MARCH 2003

Octopush News

Published by the British Octopush Association, the ruling body for underwater hockey in the UK

3Swim 3Swim

3Swim

OFF ON SPONSORSHIP DEAL WITH BRITISH UNDERWATER HOCKEY

Photo by Keith Hadland.

ONE OF THE UK's biggest swimwear suppliers has agreed an historic sponsorship deal for British underwater hockey.

3Swim, the UK's main distributors of Diana Swimwear, believes the new package has the potential to inject thousands of pounds directly and indirectly into underwater hockey.

3Swim's Richard Atkins says: "We are determined to promote excellence in British sport today. Diana Swimwear already sponsors the Great Britain Swimming team, so we were delighted when we 3Swim had the opportunity to play a small hand in the development of British Underwater Hockey."

This deal is set to directly benefit all UWH players, and also the GB squads and the BOA overall. Full details will be highlighted at this year's AGM on Sunday 6th April.

For more details on 3Swim and their products see page seven.

3Swim.com

ALUN MITCHELL, Editor

Northern reflections

ORKNEY THANKS

ORKNEY LADIES GOT a big surprise last year: they got into the Ladies' Finals. But the team had only entered the qualifying rounds to get experience!

Only problem was… it was going to cost serious money. The qualifying rounds hadn't been so bad, because we shared a bus shared with the men's team — but the finals looked like costing each player about £140.

Did they want to try? Yes. So they said to Competitions Manager Michele Kwok: "Give us a week, and we'll let you know."

She replied: "Some of the clubs have had a whip round: Putney, Dewsbury, Spectrum Angels, Sheffield, Farnham and Guildford, Northampton, Slough, and the GB ladies masters — and more."

Both clubs and individuals collected money and sent it. Orkney Octopush Club added enough to book the Crystal Palace lodge for two nights, and we were on our way with the cost to each of the girls down to £50 or so. London beckoned.

The Octopush Community had really pulled out the stops.

They are the ones who turn up every week and help others of all ages to enjoy the sport — from kiddy snorkellers to GB Squads. They are the ones who keep clubs going. They are the ones who dipped their hands in their pockets and allowed nine girls (and one adult) to lose all five matches last April and enjoy every minute of it.

To them, "thank you," from all the Orkney Ladies Octopush Team — who *are* coming again this year, without assistance…

ALASTAIR SKENE, Orkney Octopush

THE ORKNEY LADIES: (Back Line) Katy, Kazia, Catherine, Afra, Margaret, Kirsty. (Front Line) Cally, Caroline, Helen, Alison.

AGM DATE: SUNDAY, APRIL 6

It's your vote…. don't lose it!

THE ANNUAL MEETING of the British Octopush Association takes place on Sunday April 6, at 10am.

It is your chance to question the organisation's officers about their plans for the future and make suggestions as to how to advance our sport.

People often complain about "the BOA" but in fact the association is its members. Please think about offering your services to help the committee. There have been many important progressions in the sport over the last few, short, months, but much remains to be done. It can only be achieved if we encourage more people to administer their own sport.

Among the successes of the last year have been:
*Gold medals for the GB under 19s' team in Canada
*Sponsorship for our sport from the same swimsuit company that supports the GB swimming team (see page one)
*A new, improved, Octopush News
*Recognition from the Prime Minister and lobbying of other senior politicians
*The BOA shop providing professional equipment at affordable prices
*Well–run national competitions
*A prominent article in the Financial Times which improved UWH's profile dramatically
*A British official being asked to organise the European Championships in Italy
*Refereeing courses
*TV, radio & newspaper coverage of UWH at regional and national levels
*A sports goods manufacturer has sponsored the Ladies' team

The value of the media coverage this year is worth more than £25 000 to a private sector company. And that is just the beginning.

The BOA can only continue this work if you turn up at the meeting and use your right to have your say about the future of your sport.

TIM ARNOLD, Chairman

Octopush Challenges Disability

Farnham & Guildford's traditional Turkey Burn session raised over £170 for charity this year. This is the largest amount raised to date in the four successful years of Turkey Burn.

