



ELLIE MILLARD



Marist Water Polo Academy / Term 4 2025

Take Your Water Polo Skills to the Next Level!

WHAT TO EXPECT?

- **Dynamic Training:** Sessions blend dryland exercises with pool training for a comprehensive approach to water polo fundamentals.
- **Individual Growth:** Develop technique, tactics, and decision-making through small-group skill stations.
- **Elite Coaching:** Personalised attention to help you sharpen your skills and stand out in the game.
- **High coach to player ratio:** To maximise the personal aspects of the training, we maintain a maximum ratio of 10 players per coach.

WHY JOIN?

Whether you're aiming for top-tier competition or just want to improve your game, the Marist Water Polo Academy is your ticket to achieving your goals. With expert coaches and a proven approach to high-performance training, this is where future water polo stars are made.

REGISTER NOW!

Click "Register Now" to go to the link.



NUMBERS ARE LIMITED so don't miss out—**secure your spot today** and make your mark in the pool!



JOSH ANDERSON



ROWAN ELLIETT

Who

Male & Female players from U14 through U18. Field players and goalkeepers.

In Term 4, our focus is on pre-season training for athletes preparing for the 2026 Term 1 College Seniors competition.

Are you ready to elevate your game?

The Marist Water Polo Academy is your gateway to high-performance training, designed to challenge and refine your skills in and out of the pool.

Meet Your Coaches:

ROWAN ELLYETT

- NZWP U18 – World Championships 2024
- Member of Marist Water polo since 2015
 - 2023 and 2024 U18 Nationals Winner
- NZ Premier League 2023
- Marist Magic Men 2023 -25
 - 3rd place Suzuki National League 2025
- Championships won at Sacred Heart 2023:
 - Trans Tasman
 - NZ National Schools
 - North Islands
 - Auckland Premiers

ELLIE MILLARD

- NZWP U18 – 2024 World Championships
- NZ Women – 2023 New South Wales (NSW) Super League
- Member of Marist Water Polo since 2015
 - Multiple national age-grade medals
- NZ Premier League 2025
- Marist Magic Women
 - 3rd place Suzuki National League 2025
- Diocesan School for Girls Premier Team

JOSH ANDERSON

- NZWP U18 – World Championships 2024
- Member of Marist Water Polo since 2015
- 2023 and 2024 U18 Nationals Winner
- NZ Premier League 2023
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WHAT MAKES THE MARIST ACADEMY SPECIAL?

The Marist Academy offers an unparalleled focus on **specialised high-performance water polo training**. Our sessions are designed to push athletes beyond their limits and help them master the skills needed to stand out in the pool.

Using an “Integrated Training” methodology, we simulate real-game pressure in every session to sharpen your technical, tactical, and physical abilities. You’ll benefit from personalised, small-group coaching that hones decision-making, builds technique, and enhances performance.

COST

\$160 (Marist members) / \$200 (non-members) for one weekly 1 ½ hour training session for 7 weeks

WHEN & WHERE

Sacred Heart Aquatic Centre
Mondays from 7:30 - 9 PM

- October 6th, 13th, and 20th
- November 3rd, 10th, 17th, and 24th