

## Welcome to Shadow Water Polo

Welcome to all new and returning members of the Shadow Water polo Club.

The water polo program at Shadow has been crafted and nourished over time to bring out the best in every athlete. Shadow is being developed as a full-service club dedicated not just to competitive success at the very highest levels, but to the personal growth and fulfillment of all athletes at all levels. We are now able to proudly claim that we are a totally full service competitive water polo club with athletes at the developmental level right through to the senior National and International level. As eager as our coaches are to develop provincial, national and world-class athletes, we also pride ourselves in our ability to offer great programs at all levels of competitive water polo.

Our mission at Shadow is to create the opportunity for successful experiences in recreational and competitive water polo, which may range from National and Olympic dreams at one end of the spectrum to physical fitness and fun at the other end.

We strongly believe in the fun of learning, the fun of participating, the fun of competing, and the fun of improving. It is the fun that goes with being part of a really great team. It is the fun of achieving success, both on your own terms, and up on the scoreboard, for everyone to see.

For the coaching staff, that kind of fun means a lot of hard work, along with at least an equal amount of personal satisfaction, of course. A large part of the coaching staffs' role is teaching the mechanics of the game, and if I may say so, they do that very well. The other large part of our role is to inspire, motivate, and kindle a love of water polo, and to help each team and individual athlete pursue his or her dreams. I strongly believe our coaching staff also does that very well.

If you have any questions about any aspect of Shadow Water Polo Club, our programs, or the sport in general, please do not hesitate to call me at (705) 341-7985, or e-mail at [shadowwaterpolo@yahoo.ca](mailto:shadowwaterpolo@yahoo.ca). I hope and expect that we will meet in the early days of the exciting season before us. For now, on behalf of the coaching staff, and Board members, it is my great pleasure to welcome you to the club.

See you at the pool,  
Wendy Wright  
President Shadow WPC



## SHADOW PROGRAM DESCRIPTIONS

### I Love Water Polo -Atom-Recreational

- \* Co-ed recreational water polo program for Boys and Girls, ages 8 – 15.
- \* No water polo experience required
- \* Able to swim 1 width of pool
- \* Instruction on the basics of the game, Improve and develop swim and water polo specific skills
- \* Mini tournaments in shallow or deep pools as per individual skills.

### Bantam

- \*Co-ed competitive water polo program for players ages 11 – 13 (and younger) who are interested in more intensive training and participation in competitions and tournaments.
- \*The Bantam team participates in tournaments organized in Ontario throughout the year including at the Ontario Provincials.
- \*Practices start early September and until the end of June. Summer program and camps are available
- \*Up to four practices per week

### Cadet

Cadet competitive water polo is intended for players who are interested in and committed to more intensive, elite training. Ages 14&15. Many of our athletes at this level participate on the Ontario Provincial Team, traveling to Europe representing Ontario. The Cadet teams participating in tournaments organized in Ontario and Quebec including Ontario and Quebec Provincials and Canadian Nationals.

- \* Cadet Girls
- \* Cadet Boys
- \* Starts early September and runs to end of June
- \* Summer program and camps are available
- \* Up to six practices per week (including dry land training)

### Youth

Similar to Cadet, the Youth competitive water polo program is designed for players who are interested in and seriously committed to more intensive, elite training.

- \* Ages 16 -18
- \*Athletes at this level may be invited to participate on the Ontario Provincial Team or Canadian National Team representing Ontario and/or Canada.

- \* Youth Girls
- \* Youth Boys
- \* Strong swimming and water polo skills
- \* Practices Start in early September and runs to end of June
- \* 6-10 practices per week (including dry land training)

## **Contact List**

In order to assist you in determining who to contact if you have any questions, please refer to the following list:

### **Club Website:**

Please check the club website frequently for important information with respect to practice changes, tournament information and general notices.

[www.shadowwaterpolo.org](http://www.shadowwaterpolo.org)

### **Group Parent:**

A parent volunteer will be appointed for each group within the first few weeks of the upcoming water polo season. The group parent/team manager will be an excellent resource for information specific to your child's team and for general information with respect to club administration and policies.

### **Coaches:**

In general, the coaches are available for your questions after practices. If you are unable to speak to the coach personally during those times, e-mail the club ([shadowwaterpolo@yahoo.ca](mailto:shadowwaterpolo@yahoo.ca)) and your questions will be answered and/or redirected to the appropriate coach, or if need be an appointment made.