What is a Turkey Burn? It's a free session held on the Sunday between Christmas and New Year, with FGOC paying for 3 hours of pool time out of club funds. The club makes no official charge for the session, but anyone taking part is invited to make a contribution to the pot, which is then donated to a charity.

As well as traditional Octopush, we also try out some new variations such as having four teams with goals in the corners of the pool and only one puck. The resulting melee is entertaining and the tactics of defending against 18 other players are quite a challenge!

This year's money was donated to Disability Challengers, a local charity, which provides facilities for mentally and physically challenged people up to the age of 18. Thanks to everyone who took part.

KEITH HADLAND,
Treasurer, FGOC

To stretch or not to stretch?

MANY ATHLETES ENGAGE in at least some form of stretching before exercise but does it really reduce the risk of injury. Logically, a stretched flexible muscle should be less liable to injury than a tight stiff one but some research suggests otherwise.

Various studies looking at pre-exercise stretching showed no significant difference in the number of injuries between those that stretched and those that didn't. Fitness levels seemed to be the biggest predictor of injury risk: the fitter you were, the less likely you were to be injured.

Perhaps the length of time you stretch for reduces the risk of injury? Studies looking into this found stretching for 15 seconds equally effective as two minutes so the answer seems to be “no.”

One study showed runners who stretched before training session had higher rates of injury compared to runners who didn't stretch, but those who stretched after their training had lower rates of injury.

Muscles are often fatigued and non-elastic after a strenuous work out. Stretching relaxes a tight, non-elastic muscle, which is then more capable of adapting and coping with normal activities and therefore recovers more quickly before the next session.

Stretching after a warm up rather than cold appears to improve flexibility.

In Summary

Stretching after a warm up but prior to exercise may increase flexibility over time but does not appear to decrease the risk of injury. Stretching at the end of an exercise session relaxes tight in-elastic and fatigued muscles, improves recovery post exercise and may decrease the risk of injury.

First Aid Treatment

Ice Therapy

Inappropriate icing can sometimes make an injury worse rather than better. Prolonged exposure to cold eventually increases the blood flow to the area rather than reduces it. The aim of ice therapy is to diminish the movement of blood to the site of an injury to prevent formation of a large haematoma (blood clot).

When body tissue is cooled, nerve cells are chilled. This forces blood vessels to narrow, with a decreased blood flow. If temperature continues to drop, nerve activity is depressed and the blood vessels begin to open up again, increasing the blood flow to the area. The tissues begin to warm, the nerves cause the blood vessels to narrow again and a cycle of chilling and warming continues for as long as the ice is applied.

If the injured area is compressed and elevated while it is being treated with ice, the potential increase in blood flow can be partially controlled; but it is better to restrict the time, to minimise the sudden increase in flow of blood to an injured joint or muscle. Fairly brief applications of ice also decrease the risk of frostbite–like damage to superficial tissues.

Best regime, 10 mins immediately after injury

- Ice removed for 30 mins.
- Ice reapplied for 10 mins.
- Cycle of 2 x 10mins per hour, as often as possible during the first 24–48 hours.
- Then 2 x 10mins separated by 30 mins break, 3–5 times per day until injury resolved.

(NB: ice must be wrapped in a damp towel/tea towel and never directly onto the skin as this may cause ice burns.)

KAREN LYNCH, Senior Physiotherapist

COACHING UPDATE

PROTECT OUR YOUTH AND OURSELVES

Sarah Liscoe reports

THIS IS A call to all BOA members currently teaching Octopush to anyone, especially U18s, to make themselves known to me so I can ensure that relevant information concerning aspects of coaching can reach the right people.

I have spent many hours over the last two years finding out about new legislation and welfare aspects that concern all sports, not just ours. It is now considered good practice and will soon be a legal obligation for anyone involved with coaching or running any sport to have attended a nationally recognised Good Practice and Child Protection course and to have been checked by the Criminal Records Bureau (CRB), what was previously known as a "police check" (now called "disclosure"). The BOA has already set the ball rolling by requiring this of the coaches and managers for the GB Elite and Youth teams.

