

## Total Reaction Screen Reference

My name is Gemma Hadley, I am an ex Australian Water Polo player and currently the Australian School Girls Water Polo coach, a position I have held since 2011. I was a Western Australian Institute of Sport (WAIS) Scholarship holder for 10 years and an Australian Institute of Sport (AIS) scholarship holder for 6 years. I am a committee member and Head Coach of North Coast Water Polo Club in Western Australia and am the School Sport WA Water Polo Coordinator a position I have held since 2009. In 2013, I was inducted into the School Sport WA Wall of Fame.

I have enjoyed a successful playing career, being a member of the Australian National Women's Water Polo squad from 2002 – 2008. I was a member of both the 2004 and 2008 Olympic Squads, a member of the Silver Medal winning team at the XII FINA World Swimming Championships (Melbourne) and a member of the Championship team winning the 11<sup>th</sup> Commonwealth Championships held in Perth (2006). More of my achievements are attached at the bottom of this document.

In 2013 I completed a three-year Masters in Sports Coaching degree through the University of QLD. The knowledge gained from this course has been highly valuable and has improved my ability as a water polo coach. I am also looking up new and interesting ways of improving the quality of my players. The Total Reaction Screen is an innovation and, in my opinion, would be extremely beneficial to the improvement of all water polo players.

I feel very fortunate to have been able to work with Bill Nosworthy and experiment with the Total Reaction Screen. Water Polo is a physically demanding team sport that requires, speed, power, endurance, agility and strength. Players have to swim at fast speeds while carrying a ball and reacting to the opposition players. The position of goalkeeper is a specialised position that requires the goalkeeper to do eggbeater kick to stay afloat without the use of their arms and to save the shots of the opposition players. A goalkeeper who has fast reaction speeds will be able to read the play and move to the correct position to stop a ball much quicker than those with slower reaction speed. It therefore makes sense to have a tool that is portable, easy to use and assemble and gives automatic feedback to the coach and athlete. As a water polo coach who also has a lot of equipment to carry to each session, having the Total Reaction Screen that is easy to carry and portable is also important. The Total Reaction Screen can be placed into one bag.

Being played in the water many of the reaction-based skills tests and activities for goalkeepers have to be done on land or via the computer that in my opinion takes away the validity and reliability of the test. The Total Reaction Screen being able to be used in the water is a huge benefit to improving the skill level of goalkeepers and field players. Simply having the Total Reaction Screen placed in the water in front of the goals means the goalkeeper has to rely solely on reaction speed and not looking at the opposition player while they are shooting. Water Polo is fast paced and often the keeper can't see the ball coming.

I have also used the Total Reaction School at Floreat Park Primary School (WA) in my role as a teacher. We had the reaction screen up in the undercover area and students used it as part of the Physical Education lessons. The screen was a big hit with the students; they enjoy the fact that they can't see the ball coming through the screen. They think of it as a game and probably don't realise all the benefits they are getting from its use.

From a Sport teacher's perspective, when it rains throughout the year it is hard to find meaningful tasks to do with the students in a restricted playing area. The Total Reaction Screen solves that problem. The screen is very versatile and can be used easily in a number of settings. You can use a number of balls depending on what sport you are focusing on, meaning you can get regular use from it. The school has a morning fitness program 3 mornings a week and we are looking to incorporate the use of the Total Reaction Screen on a regular basis.

I look forward to being able to use the finished product in a Water Polo setting. There would be a very high demand for this within the sport of water polo as there is no product like it on the market. The most pleasing aspect is that the feedback is automatic to the athletes and it is quick and easy to use. I am happy to be contacted if you have any questions.

**Gemma Hadley**

**Personal, Sporting Achievements & Awards**

<p><b>2013 – 2018</b> <b>2015</b></p> <p><b>2015</b></p> <p><b>2011 - 2017</b></p> <p><b>2010 - 2018</b></p> <p><b>2013</b> Program</p>	<p>Head Coach North Coast Phoenix National Club Championships (Player/Coach). North Coast Phoenix, Canberra – 1<sup>st</sup></p> <p>WPWAI Underpinning Coach</p> <p><b>Australian School Girls Water Polo Coach</b></p> <p>State School Girls Water Polo Coach</p> <p>Coach, BHP Super Series Community Activation</p>
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<b>2013</b>	<b>Inducted in School Sport WA Wall of Fame</b>
<b>2013</b>	<b>Masters in Sports Coaching – Uni of QLD</b>
<b>2010 - 2012</b>	Head Coach (Female Program) City Beach Water Polo Club
<b>2009 - 2012</b>	State Under 20 Girls Water Polo Coach
<b>2004 - 2008</b>	<b>Olympic Water Polo Squad Member</b>
<b>2002 - 2008</b>	National Water Polo Squad Member
<b>1998 - 2008</b>	Western Australian Institute of Sport (Scholarship holder)
<b>2002 - 2008</b>	Australian Institute of Sport Scholarship Holder
<b>2008</b>	Aus' Open, FINA World League, Tianjin China – 1 <sup>st</sup> .
<b>2008</b>	Aus' Open, International Series vs China. Canberra.
<b>2007</b>	<b>World Swimming Championships, Melbourne –</b>
<b>2<sup>nd</sup>.</b>	
<b>2007</b>	Aus Open, FINA World League. Tianjin, China. 1 <sup>st</sup> .
<b>2007</b>	Aus Open, Thetis Cup. Pireaus, Greece – 2 <sup>nd</sup>
<b>2007</b>	Aus Open, Spanish Cup, Madrid, Spain – 2 <sup>nd</sup>
<b>2007</b>	Aus Open, International Tournament, Sydney,
Australia – 2 <sup>nd</sup> .	
<b>2006</b>	Aus Open, Exhibition Matches vs USA, Los Alamitos,
USA.	
<b>2006</b>	Aus Open, Holiday Cup. Los Alamitos, USA. 3 <sup>rd</sup> .
<b>2006</b>	Aus Open, 11 <sup>th</sup> Commonwealth Championships.
Perth – 1 <sup>st</sup> .	
<b>2006</b>	Aus Open, Test Series vs Canada. Canberra.
<b>2005</b>	WAIS – Athlete Career Education Excellence Award
<b>2005</b>	Aus Open, World League 2 <sup>nd</sup> Round, New York,
USA – 3 <sup>rd</sup> .	
<b>2005</b>	Aus Open, World League 1 <sup>st</sup> Round, La Jolla, USA
<b>2004</b>	National Water Polo League – Perth Challenge
Comets – 4 <sup>th</sup> .	
<b>2004</b>	Aus' Open, International Tournament, Kirishi, Russia
– 5 <sup>th</sup> .	
<b>2004</b>	Aus' Open, Test Series vs USA, Gold Coast
<b>2003 - 2004</b>	Nominee WA Sportswoman of the Year
<b>2001 - 2002</b>	Nominee WA Junior Sportswoman of the Year
<b>2001</b>	Aus' Jnr Team, IV FINA World Championships.
Perth – 2 <sup>nd</sup> .	
<b>2001</b>	Aus Jnr Team, Oceania Qualification Series vs NZ.
Adelaide.	
<b>2001</b>	Aus Jnr Team, Pithia Cup, Greece – 1 <sup>st</sup> .
<b>2000</b>	Aus' Jnr Team, Olympic Hopeful Tournament,
Hungary – 2 <sup>nd</sup>	
<b>2000</b>	Aus' Junior Team, International Series, Budapest,
Hungary	
<b>1998</b>	Australian School Girls Team – New Zealand – 1 <sup>st</sup>

