



2026

SELBORNE COLLEGE



TEACHER-IN-CHARGE: MR S SIEBERT

WATERPOLO



PALMA VIRTUTI



SELBORNE COLLEGE

WATERPOLO MORE THAN A SPORT

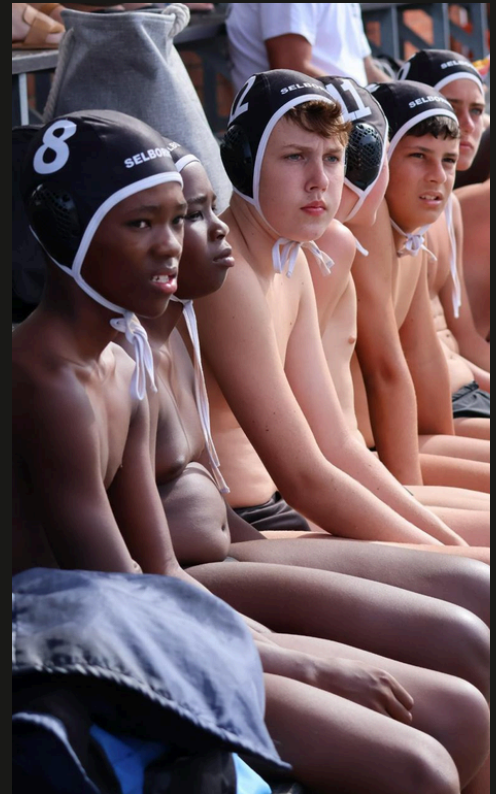
Water polo holds a distinctive place in the life of a Selbornian. It channels the natural energy of boyhood into disciplined, purposeful effort. In the pool there is no standing, no pause and no easy rest. A Selbornian must tread water continuously, execute skills under pressure and remain composed while physically exhausted. He learns quickly that strength without discipline is ineffective, and that control under strain is a mark of maturity.

The game develops resilience in a way that aligns closely with the Selborne standard. Fatigue is unavoidable, yet decisions must still be clear and measured. A Selbornian learns to think when tired, to remain calm when challenged and to push beyond what feels comfortable. In doing so, he discovers that endurance is as much mental as it is physical.

Water polo also reinforces the values of brotherhood and accountability that define Selborne life. Success in the pool depends entirely on trust, communication and shared sacrifice. Each player's effort directly affects the team. The Selbornian comes to understand that his commitment, or lack of it, carries consequences for others. This awareness builds responsibility and loyalty.

Balancing demanding training with academic expectations further shapes the Selbornian's character. He learns to manage his time, to prioritise wisely and to remain consistent in both sport and study. In a world that often promotes comfort and immediacy, water polo requires focus, courage and sustained effort.

Through this sport, the Selbornian develops resilience, composure and quiet confidence — qualities that extend far beyond the pool and prepare him for the challenges of leadership, study and life beyond school.



THE SELBORNE APPROACH

At Selborne, water polo is built on long-term development rather than short-term success. Our aim is to compete consistently among the top schools in the country, but that ambition begins with the basics — skill, fitness and understanding of the game at junior level.

From the 14A and B sides through to the senior teams, there is a clear and shared way of playing. Core skills are introduced early and refined each year so that, by the time a Selbornian reaches open level, he is physically prepared and tactically aware enough to meet the demands of senior water polo. The transition between age groups is deliberate and structured, not left to chance.



Each team has its own coach, but there is strong collaboration across the programme. Senior coaches regularly work with junior players, and boys are exposed to different coaching voices while still working within a consistent system. This interaction helps younger players understand what will be expected of them as they grow, and it reinforces the standard across all teams.

Strength and conditioning have become essential parts of modern water polo. Players are expected to attend gym sessions two to three times per week to build the strength needed to cope with long hours in the pool. Without this work, boys are more vulnerable to fatigue and injury. Alongside gym sessions, significant time is spent developing swimming fitness and match intensity so that players are prepared for the pace of top-level tournaments.



