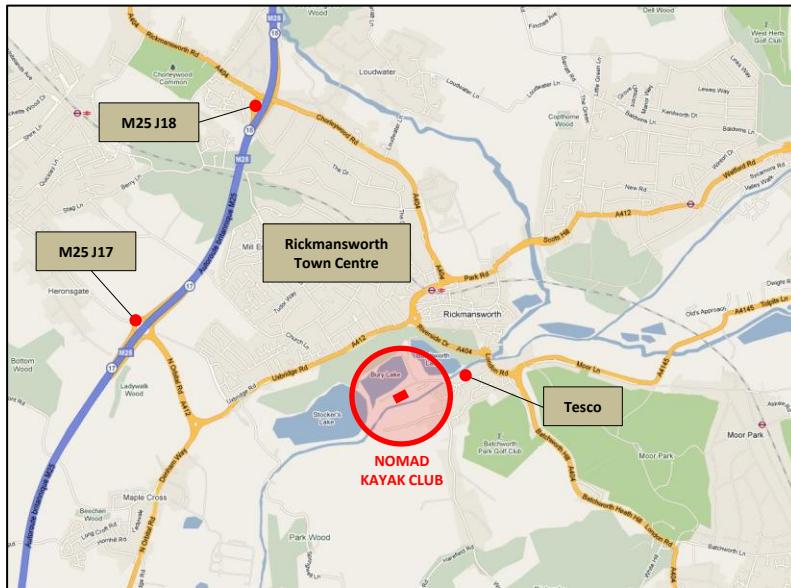




How to find us:



We are located within the beautiful Rickmansworth Aquadrome, a water sports centre and local nature reserve.

There is no formal postal address but please follow these directions to find us: (**Sat-Nav: WD3 1NB**)

Travel to Rickmansworth and locate the Tesco supermarket, with Tesco on your right please continue on along the Harefield Road, after 150 metres turn right into Frogmore Lane and proceed over the hump back bridge. You are now in the Aquadrome, continue along the road and park in the main car park. The club is located through the trees and can be accessed via the double gates that are found opposite the timber cafe building.



Canoe Polo

The fast, exciting, team sport for Canoeing





Join this group to hear
about all things canoe
polo within Nomads

ABOUT THE SPORT

Canoe Polo is one of the eight disciplines of canoeing pursued in the UK, known simply as "polo" by its aficionados. Polo combines paddling and ball handling skills with an exciting contact team game, where tactics and positional play are as important as the speed and fitness of the individual athletes.

The game requires excellent teamwork and promotes both general canoeing skills as well as a range of other techniques unique to the sport. Two teams each with five players on the pitch at any one time (and up to three substitutes) compete to score goals in their opponent's net which is suspended 2 metres above the water. The ball can be thrown by hand, or flicked with the paddle. Pitches can be set up in swimming pools or any stretch of flat water.

Kayaks are specifically designed for Polo, they are shorter than typical kayaks which gives them fantastic manoeuvrability. Paddles are very light weight and designed with both pulling power and ball control in mind. Body protection, helmets and faceguards are all compulsory.

There are internationally agreed rules for the game, World and European Championships are held every two years. Great Britain is one of the world's foremost nations and the Nomad Kayak Club develops players that have been selected for several GB squads.



CANOE POLO AT NOMAD'S

The club competes both nationally and internationally with six full squads. We have players who currently represent Great Britain at Senior and U21 levels.

Training sessions

Sunday @ 10:30 (all year), Monday @ 18:00 (BST only), Wednesday @ 18:00 (all year)

OUR SQUADS

We currently maintain six full squads, four men's, one ladies and one youth, with a seventh development squad for beginners.

Nomads have been competing in the UK national league structure since the early seventies and our squads are known for a combative style of play.

Here are our squads and their 2012 ranking:

Nomad 'A'	- 19 th from 94 teams	(men's division 2)
Nomad 'B'	- 37 th from 94 teams	(men's division 3)
Nomad 'C'	- 38 th from 94 teams	(men's division 3)
Nomad 'D'	- 49 th from 94 teams	(men's division 3)
Nomad 'E'	- Development squad	
Nomad 'Ladies'	- 7 th from 16 teams	(ladies division 1)
Nomad 'Youth'	- 9 th from 13 teams	(youth division 2)

OPPORTUNITIES TO COMPETE

If you join the Nomad Kayak Club you are then eligible to train with our squads and, if selected, represent the club across the UK and Europe.

CONTACTING THE NOMAD KAYAK CLUB

For further details please contact our committee's Canoe Polo Officer, they are on hand to provide you with any information you may require. They can be contacted at: polo@nomadkayakclub.co.uk