



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 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 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 e-mail me at 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

TINI & MINI WATER POLO

- * Co-ed recreational water polo program for Boys and Girls, ages 7--13.
- * 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.

U14

Co-ed competitive water polo program for players ages 13-14(and younger) who are interested in more intensive training and participation in competitions and tournaments.

The U14 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

U16

U16 competitive water polo is intended for players who are interested in and committed to more intensive, elite training. 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)

U18

Similar to U16, the U18 competitive water polo program is designed for players who are interested in and seriously committed to more intensive, elite training.

Ages 17-18 (and younger)

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

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, you may leave a message on the club e-mail (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 – 2009/10, 2010/11.

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

Coach: Wendy Wright: Level 3 NCCP – coaching with the Club since 2007

Board of Directors:

Board members, along with Francis Gross (Head 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)

Dusan Lazarevic: Vice President

Registrar: Wendy Wright

Fundraising: TBA

Secretary: Rimma Novak

Team Manager (all Teams):

Allan Moniz: Treasurer & Bingo Coordinator (amoniz@sympatico.ca)

Member at large: Igor Sapozhnikov



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 dozens 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 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, registration with Ontario Water Polo, and Water Polo Canada. At Shadow WPC there are three sessions available, **Fall** -Sept – Dec, **Winter** -Jan-March and **Spring** -March-June.

Specific dates and age costs for each session can be viewed on our [www.website at shadowwaterpolo.org](http://www.shadowwaterpolo.org).

Pre-Competitive Water Polo

Practise Day	Time	Pool	Address	Session Dates
Monday's	8-10pm	Pan Am SC	Morningside/401	Session 1 -Sept-Dec Session 2 –Jan-Mar.
Tuesday's	8-10pm	Pan Am SC	Morningside/401	
Friday's	6-8pm	Pan Am SC	Morningside/401	Session 3–Mar-June
Saturday's	5:30-7:30pm	Pan Am SC	Morningside/401	Check shadow website for dates

Tini & Mini Water Polo

Practise Day	Time	Pool	Address	Session Dates
Monday's	6:30 - 7:30pm	Victoria Park CI	15 Wallingford Rd, M3A 2V1	Session 1-Sept-Dec
Tuesday's	6:30 - 7:30pm	Laurier CI	145 Guildwood Parkway, M1E	Session 2 –Jan -Mar
Friday's	6:30 - 7:30pm	Sir Oliver Mowat CI	5400 Lawrence Ave E, M1C 2C6	Session 3-Mar-June
Friday's	6:30 - 7:30pm	Pan Am Sports Centre	401/Morningside	Check shadow website for dates
Saturday's	5:30 - 6:30pm	Pan Am Sports Centre	401/Morningside	



Program Options and Fee Structure

Group	Age	Sessions/week	Practise duration(min)	Fee
Tini WP	Born 2006 & Younger	1	45	\$90
Tini WP	Born 2006 & Younger	2	45	\$160
Mini WP	Born 2005 & Older	1	60	\$110
Mini WP	Born 2005 & Older	2	60	\$200
Pre-competitive	Open	2	90	\$240
Pre-competitive	Open	3-4	120	\$270
Competitive	Born 1999 & older	6-9	120	\$350

Family Discount:

A discount of **10%** on Club fees will be given to the first sibling (applied to the athlete with the lower fees)

A discount of **20%** will be given to subsequent siblings (3rd, 4th etc), applied to the athletes with the lower fees

A discount of **10%** will be applied for athletes registering and paying for all three sessions.

Children's Fitness Tax Credit

Receipts for the Children's Fitness Tax Credit will be issued by Shadow WPC by end of February, for eligible payments received during the previous calendar year.

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 for each session
- b) By check in two equal installments, the first at time of registration, and the second on Jan. 15, if registering for the entire season (3 sessions)

NO OTHER FORMS OF PAYMENT WILL BE ACCEPTED.

Cancelation of Membership Policy:

Shadow Water Polo Club requires 30 days' notice from any individuals wishing to cease their membership with the Club. Paid club fees will be reimbursed based on the month end (last day of the month) of the athlete's participation in club activities.

Notification via email of reimbursement amounts and approximate date of disbursement will follow.

**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 costs 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).

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 end of October. 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 week 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, and at the beginning of each subsequent session. Any fees outstanding from the previous session must be paid before a returning athlete can be re-registered.

Additional Costs:

All tournament costs are in addition the annual Club fees.

Shadow Swim suits

Shadow Sport Bags

Thank you,
Wendy Wright
Shadow WPC President