



University of  
St Andrews

FOUNDED  
1413

SAINTS SPORT



SAINTS

# WATER POLO

PERFORMANCE PROGRAMME



# OUR



# VISION

**Our vision is to enable student athletes to excel in the pool and in the classroom #EvertoExcel**

Our focus lies in:

- developing new players while also enhancing the skills of those with experience
- creating a friendly, inclusive and supportive environment
- constantly updating and improving our programme
- enriching student experience and personal welfare
- having fun and enjoying our sport

**The water polo club is one of the Universities performance sports and in 2019 the womens team became BUCS National Champions.**

The programme supports a Womens 1st and 2nd team and a Mens 1st team spanning all year groups and covering a range of abilities. Our athletes have come to St Andrews from all over the globe, bringing with them different backgrounds, experiences and skill sets, creating a very inclusive and close-knit club, where our newest members are quickly integrated and lifelong friendships are formed.

In addition to the main BUCS leagues, some of our players compete in the British National league and have represented Scottish Universities in the Celtic Nations.

***THE***

***CLUB***



# BUILDING

# A

**We are custodians of the club, striving to improve it for the next generation.**

# LEGACY

Our Womens 1st team are reigning National Champions and currently compete in the Premier North Conference our Womens 2's will compete this season in Scottish 1A.

The Men's 1st Team competes in the BUCS Scottish 1A league and is striving for promotion to join the women in the top flight in the UK, the BUCS Premier League. Both our men's and women's teams have won the BUCS Trophy in recent seasons.

Our progress individually, as a team and as a club has been widely recognised, with the club boasting awards such as Athlete of the Year, Team of the Year and Coach of the Year in recent seasons. Our progress, individually, as a team and as a club, has been undeniable: our athletes graduate with a world-class education, international success and teammates for life.

**The Water Polo Programme at St Andrews caters for all levels of ability to ensure all players experience a holistic, athlete-centred programme that focuses on development, hard work and enjoyment.**

# OUR

## PROGRAMME HIGHLIGHTS

- Coaching staff with International playing and coaching experience
- Up to six pool sessions per week focusing on fitness, basic technique, skills development, swimming, team preparation and gameplay
- Individual position specific technical sessions
- Twice weekly water polo specific strength and conditioning sessions coached by accredited S&C coaches
- Physiotherapy support
- A series of seminars to improve understanding of nutrition, recovery, psychology and time management
- Regular fitness testing to monitor progress
- Individual meetings to discuss personal goals
- Competitive matches for all abilities throughout the season
- Overseas pre-season training camp
- Several social functions to make sure everyone enjoys life out of the pool

# PROGRAMME

# THE

**DIRECTOR OF WATER POLO (WOMEN'S 1ST TEAM HEAD COACH)**  
**Ian MacCallum**

**Ian MacCallum joined the University as Director of Water Polo in 2007 after an extensive international career playing for Scotland and Great Britain.**

# DIRECTOR

Ian is a former Great Britain International player with over 100 caps, which included competing in three consecutive European Championship Finals and earning two Scottish Player of the Year titles.

Ian was Scotland's first UKCC Level 3 qualified water polo coach and he has previously acted as Head Coach for the Great Britain Junior Women's Team.

A previous Head Coach of the Scottish Men's National Team for four years and the Scottish Universities Men's Team, Ian is also current a member of the BUCS water polo advisory group, and member of the Scottish water polo committee and a former Board Director of Scottish Swimming.

Ian has brought his wealth of playing experience to the coaching arena after nine consecutive winning seasons at St Andrews, including an undefeated run to the National Championship in 2019 and two BUCS Trophy wins, Ian continues to strive to make St Andrews the top University Water Polo programme in the UK.



# CHAMPIONS



**Our coaching team come to St Andrews with a wealth of experience gained at the top of their field and understand the balance between academic and athletic achievement.**

# COACHING

## **MEN'S HEAD COACH**

**Ali Campbell**

Ali joined Saints Sport in 2018 and guided the men to a winning season and 3rd place in Scottish 1A in his first season in charge. Ali has played internationally for Scotland and Great Britain and brings this wide ranging experience to his coaching position. Ali is one of the brightest coaches to emerge in recent years in Scottish Water Polo and we are delighted that he is furthering his career at Saints Water Polo.

## **ASSISTANT COACH**

**Alison Rintoul**

Alison joined our coaching staff in 2016 and has now taken up the role of goalkeeper coach as well as Assistant Coach. Alison is a level 2 qualified swim coach with a wealth of experience in aquatics. Alison also helps out with the organisational side of running the club and has worked for Saints Sport for 22 years.

## **STRENGTH & CONDITIONING COACH**

**Allan Gartshore**

Allan has worked within the University's Department of Sport and Exercise for several years now and brings a wealth of practical training experience to the table. Having competed in several different sports (including football, kickboxing and triathlon) he understands what it takes to compete at a high level. Allan has been an Accredited Strength and Conditioning Coach (ASCC), with the UK Strength and Conditioning Association since 2008 and continues to attend all the workshop and conferences available, to ensure he remains at the cutting edge of applied research. As well as his work for the University, Allan also works part time with the Scottish Institute of Sport as a strength and conditioning coach, as well as working with Dundee United Football Club – providing both field based, and gym based strength and conditioning support.

# STAFF





# SPORTING

**The University Sports Centre has recently undergone a major £14 million refurbishment and now provides some of the best sports facilities in Scotland.**

# FACILITIES

As a Performance Sport, water polo also gains access to full strength and conditioning support, including supervised sport-specific lifting sessions twice a week from accredited coaches. Our Strength & Conditioning Suite is dedicated to elite teams and athletes, providing a private space in which to train undisturbed. Featuring five lifting stations, a three-lane plyometric track, a throws wall and a designated 'rehab zone', the new strength and conditioning suite also offers video analysis technology.

As part of the Saints Water Polo programme, players have access to:

- St Leonards School swimming pool in the centre of town for training
- New Olympia facility in Dundee for BUCS matches and additional training
- Dedicated suite for strength and conditioning support
- Gym & fitness suites
- Video analysis and meeting rooms



# THE ST ANDREWS

# EXPERIENCE

**For more than 600 years, the University of St Andrews has established a reputation as one of the world's leading research and teaching centres.**

Today, the University offers a flexible degree structure based on your choice of subject specialism or research, creating an environment which nurtures inquisitive minds and a culture of sharing.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient and modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

Programmes are available at undergraduate and postgraduate level; there are currently over 900 undergraduate degree programmes and over 100 Masters opportunities across our academic Schools. Each School offers supervised PhD and MPhil research with input from leading academic staff.



### Saints Sport

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