**Scotland Ladies Water Polo – Trials**

The Scotland Ladies Squad are hosting an open session for players interested in becoming part of Squad. This is a fantastic opportunity for those with lots of water polo experience, good fitness levels, fast swim speed with the ability to work hard and learn from our experienced coaches and players. The Squad will be competing in Eu Nations 2019 in Brno Czech Republic

Where:

* Friday 15th Feb 7.15pm – 9.30pm Royal Commonwealth pool Edinburgh **Address:** [Dalkeith Road, Edinburgh EH16 5BB](https://www.bing.com/local?lid=YN1029x230142893&id=YN1029x230142893&q=Royal+Commonwealth+Pool&name=Royal+Commonwealth+Pool&cp=55.9391822814941%7e-3.17272758483887&ppois=55.9391822814941_-3.17272758483887_Royal+Commonwealth+Pool&FORM=SNAPST)

Saturday 16th Feb 5.45pm – 8pm Royal Commonwealth Pool

* Edinburgh **Address:** [Dalkeith Road, Edinburgh EH16 5BB](https://www.bing.com/local?lid=YN1029x230142893&id=YN1029x230142893&q=Royal+Commonwealth+Pool&name=Royal+Commonwealth+Pool&cp=55.9391822814941%7e-3.17272758483887&ppois=55.9391822814941_-3.17272758483887_Royal+Commonwealth+Pool&FORM=SNAPST)

Sunday 17th Feb 12.15pm – 3pm National Swimming Academy  [University Of Stirling, Bridge Of Allan FK9 4LA](https://www.bing.com/local?lid=YN1029x103229825&id=YN1029x103229825&q=National+Swimming+Academy&name=National+Swimming+Academy&cp=56.1492195129395%7e-3.92681360244751&ppois=56.1492195129395_-3.92681360244751_National+Swimming+Academy&FORM=SNAPST)

Please note that all players interested in coming to the session should be able to do 10x100s on a good interval (aiming for intervals of 1.30).

Cost for the weekend is £30

If you are interested in coming to this session, please let Debbie McRobbie (Scotland Ladies Team Manager) know ASAP. This can be done by emailing the information below to scotlandladieswaterpoloteam@gmail.com.

*Information Required:*

Name of Participant:

Date of Birth:

Club:

Years of experience: