Google

Introduction to Underwater Hockey

USZ ZÜRICH

Underwater Hockey (UWH) was devised by scuba divers in England in 1954. It is now played in more than 60 countries worldwide, including Googlers from the Pacific coast of California to right here in Zürich!

UWH is a non-impact, non-contact sport that can be played equally well by men and women of all ages, and also juniors. It's all about skill and teamwork rather than brawn.

Basic Equipment:

Snorkel
Cap
Stick
Mask
Glove
Mouthguard
Swimming Costume
Fins

Photo: Joan Lemonnier

The game is played in an ordinary swimming pool by two teams of six players, which compete with each other to flick a plastic-covered lead puck into the opposing team's goal.

UWH is great for boosting and maintaining fitness, and probably more than any other sport it depends upon teamwork: not even the best player in the world can hold their breath for ever!

UWH was introduced to Switzerland in 2007 and swiftly gained a following in Google. Googlers have competed in UWH tournaments in Italy, Slovenia, USA and Canada, to name but a few.

Google will be holding an introductory session...

This will be followed by a mini-tournament...

UWH is played by more than 30,000 people worldwide. Interested in trying it?

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For more information on UWH in Switzerland see www.uwh.ch