In a wider context, the BOA needs to begin to establish good practice before the legal requirement. I have looked into the BOA becoming a CRB "registered body" which would enable us to process our own police checks. Thanks to some major factors — one being £500 to set up and that we do not have registered premises — it is impractical for us to do so.

It would seem that it will be more feasible for each club/team to apply for disclosure through the leisure centres that they hire their pools from, since any centre that hires out its facilities for the use of a club is likely to be a part of a larger organisation or Council that already has the facility to make applications to the CRB for disclosure. In this way, any club coaches and officials may be checked by the CRB in advance of the proposed legislation. Any hiring facility would most likely welcome your approach to them in this respect.

Club coaches and any other person involved in running a club session will also soon be required to have attended a Good Practice and Child Protection course run or approved by Sports Coach UK www.sportscoachuk.org. These courses not only cover the obvious child protection issues but also make attendees aware of the possible abuse of authority that has relevance to all ages and sexes. Whilst this may seem 'over the top' and is now BOA policy it has to be stressed that it is as a result of national legislation, but at the end of the day it is for the common good.

If anyone has any questions concerning this or any other coaching issue then please contact me at Sliscoe@aol.com. Similarly if you are involved in coaching in your club in any way then please forward me your e-mail address and club name, since I intend to post an e-forum specifically for coaches to discuss coaching issues and to have access to relevant information and links.

THE BOA SHOP

Kit in Stock

Pushers (various types) £10/pair
Gloves (one colour) £10 each
Gloves (two colour) £13 each
Lycra socks £5/pair
Single Mouth guards £2.50 each
Pack of 10 Mouth guards £20
Pucks £20/puck
Neoprene socks £8/pair

BOA Shop Manager: Georgina Ashley: boa_shop@hotmail.com

YOUR LETTERS

Well done Michele

THANKS TO MICHELE Kwok for the hard work that she has put into the BOA. I wish her the very best of luck in her new life in Australia.

She has been the Competition Manager for two years now, a very challenging role carrying a great amount of responsibility. Hours of relentless organisation are done in the background.

We only see the occasional email of details and the patient reminders for money. (My hand goes up as one of the naughty ones!)

Michele has been playing a delicate balancing act which means you can't change anything without affecting at least one team and the repercussions rarely end there. With so many different points of view, even within a team, you start the job knowing the outcome won't please everyone all the time.

I for one appreciate her efforts. I really look forward to talking and meeting players from all corners of the UK, from Orkney down to the Isle of Wight, It is an amazing achievement to get all these players together.

In the last Nautilus competition, we probably had the most number of teams we have ever had attend, quite a tribute to Michele's work.

No small part of her role is to sort the referees out —another unenviable task. I believe she has successfully shown us that this responsibility in part lies with the teams themselves.

Don't forget us in sunny Oz, Michele. May your last task be to find a suitable replacement?

ERYL ADAMS, Captain, Slough.

P.S. and your first retirement task is to arrange a Wahine and partners' game in Oz…

Pool your efforts!

FARNHAM AND GUILDFORD Octopush Club recently received a letter from Spectrum Pool informing us that they were changing their safety rules.

They warned they now required a dedicated qualified poolside lifeguard. The options were either to get our own members qualified (and then having them sit out the sessions) or paying the sports centre for lifeguards.

FGOC does not believe that a poolside lifeguard is actually the best way to ensure safety in an octopush session. There have been instances (UK and worldwide) where the poolside lifeguard was virtually ineffective at dealing with the incidents, either because they were unaware of the situation or because the players in the water reacted much faster than they possibly could.

Imagine an incident at Crystal Palace during our finals. Who is responsible for the safety of the game and is watching everyone in the water? The referees! Who is familiar with the body language of Octopush players and can immediately tell when somebody is in distress? The referees! Who can bring play to a halt quickly and ensure that the situation is dealt with? The referees!

FGOC's present plan is to strengthen our existing code of conduct and with the support of the BOA we are planning to discuss this with the sports centre management in the near future.

