

Water polo

Do I need to have played before? No all abilities are welcome.

Do I need to take part in tournaments? No, a lot of our members enjoy taking part for fun and fitness. You are however encouraged to do so, and will be offered opportunities. DCA is a competitive club; this applies for both swimming and water polo.

Is there an upper age limit for taking part? No we have a seniors section and welcome people of all ages and abilities.

I've heard that water polo is a very physical sport and I'm worried about possible injuries; should I be concerned? Water polo is a physical sport, but chances of significant injury are low, even when played at the highest levels. There is minimal risk of injury from taking part in routine training sessions and most matches.

Do I need to have a certain fitness level? Water polo is a sport that requires a high level of fitness, but you don't need to be at a particular level before starting with DCA. You will gain fitness through the training, including developing important swim fitness. You may be advised on how to develop fitness from activities away from the pool.

Do both genders train together? Yes in DCA girls and boys/ men and women train within the same session. At younger ages and in local leagues matches are also mixed, but for older players matches are for girls or boys/ men or women.

Can I try it out before I decide to join? Yes, this is encouraged. Please e mail the club secretary. Your e mail will be passed to the appropriate person who can agree a time with you for a try out. It is helpful to know your experience, swimming ability and any medical issues when you make the enquiry.

I have a disability does that mean I cannot take part? No, we have had members enjoying regular training sessions who have disabilities. Please discuss this in confidence with the relevant coach. It will be helpful to know support needs, or any specific adaptations that would help you.