

Water Polo today's hot new Sport Fast...Physical...Exciting

Early beginnings

Water polo first originated in England during the 1870's. Legend has it the sport was developed by spirited young men who wanted to play rugby and cool off at the same time. Goalies were known to block opponents by holding their heads underwater until they were unconscious. Other early forms of play saw players riding on floating "horses" made of wooden barrels.

First Olympic team sport

Men's water polo was the first team sport entered into Olympic competition. Those were the Games of 1900. After a long wait--100 years to be exact--women's water polo made its Olympic debut in Sydney, Australia in 2000. It is the only team sport played in the water.

Today's hot new sport

Although water polo originated more than 100 years ago and historically has been long dominated by eastern European countries it is a hot, new sport in both Canada and the U.S. Players and spectators love the fast paced action and physical nature of the game. Whether it is the motion and jockeying for position, the wicked shooting or the rugged defense, water polo intrigues fans and even the uninitiated find it exciting.

Best conditioned athletes in the world

A game of extreme physical contact, it has been called " the most physically demanding and mentally challenging of all sports" by leading exercise physiologists. Not only are water polo players considered to be among the best conditioned athletes in the world covering up to 5 kilometers in an hour and 15 minute game but they are continuously stopping and starting motion, thinking about where the ball is and where it is going and working together in sync with 6 other team mates.

Canada is recognized as a water polo powerhouse

Canada is fast becoming recognized as a water polo power house. The caliber of our teams is increasing dramatically and now poses a serious challenge to the eastern European stronghold of the past. National Teams from Youth to Senior levels consistently medal in international competition, World Championships, World Aquatic Championships and the Pan Am Games.

Hooked from the start

It seems all water polo players, tell a similar story, one of being hooked from the very start. Maybe it's the unique blend of swimming, basketball, soccer, hockey and wrestling. Certainly it is this similarity to many sports that attracts a wide variety of athletes, from synchronized swimmers to soccer, basketball, football and rugby players. Beginning as early as 8 years old and playing well into their 30's and 40's, it has been said that water polo is a game that takes a few moments to learn and a lifetime to perfect. Perhaps it is that mastery that keeps players and spectators hooked.

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