With increasing Health and Safety Executive demands, it is likely that other clubs will face these issues, but rather than rolling over and accepting a policy that may not actually affect the safety of your pool sessions, surely it is better to come up with a strong BOA led position on how we can improve the safety of our sport. It is worth noting that the official HSE guidelines for pool safety recognise that there are 'specialist activities' that may be beyond the scope of lifeguards — these include scuba diving and canoeing, but sadly Octopush was overlooked when the list was compiled.

Many thanks to the BOA Chairman, Tim Arnold, for his valuable support to date. We'll update you in the next Octopush News. Meantime — how have other clubs dealt with this issue?

KIRSTEN MORRIS, Chair, FGOC

PLAYERS CHOOSE OCTOPUSH NEWS

SOUTH: *"Congratulations on a wonderful Octopush news."*

JIM RANDALL, Dunstable

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NORTH: *"I thought the latest incarnation of Octopush News was excellent. Let's keep the articles flowing to Mitch. Keep up the good work and I look forward to seeing the next edition."*

MICK HYDE, Rochdale

Ladies' League of Nations

I MADE A **BIG** mistake, looking at my e–mail. Amongst the inevitable spam were the two that mattered — one from the SW Ladies' captain telling me that the Ladies division of the European Club Championship which Tony Mourad had organised for 14th December had had to be cancelled, and another from Jamie Phillips in Barcelona begging for details of any UWH sessions that same weekend since the Barcelona Ladies team had their flights booked and paid for and now no hockey to play. They either had to come anyway and do nothing, or stay at home and waste the tickets — a bit of an expensive predicament either way!!

Thinks…could I put an international tournament together in 13 days: could I even get a pool at such short notice? Ha Ha, dream on! So I did dream on, and then did it. Jamie had helped me out in the past and I owed him one.

It wasn't big and it wasn't necessarily clever, and the reasons for the cancellation of the Ladies European Club Championship were soon evident, but a 5–team tournament was held at Gurnell at the same time as the Men's Championship over in Crystal Palace. It was international in that we had players from Spain, Italy, Holland, Scotland, Wales and England but some teams were a bit of a mix of them (I could stretch it to include NZ, South Africa and Zimbabwe but it would be cheating because they were already here!) More importantly, the twin objectives of getting the Spaniards out of a hole and of having a good time playing some friendly yet competitive hockey were achieved. The scores were …well, who cares?

I also managed to hastily arrange a GBWUHS training session for the morning after the tournament specifically to give the Spanish some more water time, and in conjunction with the Watford and Acton OC session the evening before the tournament I think the Spanish girls went home thoroughly hockeyed–out and knackered.

Thanks are due to many for making the weekend a success which ultimately reflected well on the BOA and strengthened some overseas links: to Spectrum Angels, Reading (the winners), South-West and London Ladies for providing teams at short notice, to Mitch, Martin Reed, Keith Hadland, Sarah Liscoe, Liz Newton, and Karen Lynch for all sorts of stuff including accommodating the Spanish (all of them and more), to Watford & Acton OC for throwing their session open, and to BP for supplying gallons of fuel for several hundred miles-worth of ferrying around (unfortunately paid for at standard rates)!

ROB LISCOE, GB Ladies Elite Manager

Welcome to 3Swim.co— the UK's main distributor of Diana swimwear and much, much, more!

Visit our web site now: www.3swim.com to view our exciting swimwear range or call us on 01604 646611. All octopush players are entitled to a 10% discount across our range when you quote: "I play underwater hockey, where's my discount?"

For all purchases made by UWH players, we will make a contribution to the BOA

DEVON CREAMS TEAMS

SIX TEAMS COMPETED at the third National U18s championships. Two sides came from Devon, one from Orkney and three 'locals': Sheffield, Sale and a compilation of the local talent from clubs without quite enough players to field a team of their own.

The skill, experience and teamwork of the Devon A–team (confusingly called the Rejects) quickly showed that they were favourites for the title. They took first place with only one goal scored against them. That goal came from the second place team hailing from the other end of the country, Orkney.

Sale is a club which no longer exists but a number of players unhomed by the disbanding of that club joined forces with some Rochdale players to field what may be the last team we see with the venerable name of Sale. A sad swan song for a name once Under-16 champions and a force to be reckoned with at both junior and adult level.