#### **Head Coach:** Francis Gross

Level 3 NCCP – Coaching with the Club since 2000.

- International experience in both playing professionally and coaching in Europe.
- Assistant coach Senior Men's National 'B' team 2007, 2008.
- Head Coach 16U Boys National team – currently.

**Assistant Coach:** Vlad Novak; Level 3 NCCP – coaching with the Club since 2003.

**Atom/Rec Coach:** Wendy Wright: Level 3 NCCP – coaching with the Club since 2007

### **Board of Directors:**

Board members, along with Francis Gross (Head Coach/Youth coach) and Wendy Wright (Club President) are responsible for the day-to-day operations of the club. Additionally each board member has a portfolio to which are assigned certain functions. The Board consists of parents volunteers elected for a term of 2yrs at the Annual General Meeting (TBA).

Please feel free to contact any Board member for further information regarding any aspect of the Club administration. Until the AGM (TBA), your Board members and their portfolios are as follows:

Wendy Wright: President ([shadowwaterpolo@yahoo.ca](mailto:shadowwaterpolo@yahoo.ca))

Registrar

Fundraising

Secretary

Team Manager (all Teams)

Allan Moniz: Treasurer ([amoniz@sympatico.ca](mailto:amoniz@sympatico.ca); [allan.moniz@ontariowaterpolo.ca](mailto:allan.moniz@ontariowaterpolo.ca))

Dusan Lazarevic: Senior athlete coordinator ([dlazarevic@hotmail.com](mailto:dlazarevic@hotmail.com))

### **Email:**

#### **Important! - Please check your email regularly!!**

This is our most important and efficient means of communication with parents and athletes. You can expect to receive regular emails regarding schedule changes, upcoming tournaments/events, any and all important news and information re: your child and their participation within the club.

## **Shadow Water Polo Club Code of Conduct**

The majority of water polo experiences happen in the pool, involving only athletes and coaches. Because of this, we cannot ask parents to maintain a constant watch to ensure proper behavior from their children. As an organization with abiding responsibilities for the growth, development, safety and competitive success of dozen's of young athletes, Shadow Water polo Club has adopted the Ontario Water Polo Codes of Conduct. Our code of conduct applies to everyone associated with the Club, including swimmers, coaches, parents, officials, and volunteers. Shadow Water polo strives to ensure a safe environment for its members and endeavors to foster healthy relationships among its athletes. For these reasons, the Club has adopted a zero-tolerance policy.

The rules of Shadow Water polo Club are in effect at all functions, training sessions and tournaments where athletes are acting as representatives of the Club.

### **Expectations**

- ❖ Courtesy, good sportsmanship, co-operation with coaches and respect for the rules they set out for tournaments, trips and training sessions.
- ❖ Respect for the needs and sensitivities of teammates and fellow competitors
- ❖ Respect for public and private property, including pool decks, change rooms, and on trips, buses or other vehicles of transportation, hotel rooms, lobbies and other facilities.

### **Prohibitions**

- ❖ No drinking or transporting of alcoholic beverages
- ❖ No smoking or chewing tobacco
- ❖ No illegal drugs (which if found will be turned over to the appropriate authorities)
- ❖ No sexual harassment or other discriminatory behavior
- ❖ No sexual fraternization on trips

- ❖ No entertaining of outside guests in hotel rooms
- ❖ No bullying

### **Responsibility of Swimmer**

- ❖ Attend practices as required
- ❖ Be on time for practices and tournaments
- ❖ Acquire and use the proper attire/equipment including official Shadow swimwear at tournaments
- ❖ Help set up and take down all training equipment (nets/balls etc.)
- ❖ Leave pool facilities promptly at the end of each practice
- ❖ Ensure all Shadow communications are delivered to parents

### **Responsibility of Parents**

- ❖ Ensure your child gets to practices and tournaments on time and in case of practices ensure they leave facilities promptly
- ❖ Communicate with coaches as the need arises
- ❖ Ensure that children have the proper equipment
- ❖ Most importantly, supply athletes with emotional support and encouragement

### **Discipline**

While some behavior is much more acceptable than others, any breach of a rule may result in some form of disciplinary action up to and including a temporary suspension, or with the approval of the Board of directors, dismissal from the Club.

