

BELGIUM UWH
KRANJ & RENNES
SUMMER 2009

REPORT FOR FEBRAS/BEFOS, NELOS & LIFRAS

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1. KRANJ 2009

1.1 KRANJ2009 TEAM Profile

Federation Name FEBRAS/BEFOS

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Name: Steven De laet
Nickname:
Age: 21
Position: Wing - Back
Previous Selection and results: None
First started playing UWH: 2007
Contact details: sdelaat@vub.ac.be
Occupation: student

Hobbies and interests: UWH



Name: Florent Dubois
Age: 29
Position: Wing
Previous Selection and results: Sheffield 2006 (11), Bari 2007, Istanbul 2008 (6)
First started playing UWH: 2005
Contact details: Rue Général Leman 61

B-1040 Etterbeek
Occupation: Scheduler



Name: Valérian Mathonet
Nickname:
Age: 24
Position: Center Vice-Captain
Previous Selection and results: 2006 SHEFFIELD -2007 BARI -2008 ISTANBUL
First started playing UWH: 2004
Occupation: Lifeguard

Hobbies and interests: Diving, Snowboarding, Movies, Rugby.



Name: Niels Balens
Age: 21
Position: Wing
Previous Selection and results: None
First started playing UWH: 2003
Contact details: What do you want to know?
Occupation: Industrial engineer
Hobbies and interests: UWH, music, guitar,...



Name: Roland Vancoillie
Age: 33
Position: WING
Previous Selection and results: NONE
First started playing UWH: 2004
Contact details: Avenue de Beaulieu, 2 / 10 ; 1160 Auderghem ; Belgique
rolandvancoillie@hotmail.com
0032 474 972 678
Occupation: Enseignant secondaire supérieure
Hobbies and interests: Plongée sous-marine ; vélo; bricolage; BD



Name: Kurt Meerts
Nickname: *Hervé*
Age: 25
Position: Forward
Previous Selection and results: BARI 2007, ISTANBUL 2008
First started playing UWH: 2007
Contact details: kwadeplasstraat 44
1640 rode
belgium
Occupation: zelfstandige
Hobbies and interests:



Name: Romain Alderweireldt
Nickname: Prez
Age: 33
Position: Back - Captain
Previous Selection and results: Marseille 2005, Sheffield 2006, Bari 2007, Istanbul 2008
First started playing UWH: 2003
Contact details: 7 rue Cans, 1050 Bruxelles
Occupation: Lawyer
Hobbies and interests: UWH, snowboard



Name: Frederique Pirene
Nickname: Fred
Age: 27
Position: Forward
Previous Selection and results: Marseille 2005, Sheffield 2006, Bari 2007, Istanbul 2008
First started playing UWH: 1998
Contact details: Herkulesgatan 16, 11152 Stockholm Sweden
Tel: +46706486493
Occupation: PR Manager Europe
Hobbies and interests: Sailing, swimming, gym, etc



Name: De Goÿ Janik
Nickname:
Age: 25
Position: Forward
Previous Selection and results: Sheffield 2006, Bari 2007, Istanbul 2008.
First started playing UWH: 2005
Contact details: Hallesesteenweg 152
1640 Sint-Genesius-Rode
Occupation: clerk
Hobbies and interests: outdoor/adventure sports



Name: Bruno Cosijns
Nickname: Cozze
Age: 25
Position: Wing - Center
Previous Selection and results: NONE
First started playing UWH: 2007
Contact details: bcosijns@gmail.com
Occupation: employee
Hobbies and interests: UWH, football, music



Name: Dolan McGinley
Nickname:
Age: 34
Position: Coach
Previous Selection and results: NZ mens 1996-2004, NZ Womens Coach 2006-2007
First started playing UWH: 1989
Contact details: Mobile: +447780659861
Occupation: Interactive Systems Engineer
Hobbies and interests: Cycling, motorcycling, warm water, travelling



Name: Bauwens
Nickname: Mathieu
Age: 28
Position: ASSISTANT
Previous Selection and results:
First started playing UWH
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Belgium
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Occupation: photographer