The tournament was characterised by fierce competition but great sportsmanship. Everyone was keen to help out and make this memorable occasion for all. There is never any trouble getting referees. Referees had little to do other than retrieve the puck. What a contrast to the men's competitions. Hockey was the keynote of the day, not ego and bad temper.

1st	Devon Rejects
2nd	Orkney
3rd	Northern Youth
4th	Sheffield
5th	Devon Aces
6th	Sale

Junior and Youth Championships Results/Future fixtures (Jan 2002 – May 2003)

Date	Location	Event	Results
Saturday 5th January 2002	Manchester Aquatic Centre	Under-21 Championship	1. Southsea 2.South-West 3. Sheffield 4. Sale
Saturday 18th February 2002	Manchester Aquatic Centre	Under-18 Championship	1. Southsea 2. Sheffield 3. Leeds 4. Pembroke
Saturday 9th March 2002	Manchester Aquatic Centre	Under-16 National Championship	1.Batley 2. Rochdale 2. Guildford 4.Sheffield 5. TAROT 6.Orkney 7. Inverness 8. Pembroke 9. Dunstable 10.Newcastle
Saturday 11th May 2002	Manchester Aquatic Centre	Under-13 National Championship	1. Dunstable 2. Guildford 3. Orkney 4. Sheffield 5. Huddersfield 6. Rochdale 7. TAROT 8. Plymouth 9. Newcastle 10. Pembroke
Saturday 4th January 2003	Manchester Aquatic Centre	Under-21 National Championship	1. South Stars 2. Rochdale 3. Devon 4. Dunstable 5.Thames Valley 6. Sheffield
Saturday 22nd Feb 2003	Manchester Aquatic Centre	Under-18 National Championship	
Saturday 29th March 2003	Manchester Aquatic Centre	Under-16 National Championship	
Saturday 10th May 2003	Manchester Aquatic Centre	Under-13 National Championship	

Got a story to share with the rest of British Octopush?

Email your words and jpegs to *alun.mitchell@ntlworld.com*

Two long days and nine golden goals

Michele Kwok Reports

THE NATIONAL SEMIS have always been the hardest games to organise.

The original plan of Northern and Southern Qualifying Rounds did not materialise, and so we returned to a weekend of hard games, which was by no means perfect.

Nevertheless, everyone was very supportive and understanding especially when it came to the rearrangement with the ladies' competition.

It was especially encouraging to see the good performance from TAROT, Orkney and Manchester, as well as the presence of our newcomer, the Isle of Wight team.

During the competition, there were three lots of three ways ties, and the golden goal rule was essential. The sudden death games were amongst Southport, Edinburgh & Midlands A as well as Putney, St Albans & Manchester (twice). This totally upset the time schedule. However the play–offs were carried out with all teams working closely together to help with the re–scheduling and the competition finally reached a smooth ending.

I would like to express my gratitude to all the referees on Saturday, and especially to Neil Dixon, Martin Reed, Tony Cook and Chris Careless who were full time refereeing on both days. Also, we had a shortage of non-playing referees on Sunday. I was most grateful to Emma and Jenny Colley, Jenna Jackson, Jane Chard and Tim Arnold, who put themselves forward for mission impossible!

A big thank you to Kevin Hyman who helped to prepare the programmes and thanks also to you all for participating in the competition.

The teams that qualified for the National Final are:
Reading
Dewsbury
West Wickham
Southport
Southsea
Midlands A.

The teams that qualified for the National Plate Final are:
Slough
Putney
Leeds
Edinburgh
Totnes
St Albans.

The results for the Ladies' Plate Final are:
1. Southwest Ladies
2. Doll-fins
3. Wahine Warriors
4. Spectrum Angels
5. Orkney & London Ladies.