Occasionally a coach must discipline an athlete. Depending on the nature of the problem, the coach may wish to speak privately to the individual or to the parents. An athlete may be asked to leave the pool and remain on deck for the duration of the practice, or miss a practice or an upcoming event. Infrequently, an athlete may be asked to leave the Club. If the coach, to the satisfaction of all individuals involved cannot resolve an issue, the issue may be referred to the next level of authority. The order of authority is Coach, Head Coach, and Board of Directors.

## Annual Water Polo Club Fees

Total Annual fees comprise water polo club fees (plus registration with OWP), plus a fundraising commitment as outlined below.

The water polo season will begin September 13, 2011 and continue through until the end of June.

Age Group (born)	Club fees + OWP Reg.	High Performance program*	Bingo	Fundraising	Total Yearly Fee
<b>Youth/Cadet- Competitive</b> (94-97)	\$875.00	\$250	\$150.00 (Refundable)	\$150.00 (Refundable)	\$1425.00
<b>Bantam Competitive</b> (98&99)	\$775.00	N/A	\$100.00 (Refundable)	\$100.00 (Refundable)	\$975.00
<b>Atom (00&amp;01) Rec. (any age)</b> 2X <b>(1.5hrs)</b>	\$550.00	N/A	\$50.00 (Refundable)	\$50.00 (Refundable)	\$650.00
<b>ILWP Recreational</b> 1-2X per week <b>(45min-1hr)</b>	\$400.00	N/A	N/A	N/A	\$400.00
<b>Senior</b>	\$400.00	N/A	N/A	N/A	\$400.00

## Payment Options

### Annual Club Fees:

Payment of the Annual Club Fees can be made as follows:

- a) **By check, money order, in one payment at time of registration**
- b) **By check in two equal installments, the first at time of registration, and the second on Jan. 1, or**
- c) **By monthly check commencing with the date of registration and 9 additional payments postdated to the first of each consecutive month (Oct.-June).**

**NO OTHER FORMS OF PAYMENT WILL BE ACCEPTED.**

<b>Group</b>	<b>Total Fee</b>	<b>Semi-annual Fee</b>	<b>Monthly Fee</b>
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<b>Youth/Cadet-Competitive</b>	<b>\$1425.00</b>	<b>\$712.50</b>	<b>\$142.50</b>
<b>Bantam Competitive</b>	<b>\$975.00</b>	<b>\$487.50</b>	<b>\$97.50</b>
<b>Atom/Rec</b>	<b>\$650.00</b>	<b>\$325.00</b>	<b>N/A</b>
<b>ILWP</b>	<b>\$400.00</b>	<b>\$200.00</b>	<b>N/A</b>

**\*\*Seniors\*\* \$400.00 (no discount applicable)**

**New members: Prorating of fees will commence Dec.1/2011**

**Family discount:**

A discount of 10% on Club fees will be given to the second and each additional athlete, applied to the athlete(s) with the lower annual fees.

A discount of 25% on Fundraising fees will be given to the second and each additional athlete in the family, applied to the athletes with the lower fundraising fees.

**Tournament Deposits/Fees:**

Deposits will be requested for tournament confirmation.

Tournament costs will vary depending on number of athletes participating, location and duration of tournament. Cost incurred from tournaments will include tournament fees, coaching fees/per diem, transportation, and accommodations (if needed). Every attempt is made to keep tournament cost low.

\*\*Parent volunteers are needed as chaperones and for transportation to out of town tournaments. Should you be interested in helping out in this area please let Wendy Wright know ([shadowwaterpolo@yahoo.ca](mailto:shadowwaterpolo@yahoo.ca)).

A tentative tournament schedule will be made available to all athletes/parents. This will be a template only and is subject to some change.

**Ontario Water Polo Registration Fees:**

OWP requires that all athletes registered with a competitive/recreational water polo club register with OWP at the beginning of each water polo season. The OWP fee for competitive and recreational players is included in your Shadow club fee for those athletes registering by October 31, 2011. We will request such registration fee from any athlete registering with the club subsequent to that date.

**Prorating of Fees, Tryout Period:**

The shadow Water polo Club offers a 2 wk tryout period for new athletes only. In the event that an athlete decides to join the Club after the two-week tryout period, the Club, OWP registration, and fundraising fees will be calculated from the start of the tryout period. In the event the athlete does not join Shadow, there will be no charge for the tryout period. If during the season from his/her own initiative, or coaches suggestion an athlete transfers into the competitive program, or moves to another competitive group

during the season, the family is responsible for the payment of any additional club, and fundraising fees on a prorated basis at the time of the transfer.

