



SUNSHINE COAST
GRAMMAR SCHOOL

Water Polo Women's Excellence Pathway Program

In partnership with Buderim Water Polo, we are proud to launch the Women's Excellence Pathway Program, a dedicated weekly session focused on elite skill development, long-term athlete growth, and academic-athletic pathways.

Location: Sunshine Coast Grammar School Aquatic Centre

Time: Thursdays from 6:30 PM – 8:00 PM (6:15 arrival)

Dates: Thursday, 14 August, 21 August, 4 September, 11 September, 18 September (No session 28 August due to Coast Vs Bay Clash for U16 Athletes). These sessions will also run in Term 4. Dates to be confirmed.

Who can attend:

- Sunshine Coast Grammar students aged 16 and over (15 year and younger by invitation only).
- University of the Sunshine Coast students.
- Buderim Water Polo members aged 16 and over (15 year or younger by invitation only).

Cost:

- \$0 for Grammar students

About the Women's Excellence Pathway Program

This program is designed to support and elevate female athletes at different stages of their water polo journey. Whether you're a current tertiary student balancing study and sport or a high school athlete with ambitions to study and compete at university level—locally or internationally—this program is for you.

GRAMMAR

Address 372 Mons Road, Forest Glen Queensland 4556 Australia

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The program will focus on:

- Technical and tactical skill development
- Game awareness and decision making
- Strength and conditioning for female athletes
- Leadership and team culture
- Understanding recruitment pathways for Australian and U.S. college systems
- Balancing academic and athletic commitments
- Ongoing mentorship and support

Led by experienced coach Sophia Zamoyski and mentors, this weekly session offers a structured, supportive, and high-intensity environment for young women wanting to take their game – and future – to the next level.

We encourage all eligible athletes to take advantage of this unique opportunity to grow as both a player and a person.

For further information, please contact:

Grammar Head Coach Water Polo – Sophia Zamoyski szamoyski@scgs.qld.edu.au

Buderim Water Polo Club Manager – Lila Robertson buderimwaterpolo@gmail.com

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