Martin Reed's octopush web sites pick

Octopush Central links and contact information for UK and overseas clubs http://www.reedconsulting.com/octopush	**Grab A Game** who plays where and when around the UK. http://www.reedconsulting.com/octopush/grab-uk.html
Underwater Hockey Tourist who plays where and when around the world http://www.pucku.org/uwht	**GB Women's UWH Squad** official site http://www.gbwuhs.org.uk
European Championships 2001 official site http://www.uwhec2001.org.yu/	**European Championships 2003** official site http://www.euro2003.it
World Championships 2000 GB perspective http://www.britishoctopush.org/intl/200004wc	**World Championships 2000** official site http://www.isw.com.au/uwh
World Championships 2002 GB perspective http://www.reedconsulting.com/octopush/wc2002gb	**World Championships 2002** official site http://www.worlds2002.net

Editor's talk talk — *Alun Mitchell (Mitch)*

A BIG THANK you to all those hockey players who have complimented me on the big improvements to Octopush News. But I have to say that it's a team effort.

Rob Liscoe and Alistair Skene have done a sterling job over the past year providing photographs for our newsletter. Chairman Tim Arnold has had a busman's holiday, re–writing many articles and translating them from gibberish into English!

But this is only the first stage of an ambitious growth plan, which we have for underwater hockey in general, and Octopush News in particular. My goal is to get more advertising and then sponsorship into the magazine. Hopefully, this will be just the start.

The last few editions of Octopush News really show how our sport is going places.

The June 2002 edition showed how the BOA is investing in our youth. Then, our first ever colour edition in February this year showed how this policy can reap rewards, with our first ever gold at a World Championships. Now, this edition celebrates a major new sponsorship deal.

Remember: this is your mouthpiece so to push forward I need both pictures and stories (300 words at most).

Here's to another great year. See you at the AGM.

Ladies Home International Championship *(continued from p 12)*

but also sparked a play–off for third place between the Scottish and English U18 teams. A single goal by the England U18s put them 4–2 up (from 2-2) against the Scottish Elite — one referee allowed it, one referee called 'no-goal'. The Scots breathed a sigh of relief until the Chief Referee stepped in and quizzed the two water refs and pronounced that the goal would stand. The Scots pulled back one goal to make it 4–3 down and feeling quite miffed.

This put the two U18 teams level on points and since they had previously drawn against each other a play–off was needed. A young and inexperienced England U18 team put up a good fight but eventually succumbed to their Scottish peers. Emma Colley, the England U18s' captain says:

"Our final scheduled game of the tournament was against the Welsh Elite. So we had decided before hand to concentrate on keeping our two-goal advantage by defending like mad. During that intense game, we managed to hold the Welsh out of our goal.

"The team felt a real sense of relief when we won that game, we had finished on a high, or so we thought!! We were told that a play–off with the Scottish U18's for third place would be held as soon as possible. Now this really was our final game. Though we tried our hardest, the Scots used their fitness and skills to seal the match."

For the second year running, England Masters never conceded a goal all day, an achievement that helped them to eventually lift the team trophy, and deservedly so. Masters player Ali Wheeler said smugly:

"Again Age and treachery overcame youth and inexperience. Helped out by some Yorkshire lasses, the six Southern players produced a team that finally triumphed over the youngsters. This was the closest Ladies tournament ever. All teams had a real chance. We particularly enjoyed teasing the youngsters, especially George, by allowing them to play the puck a few inches from our goal before snatching it away."

Congratulations to the England Masters, and to the England squad as a whole since once again their aggregate points meant that England took home the Victor Ludorum. The competition was fierce and, I believe, on a higher level than last year. All the teams demonstrated skills and determination, and a significant quantity of national pride. Next year's competition will be every bit as keen.

Thanks to Libby Porteous for organising the tournament this year. Also many thanks to all the referees, coaches, and others behind the scenes that make events like this what they are.

2003 EUROPEAN CHAMPIONSHIP GB LADIES TEAM IS SELECTED

THE GB LADIES Elite team has been chosen for this year's European Championships in Italy in June. Initially, more than 25 players from all over the UK put themselves forward for this year's team. Many other players had indicated their desire to be considered but were unable to put themselves forward because their university and school exams clashed with the competition dates. Come the final selection weekend, 17 players were left in the running to represent Great Britain this year. The unenviable task of selecting the team that weekend lay heavily on the shoulders of Steve Prince, Nina Joubert, and myself.

