



As the Water Polo Captain of Bishop’s College, it is with great pride and honour that I pen down the Annual Report for the year 2021. The year began quite differently for the team, from not only having to adapt to the new norms of online training, but also having to adjust to a new mindset after having been joined by two new and experienced coaches.

Having not played a season last year, and due to the uncertainty associated with commencing a season this year, the team did face some setbacks in terms of disappointment. Training online also meant switching from a more pool-based to a land-based fitness session. However, I’d like to take this opportunity to commend each player for rising to the occasion and for continuing to remain motivated and committed, picking up one another throughout online training sessions despite not even having met the coaches in person. I am proud to state that the Water Polo Team was able to expand and double in size during the course of this year.

The collective efforts of the coaches, teachers, and the team members to keep the team motivated during online training sessions are unmatched as we have incorporated

various activities to keep each other going. Training includes weekly fitness challenges, yoga sessions and board sessions in the hopes of motivating each other. I’d say the team is quite “pool sick” desperately wanting to get back to the water. Yet, the enthusiasm and dedication showed by each player during these activities is admirable.

I would like to thank our Head Coach, Mr. Dulan Peiris and Assistant Coach Mr. Sachitha Jayatilake for their constant support, motivation and encouragement. To our teachers-in-charge, Ms. Neela Hewawasam and Ms. Sandamali Jayaratne thank you for your ever willing support and enthusiasm. To my Vice Captain, Ananya, definitely not the year we were hoping for, but thank you for always having my back. Lastly, to my team, thank you for your hard work, perseverance and for showing that no circumstance will stop us from rising together as a team. Leaving this year as Captain with many unfulfilled wishes, yet Bishop’s College Water Polo has immense potential and I wish the team all the success in the years to come.

**Yalindee Daluwatte**  
Captain