1.2 Coaches Report World Champs 2009 by Dolan McGinley

FINAL RANKING



MEN	
1	FRANCE
2	SOUTH AFRICA
3	GB
4	TURKIA
5	SPAIN
6	SLOVENIA
7	ITALIA
8	HUNGARY
9	BELGIUM
10	PORTUGAL
11	CROATIA

WOMEN	
1	GB
2	SOUTH AFRICA
3	FRANCE
4	SPAIN
5	TURKIA
6	HUNGARY
7	GERMANY

1.2.1 Pre tournament Preparation

Pre tournament preparation including training was initiated by Ben Tilly for the months leading up to the World Championships. The exhaustive nature of the UWH World Championships (WC) means that players must at a very high level of fitness to play the entire tournament without suffering from too much fatigue. The Belgian teams conditioning was similar to (or slightly better) than other teams at the World Championships that **ended in similar positions**. The conditioning of the teams that finished higher than 7th was better than the Belgian team. So for the Belgian team to be able to compete with these teams their conditioning will have to improve.

This will require all member of the team to improve the following:

- Anerobic fitness/ Underwater Fitness
- Aerobic fitness
- Strength

If the players continue training, and improving their fitness and strength consistently, then I am confident that they will be able to compete initially with the teams that are currently ranked higher than them.

1.2.2 Participation

The Belgian team played the first half of the WC with a team of 8 players, and the second half of the tournament with 10 players. It requires 12 players in a team to reach the best position possible at a WC. It is expected at any international sports tournament that players will be injured or become unwell. The lack of players hindered Belgium at the WC. This was especially evident against the stronger teams as the superior conditioning and numbers of the opposition squads were able to dominate the Belgian team.

1.2.3 Game Summary

The Belgian team faced some very difficult competition against teams with a much higher ranking. As a team the Belgian team work well together and followed the basics of the team strategy well. Positional play was good, and the commitment that the team displayed against much stronger opposition was excellent.

Goals against the Belgian team were mostly scored when individuals from the opposition were either faster, stronger, or had better technique in a one on one situation than the Belgian players. This led to the remaining defenders being outnumbered, and then scored against. All of these areas can be addressed in training, and a small improvement from the squad of Belgian players could have a very significant impact at future competitions.

As a team, then Belgians improved significantly from the first game to the last. Individually the players adapted to playing against strong, fast opposition. Their positioning on the bottom improved. The skills the players used were adapted to help keep possession of the puck, and stop the opposition overpowering the Belgian team. This was executed very well.

1.2.4 Individual Player Feedback

Roland Vancoillie

Roland is very strong at stopping the puck and good at stopping opposition attacks. Roland is good at instinctively using space in the pool, and making advancing when there is the opportunity. Roland could improve his game by moving around the pool faster to get into a better position when he is not playing the puck.

Kurt Meerts

Works very hard in the pool, he spends a lot of time on the bottom attacking and defending. Kurt does good work back tacking, and moving the puck up the pool when the team is under pressure. Kurt can improve his speed, strength, and his ability to keep the puck when being tackled. Kurt needs to make sure when he makes breaks, that his team keep possession of the puck after the break is made. Kurt can also improve his positioning by not covering for other players in training when there is a space in the formation that others should be filling.

De Goÿ Janik

Janik is excellent at moving around the pool and putting himself in a good position to help other players. Janik can improve by getting better at controlling the puck, and being able to take and keep possession of the puck when under pressure from opposition players. Janik also needs to improve his support play. When he is in the correct position to receive the puck he needs to stay on the bottom until he has possession of the puck. Once in possession he needs to make sure the next player receives the puck in a better position than he is in.

Bruno Cosijns

Bruno does excellent getting himself in the correct position in the pool and fights very hard for possession of the puck. Bruno has excellent body position when fighting for the puck. Bruno needs to improve his puck skills so that he can tackle faster and more cleanly. This will also allow him to use his supporting players earlier. Bruno needs to be stronger so that he does not get pushed around the pool by the larger opposition players.

Valérian Mathonet

Valerian has excellent puck skills, and good bottom time. Valerian needs to get fitter, do more work in the pool, and be more assertive in his play. When Valerian is faster and more assertive in his play, then this will create more space in the pool for the rest of his team to use. Valerian needs to spend more time on the bottom of the pool getting possession of the puck so that his wings have more time to attack.