Selborne competes in some of the most demanding school tournaments in the country. These events expose our players to high standards and strong opposition across all age groups. When local fixtures are limited, internal matches and games against past Selborne players help maintain competitiveness and sharpness between major tournaments.

Balancing water polo and academics is part of the discipline of the sport. The season can be demanding, but Selbornians are expected to manage their time responsibly. With the right work ethic and planning, boys learn that it is possible to pursue excellence in both the classroom and the pool. That balance is not incidental — it is part of the formation process.





EXCELLENCE IN ACTION

Selborne Water Polo has a strong record of producing players who compete at the highest level. In recent years, Selbornians have earned South African representation on a consistent basis. Most recently, Liam Hansen and Thomas Caswell were selected for national honours in 2024 — a reflection of both individual dedication and the strength of the programme.

At senior level, the 1st Team has been ranked in and around the Top 10 school water polo sides in the country over the past few seasons. The team last won the prestigious Vides Tournament in 2017 and continues to compete strongly at major national festivals.

At junior level, success has also followed sustained development. In recent years, the U15A side has won both the Wynberg and Parktown tournaments, demonstrating the depth and progression within the programme.

More importantly, Selborne consistently measures itself against the strongest water polo schools in the country. Our players are accustomed to high standards and demanding competition, and environments that test both skill and character.

BEYOND THE POOL

Water polo at Selborne is about more than results in the pool. It is also about responsibility to others. As a programme, we make a conscious effort to give back. Used and older water polo balls are regularly donated to children's homes so that boys who would not otherwise have access to the sport can play. In recent years, teams have supported various children's homes in East London and organised swimathons to raise funds for charitable causes.

These initiatives are part of what it means to represent Selborne. There is a strong sense that Selborne Water Polo is a family. That sense of belonging carries with it an expectation of service. Boys are reminded that the privilege of wearing the Selborne cap comes with a responsibility to contribute positively to the wider community.

Through these efforts, players learn that success is not measured only by scoreboards, but also by impact.



REWARD IS TO THE BRAVE



TOURS, TOURNAMENTS AND FIXTURES

Competitive exposure is a key part of the Selborne Water Polo programme. All teams participate in a structured calendar of fixtures and tournaments that provide meaningful competition and progressive development throughout the year.

At U14 level, the A team competes in the Jason Murray Tournament (hosted at Selborne), the Jeppe Tournament in Johannesburg, Milton Gates (home), the Rondebosch Tournament in Cape Town and the Peter Cuff Tournament at Hudson Park in East London, alongside regular local fixtures. The U14B side participates in Jason Murray, Peter Cuff and a full programme of local matches.

The U15A team competes at Grey High in Port Elizabeth, Parktown in Johannesburg, Wynberg in Cape Town and the Sterrenberg Tournament hosted at Selborne, in addition to local fixtures. The U15B side competes in Sterrenberg and maintains a consistent local fixture list.

At senior level, the 3rd Team attends the Pearson Tournament in Port Elizabeth and Oakhill in Knysna, alongside local fixtures. The 2nd Team competes at Pearson, Vides (hosted at Selborne), Kingswood in Makhanda and regular local matches.



The 1st Team's calendar reflects the highest level of school competition. They participate in tournaments at St Andrew's (Makhanda), Vides (hosted at Selborne), King Edward VII (Johannesburg), Clifton (Durban), SACS (Cape Town) and Woodridge (Port Elizabeth), as well as a full programme of local fixtures.

Selborne is also proud to host several established tournaments each year, including:

- The Jason Murray Tournament (U14)
- The Sterrenberg Tournament (U15)
- The Vides Tournament (1st Team)

Hosting these events reinforces Selborne's standing within the national water polo community and provides our boys with the responsibility of representing the school on home ground.





THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

A Selborne man is:

- **Intellectually Disciplined**
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

