- The ball for men is noted as a size 5 (26-28 inches), with women’s being a size 4 (25-26 inches), respectively (<https://www.nbcolympics.com/news/water-polo-101-equipment>).





The diagram shows a rectangular layout on a light blue background. At the top, there is a red dashed line forming a partial border on the left and top. Below this is a white dashed line. A white rectangular box with a black border is centered at the top, containing the text '1A' in red. A thick red horizontal line separates the top section from the middle section. The middle section contains three items: '1 L WING' on the left, '6 HOLE SET' in the center, and '5 R WING' on the right. A thick yellow horizontal line separates the middle section from the bottom section. The bottom section contains four items: '2 L FLAT' on the left, '3 POINT' in the center, and '4 R FLAT' on the right.

1A

2-METER

①

L WING

⑥

HOLE SET

⑤

R WING

2-METER

②

L FLAT

③

POINT

④

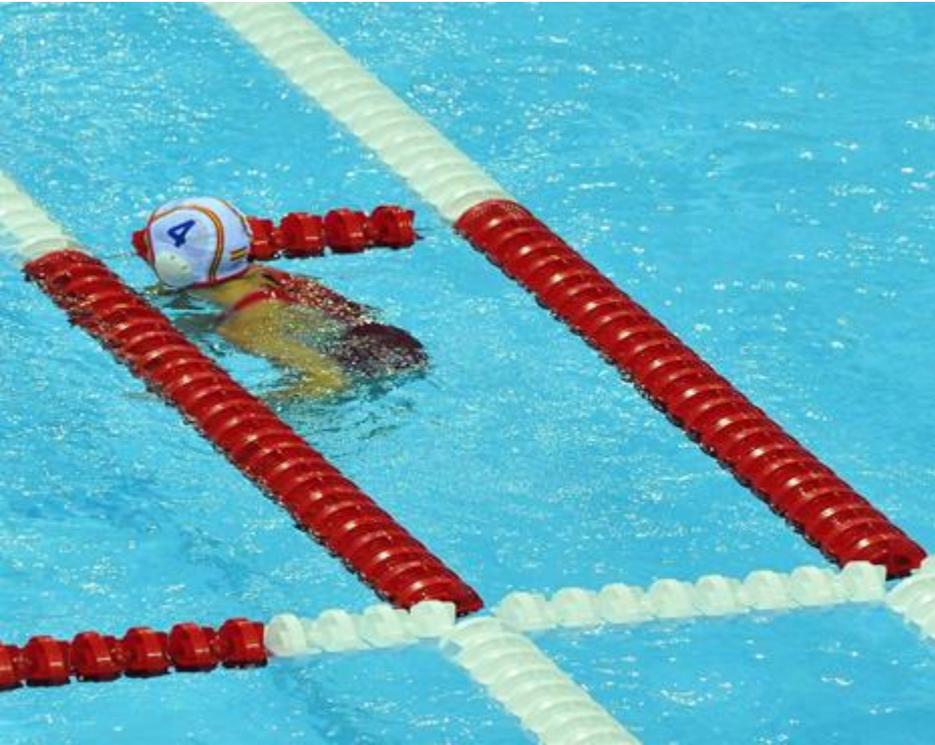
R FLAT

Treading water is not only necessary to keep up with the game, but also because touching the bottom of the pool is not allowed.



Each player can receive an endless amount of fouls, but a single player can only receive three exclusions before they have to exit the water and sit out for the rest of the game.

Exclusions are usually given out to players who have inflicted injury/ demonstrated the intent to inflict injury upon another player.



GO NOLES!!!! :D

Women's Club contact info:

fswomenswaterpolo@gmail.com

Twitter: [@FSUwaterpolo](https://twitter.com/FSUwaterpolo)

Instagram: [fswomenswaterpolo](https://www.instagram.com/fswomenswaterpolo)

FB: **FSU Women's Water Polo Club**

GO NOLES!!!!!! :D

Men's Club contact info:

Floridastatewaterpolo@gmail.com

Twitter: [@noleswaterpolo](#)

Instagram: [fsumenswaterpolo](#)

FB: **Men's Water Polo Club at FSU**



JOIN THE WATER POLO CLUB

YOUR TEAM NEEDS YOU