**Date of Registration:**

The Club will be holding a registration day at the beginning of the water polo season in early September for new and returning members. Any fees outstanding from the previous year must be paid before a returning athlete can be re-registered.

**Additional Costs:**

All tournament costs are in addition the annual Club and fundraising fees.

**Fundraising:**

Fundraising is now a necessary component of Shadow Water Polo Club and an integral part of its continuing success. Fundraising fees are a mandatory payment payable at the time of registration, in accordance with the outlined fee schedule above. Opportunities to recoup these fundraising amounts will be provided throughout the year. If a family chooses to participate in fundraising events such as tag days, swim-a-thon, chocolate bar sales, Avgen gift cards, etc. monies earned will be refunded. Amounts raised in excess of the fundraising commitment of the swimmer will be retained by the Shadow Water polo Club.

Bingo fees may be recouped should the individual chose to participate in 'Bingo Bingo' held Sunday evenings. Contact person for Bingo involvement is Allan Moniz

\*\*Additional information re: fundraising found under **Shadow Fundraising**

## **SHADOW WATER POLO CLUB FUNDRAISING**

Fundraising has become a necessary part of the Club's efforts to manage the financial aspects of offering a quality water polo program to our athletes. We are proud of the successes that this club has achieved in so many ways, but pride does not buy pool time and lifeguards, replace and maintain equipment, and develop and retain quality coaching and support staff. Please help us to continue to support the success of Shadow water polo by actively supporting the fundraising efforts presented by your club.

As a part of the 2011-2012-registration package, all families will be required to sign a form committing to participation in fundraising activities. Each player will be asked to raise fundraising monies (Does not include Bingo payment of \$150.00). Families may buy out their full fundraising commitment (fundraising and Bingo) by simply writing a check for \$300.00/\$200.00/\$100.00 per athlete (depending on age category), payable to Shadow Water Polo Club.

**Your executive will offer a number of potential Club-wide fundraising ideas that could be open to anyone if they chose to participate. The one proviso is that we require a parent (or small group of parents) to organize each event on behalf of the club. If we don't have the parent volunteers these events won't happen. [For each](#)**

**fundraising event/activity a parent supervises/organizes, they will receive \$25.00 towards their fundraising fees**

**CHOCOLATE BAR SALES** - Chocolate bars are ordered through a company, each member is asked to sell a box, or more. Proceeds from each box sold will be recorded for each family. You may sell as many as you wish. Relatively easy to organize and record.

**SWIM-ATHON** – a low organization event that can be orchestrated by a couple of parents, with voluntary participation by players (and parents, if they wish)

**CAR WASH** – A pretty self-explanatory fundraiser, large or small group involvement. This can easily be done in each family's respective neighborhoods.

**TAG DAYS** – A New Event. This event needs athletes and parent involvement. Athletes are outside businesses and asking for donations to their club. Most proprietors are quite willing to let clubs engage in this fundraiser outside their places of business. Locations to be scouted (busier the better), some business locations to use would be Canadian Tire, Grocery stores, liquor stores. Time spent can be anywhere from 2-4hrs. Kids can divide hours for each location between them. This is a great fundraiser in which younger and older athletes work together. Easy to co-ordinate and returns are usually very good.

**RECRUITMENT FUNDRAISER:** Recruit a new player to Shadow and get a \$50.00 credit towards your fundraising commitment! Available to any player/family who recruits a new player to one of our Shadow programs (Atom/Bantam/Cadet/Youth) who isn't currently registered. The new player must register and pay their prorated fees by Jan. 2012.

**AVGEN GIFT CARD PROGRAM:** We will continue with this program for the 2011-2012 year. This is an easy way to fulfill your fundraising commitment by not spending a cent.

Please read the attached letter regarding the gift card program.

By simply spending \$75.00 on a grocery card and \$75.00 on a gas card per month you earn \$150.00 for your club (your entire fundraising commitment, no time, no effort, no money). Get friends and family involved, its easy and convenient.

A spreadsheet will track all athlete donations. If you chose to write a \$150 "buy-out" check, we will simply check off that athletes name as complete. If a group of athletes get together and raises X number of dollars in a fundraiser, once the funds are turned in, that net amount will be divided into the number of participants and each of their accounts will be credited this amount. This means you can be a part of a number of different fundraising initiatives at one time.

The deadline for fundraising is Provincial championships. Players who have not fulfilled their fundraising commitment by this time will be required to payout the remaining amount.