Competition this year was extremely tough. In many cases, there was very little to separate the players. It took five hours of pool time scrutinising each of the ladies, including various tests, for the selection panel to come to its decision. The final team is shown below.

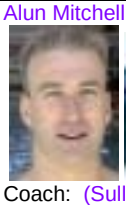
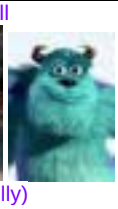
I hope that all our UWH community will congratulate and support those players who made the grade this year, and will give them all the encouragement they need and deserve in their preparations for the competition in June. I also hope that everyone will give their support to those players who did not quite make it into the team, and will continue to encourage them to help ensure they put themselves forward for selection again next year.

ALUN MITCHELL, GB Ladies Coach.

GREAT BRITAIN LADIES ELITE TEAM FOR 2003

Helen Field CAPTAIN Home club Islington GB Elite – 1999, 2001 & 2002.	Libby Porteous Home club Glasgow GB Elite – many occasions (Worlds 94 team Bronze)	Mandy McPhail Home club Reading GB Elite 2002.	Ali Wheeler Home club Brighton GB Elite – many occasions (Worlds 94 team Bronze)	Becky Yates Home Club Wahine Warriors GB Elite – 1999, 2000 & 2001.	Liz Newton Home club Acton; GB Elite 2001 & 2002
George Gilbert Home club Pyle; GB Elite 2002	Judi Adams Home club Reading Played for South Africa	Mhairi McKay Home club Reef Rats GB Elite 2002	Di Sherry Home club Reading Played in South Africa	Nicola Dawson Home club Sale GB Elite 2 - 2001	Fiona Buttrey Home club Llanelli GB Elite, 2002 & 2001

Great Britain Ladies Elite Support Team (The Monsters Inc squad. Scary, hey?)

Rob Liscoe Manager: (Mike Wazowski) Home club **TAROT** Ladies manager 2 yrs.	Alun Mitchell   Coach: (Sully) Home club Slough; GB Men's Elite 1999. Ladies coach 3 yrs.	Nina Joubert Coach: (Celia) Home club Reading Played for South Africa & coach in South Africa	Steve Prince Coach: (Randal) Home club Slough Played for Australian men's elite Ladies coach 2 years.

3rd Ladies Home International Championship

ENGLAND OLD GIRLS TAUNT ELITE

by Rob Liscoe

HERE'S LOOKING AT YOU, KIDS: THE ENGLAND LADIES MASTERS

ALL THE PREVIOUS Ladies Home International tournaments have been held in Cardiff. This year it was Scotland's turn. But just because it was this year's location, it didn't follow that all the Scots had a short journey. Scotland's U18 players hailed from Orkney so their journey took just as long as their English & Welsh counterparts.

The Scottish U18 side had a bumpy start to the day. Coach Alistair Skene says:

"Two girls started the day live on Radio Scotland Sports Weekly, with British Lions Rugby player John Beattie, for 10 minutes good national coverage of Octopush! The girls left in plenty of time for their first match. But a diversion took us to ***Ibrox*** *in time for the end of some game between Celtic and Rangers. One or two people around — car immovable! We got a police car escort to the pool where our last three U18 players arrived five minutes after the game against the England Elite."*

However, the Scottish U18 girls did play out of their skins and surprised many of the other players with their skills and determination — not least the Scottish Elite.

As in previous competitions, there was a handicapping system in favour of the U18 teams. All 'senior' teams playing against them started with a two goal deficit, and the U18s scored two for each goal actually scored. This levelled the competition successfully.

The handicapping, combined with a contentious refereeing decision in the England U18 v Scotland Elite match, not only radically changed the eventual order of results *(continued on page 10)*

OVERALL TOURNAMENT PLACINGS	
1	England Masters
2	England Elite
3	Scotland U18
4	England U18
5	Scotland Elite
6	Wales Elite

VICTOR LUDORUM TROPHY		POINTS
1	**England**	**13**
2	**Scotland**	**9**
3	**Wales**	**0**

Octopush News is published by the British Octopush Association, 35 Rosedale Crescent, Reading. © Alun Mitchell & contributors 2003.