

HYTHE DUO RETURN TO GB WATER POLO SQUADS



Two Hythe Aqua members, outfield player Lucy -Mai Helliwell and Goalie Harris Lindsey returned to the Gb Water Polo Age Group Squads after the long Covid break. Both performed well and passed their fitness tests- not an easy task after pools have been closed for so long. Apart from some on-line land training from the GB coaches it has been up to players to train themselves to keep their fitness levels up to the required standards. Full credit to Lucy-Mai and Harris who have run, cycled, swam in the sea, done their own fitness circuits and weights and when pools opened gained as many pool sessions as they could.

Lucy-Mai is in the GB U/17 squad and following her first session back is now travelling to Manchester every weekend for training. In July there is another selection camp where the squad will be cut again ready for the European Championships where Lucy-Mai hopes to keep her place.

Harris is in the U/16 squad and has another selection camp also in July where again the numbers will be cut. He is hoping he will keep his place as one of the two goalies normally in the squad.

Both have worked hard to even get into the GB age group, and we should be very proud of their achievements and good luck in July at the next training camps.