Steven De laat

Steven was very solid playing both goalie and wing. His position play on the surface was excellent. Steven needs to improve his tackling and body position when he tackles. His natural strength allows him to tackle opposition when he is not in a good body position, but he will get better results if his body is flatter on the bottom of the pool and facing towards the opposition. Steven also needs to be faster, fitter, stronger, and more assertive. When Steven improves on these he will be able to make that tackles that he is currently making better, and then start attacking moves against the opposition.

Niels Balens

Niels has a good understanding of where to be in pool and has good control of the puck. Niels improved the most of any of the players as the tournament progressed. Niels was able to get control of the puck, and find space in the pool in some very tough games. He needs to work on using his teammates once he has made progress up or taken possession of the puck. This will mean that the work he does is not wasted.

Florent Dubois

Florent worked very hard through the tournament. Florent was especially effective when the team were attacking and was excellent at making progress up the pool and applying pressure on the opposition. Florent needs to work harder getting into the correct position when the team is on defence. He needs to rotate back into position faster, and spend more time on the bottom of the pool before he makes tackles. Florent is very strong for his size in the pool, but will be more effective when he is stronger.

Romain Alderweireldt

Romain made a big impact in the games he played. Romain is the only player that was able to defend and attack in a breath. That is, tackle an opposition player, and then attack once he had possession of the puck. This made a very big difference to the team. Romain has good tackling skills and strength in the pool. Romain can improve his own game a lot by being fitter. This will help him control the game, and put his attacking players in better positions with his passes.

Frederique Pirenne

Fred was fast, and strong. He is able to compete against many opposition players whilst still making ground up the pool. Fred needs to have better control of the puck on his stick. This will allow Fred to use the rest of the team to assist, and finish off any breaks he makes.

1.2.5 General Feedback

International Underwater hockey is a very physically demanding sport, any player that wants to compete and be successful at an international level needs to be

- Fit
- Strong
- Fast

Every single player in the Belgian team will improve significantly from training hard to improve in these areas.

The current level of fitness and skill of the Belgian team allows the team to stop opposition's attacks. However it does not allow them to stop opposition attacks, and then counter-attack from this position. This is the primary reason for the results of many games ending in X - 0. All of the effort the players put into the game is being exhausted in stopping the opposition. So there is none left for attacking. As the fitness levels of the team improve, this will allow players to stay down for longer, and still have energy left after stopping the opposition. As the skill levels of the team improve, this will allow tackles to be made faster and more easily. It will also make it easier to pass and beat opposition players.

The attitude of the Belgian team was excellent. I was very impressed with the team commitment and commitment to playing to the highest level possible.

Dolan

2. RENNES2009

2.1 Introduction

Du 11 au 14 juillet 2009 la FFESSM a organisé à Rennes un Championnat d'Europe Espoir.

Six équipes participaient à cette compétition: France 1 & 2, Espagne, Belgique, Angleterre, Ecosse.

2.2 JOUEURS

L'équipe Belge était représentée par : Valérian Mathonet (C), Kurt Meerts (VC), Niels Balens (Sherrif), Bram et Sander Vreven, Matthijs Wils, Andy Van Wesemael, Jacques Vervier, Charles-Henri Dumont, Steven De laet et Laurie Verheyen (qui remplaçait Fons Vandervorst blessé au poignet à quelques jours du départ).

2.3 ENCADRANTS

L'équipe était coachée par Ben Tilly et encadrée par Roland Vancoillie qui cumulait les délicates missions de manager/arbitre/forca.

2.4 ROUND-ROBIN (1ère phase de la compétition)

Les belges ont logiquement perdu leur match contre l'équipe espagnole Championne du monde espoir en titre. Ils ont ensuite obtenu une surprenante égalité contre l'équipe d'Angleterre avant de défaire l'équipe de France 2 (visiblement surprise) et l'équipe d'Ecosse qui montait en puissance. L'équipe s'est inclinée face à une très cohérente et prometteuse équipe de France 1. A l'issue du RR la Belgique pointait en 3ème position ce qui lui permettait de participer à la phase finale.

