

UWH in Tenero

23. - 24. August 2014

In the middle of our “beautiful” summer, we went to Tenero for a weekend-long training camp. We were quite a big crew since we invited the Munich team to join us. In total, we were 27 in addition to the world class player that Philipp managed to secure as trainer: Sergio, the number 10 of the Columbian Under-23 team.

We left on Friday and arrived in the afternoon on the amazing premises. Martin found us the perfect location for a great UWH weekend: an outdoor olympic-size swimming pool in the middle of a huge sport complex, with practice fields for anything sport addicts could dream of.

After the first theory session with Sergio, we practiced our new tricks at night in the pool. We had several underwater cameras in the team so that we could film ourselves and had a video debrief after the training. Getting feedback on the position of the team and oneself is an amazing way of improving quickly!

The next morning, after a night – shorter for some than others ;) – we went back to the classroom and learned

about the “cage”, the “truck” and the “change of side”. We first practiced these new plays on the ground, which led lots of people to stop by to figure out what we were doing. At this point I have to say that instead of a puck we were using a yellow butterfly “rubber ring”... So 12 people passing a yellow butterfly around must be quite weird to see indeed!

After lunch, we went to the pool and practiced these strategies in a more usual environment. The day ended with a night practice and with a game with fluorescent band and puck, with almost no light in the pool...great fun!

Sunday morning, we had the right to have a loooooong night until...7am! After a quick breakfast we went to the pool



Theorieunterricht mit Sergio im Trockenen



Was ist eigentlich das Gegenteil von «trockener Theorie»? «Nasse Theorie»?



Am Trainingswochenende war auch genug Zeit fürs Vergnügen.



Das UWH Training in der Nacht hätte fast auch an Land stattfinden können.

we shared with the Swiss junior synchronised swimming team. So we had some music while playing which was nice :)

The weekend finished with some people trying street hockey and some enjoying the beautiful weather around the lake. Following the last debrief meeting and after thanking Janine, Sergio, Philipp and Robin for organizing this great weekend, we hit the road back to Zurich. Overall, a fun, intense and enriching weekend!

Guillaume Carnaille



Janine überreicht Sergio ein Dankeschön.