2.5 PHASE FINALE

Les belges ont rencontré les champions du monde espagnols en demi-finale. Au terme d'une demi-heure pleine de suspens les espagnols ont finalement remporté ce match avec seulement deux petits buts d'écart. L'équipe a affronté en petite finale l'équipe de France 2 qu'elle n'est malheureusement pas parvenue à surprendre une nouvelle fois.

L'équipe occupe une encourageante 4ème place au classement final de la compétition : 1. France 1, 2. Espagne, 3. France 2, **4. Belgique**, 5. Angleterre, 6. Ecosse.

Pour plus d'information, vous consulterez le parcours de notre équipe retracé [sur le blog de Ben Tilly](#). Vous lirez également le compte rendu des organisateurs français sur [la très belle nouvelle section du site de la FFESSM consacré au HSA](#).

L'équipe a sensiblement progressé tout au long de cette compétition organisée de main de maître par Laurent Dubost et le FFESSM.

Bravo à tous nos joueurs espoirs qui ont démontré leur valeur au cours de cette compétition. Il est temps de réfléchir aux nombreux conseils prodigués par le coach de l'équipe et d'anticiper d'avantage la préparation de notre équipe espoir pour lui permettre de briller encore d'avantage lors des prochaines compétitions.

Romain

2.6 RESULTATS

RR

Belgique - Espagne : 2/6

Belgique - Angleterre : 4/4

Belgique - France 2 : 3/0

Belgique - Ecosse : non communiqué

Belgique - France 1 : 0/6

FINALS

Belgique - Espagne : 3/5

Belgique – France 2 : 2/4

3. FINANCES

2009 BUDGET COM HSA FEBRAS

POSTE	DESCRIPTION	UNITE	MONTANT	SOMME	SITUATION	JOUEURS
COACH	PROMOSPORT	1	-1330	-1330	-1330	
COACH	BEN NZ	1	-1144.21	-1144.21	-2474.21	
COACH	DOLAN KRANJ	1	-76.6	-76.6	-2550.81	
COACH	DOLAN KRANJ	1	-146	-146	-2696.81	-192.63
EQUIPEMENT	BentFishDesign	1	-357	-357	-3053.81	
EQUIPEMENT	T-Shirt	1	-325.49	-325.49	-3379.3	
EQUIPEMENT	Decathlon récupération (Roland)	1	-304.38	-304.38	-3683.68	
EQUIPEMENT	frais de port	1	-48.75	-48.75	-3732.43	
EQUIPEMENT	Maillots	1	-1292	-1292	-5024.43	-224.80
RENNES	Inscription	1	-500	-500	-5524.43	
RENNES	logement	1	-1476	-1476	-7000.43	
RENNES	Transport/Minibus	1	-519	-519	-7519.43	
RENNES	essence	1	-300	-300	-7819.43	
RENNES	soirée	1	-156	-156	-7975.43	
RENNES	restaurant	4	-166	-664	-8639.43	-301.25
KRANJ	Inscription	1	-1350	-1350	-9989.43	
KRANJ	logement et nourriture	1	-3199	-3199	-13188.43	
KRANJ	Soirée	1	-360	-360	-13548.43	
KRANJ	Trajet/essence	4	-300	-1200	-14748.43	
KRANJ	Craneberries (Janik)	1	-163.44	-163.44	-14911.87	
KRANJ	Granny (Janik)	1	-95.52	-95.52	-15007.39	
KRANJ	DVD	1	-200	-200	-15207.39	-729.77
BARCELONE	Inscription	1	-80	-80	-15287.39	
BARCELONE	trajet	1	-304	-304	-15591.39	
BARCELONE	restaurant	7	-20	-140	-15731.39	-87.33
DORDRECHT	Inscription/logement/nourriture	1	-430	-430	-16161.39	-35.83
FEBRAS	Budget	1	10000	10000	-6161.39	
RENNES	Participation	8	275	2200	-3961.39	
KRANJ	Participation	5	400	2000	-1961.39	
RENNES & KRANJ	Participation	4	550	2200	238.61	
			467			-1147.21