
SHADOW WATER POLO CLUB

Scarborough, Ontario

Email: shadowwaterpolo@yahoo.ca

Website: shadowwaterpolo.org



CLUB HANDBOOK

2019

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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 levels.

As eager as our coaches are to develop provincial, national and world-class athletes, we also pride ourselves on the 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 email me at shadowwaterpolo@yahoo.ca. 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



PROGRAMS AND DESCRIPTIONS

TINI & MINI WATER POLO

- Co-ed recreational water polo program for players, ages 7-13
- No water polo experience required
- Able to swim 1 width of the 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

12 AND UNDER

- This is a co-ed program designed to introduce players to competitive water polo from ages 11-12 (and younger)
- The 12U team participates in tournaments organized in Ontario and Quebec throughout the year including at the Ontario Water Polo Provincials
- Practices start early September and runs through until the end of June
- Summer program and camps are available
- Up to four practices a week

14 AND UNDER

- 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 14U team participates in tournaments organized in Ontario and Quebec throughout the year including at the Ontario Water Polo Provincials
- Practices start early September and runs through until the end of June
- Summer program and camps are available
- Up to five practices a week

16 AND UNDER

- This program is intended for players who are interested in and committed to more intensive, elite training, ages 15-16 (and younger)
- Many of our athletes at this level participate on the Ontario Provincial Team, traveling to Europe to represent Ontario
- Practices start early September and runs through until the end of June
- Summer program and camps are available
- Up to six practices per week (including dry land training)

19 AND UNDER

- Similar to 16 and Under, the 19U competitive water polo program is designed for players who are interested in and seriously committed to more intensive, elite training
- Ages 17-19 (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 a requirement
- Practices start in early September and runs through until the end of June
- 6-10 practices per week (including dry land training)

HIGH SCHOOL

- Recreational program destined for athletes looking for a non-competitive activity
- Ages 14-19
- 1-2 practices per week

SUMMER PROGRAM

- Runs each summer
- All ages and abilities welcome
- Indoor and outdoor pools
- A fun introduction to water polo for new players
- An opportunity for regular players to maintain their skills

COMMUNICATION

The club uses a variety of methods to communicate with families.

EMAIL

Our primary communication method is email, so ***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, upcoming events and any and all important news and information regarding your athlete and their participation within the club. The club email is **shadowwaterpolo@yahoo.ca**.

TEAMSNAPE

Our competitive teams are adopting TeamSnap as their preferred method of team communication. All families should have at least one person signed up to receive notifications via this method. TeamSnap allows us to easily collect information for player availability for tournaments, as well as update your family on schedule changes. This is also a method that families can use to communicate with each other. TeamSnap is available via the App Store and Google Play. For more information, their website is here: <http://www.teamsnap.com/>

CLUB WEBSITE

Please check the club website frequently for important information with respect to practice changes, tournament information and general notices and news: <http://www.shadowwaterpolo.org>

SOCIAL MEDIA

Volunteers maintain our social media accounts. You can connect and share content from us via:

 Facebook: ShadowWaterPoloClub

 Instagram: shadow__waterpolo

 Twitter: shadowwaterpolo

CONTACT LIST

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

TEAM MANAGERS

A parent volunteer will be appointed for each group within the first few weeks of the upcoming water polo season. The 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.

U10 & U12 Team Manager

Name: Moataz Salem

Email: U12shadowwaterpolo@gmail.com

U14 Team Manager

Name: Dragan Veljko

Email: U14shadowwaterpolo@gmail.com

U16 Team Manager

Name: Virgilia Groza

Email: U16shadowwaterpolo@gmail.com

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 send us an email (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: 2009-2010, 2010-2011

Coach: Vlad Novak

Level 3 NCCP – Coaching with the club since 2003

Coach: Wendy Wright

Level 3 NCCP – Coaching with the club since 2007

Coach: Mohamed Mekni

Mohamed played water polo in the Tunisian League and swam competitively in Tunisia. He has been coaching with the club since 2015 and runs the Laurier and Mowat programs. He holds his National Lifesaving Society National Lifeguard, Emergency First Aid Instructor, Lifesaving Instructor and Swim Instructor awards.

Coach: Cheryl Woods

Cheryl is entering her third full year of coaching. Cheryl is primarily focused on the coaching of the mini (U10) team but also helps coach our mid-level U12 players. Cheryl has harnessed her experience in synchronized swimming and competitive swimming, and uses these fundamental skills to develop the foundation of our future

players. Outside of coaching, Cheryl is head of Science at Marc Garneau Collegiate and the mother of two of the active players.

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. The Board consists of parent volunteers elected for a term of two years at the Annual General Meeting (AGM). Please feel free to contact any Board member for further information regarding any aspect of the club administration.

Board Members - 2018-2019

Wendy Wright	President
Francis Gross	Technical Director
Dusan Lazarevic	Vice President
Allan Moniz	Treasurer
Raoul Basca	Treasurer
Virgilia Groza	Team Manager, 16U
Dragan Veljko	Board Member, Team Manager 14U
Moataz Salem	Team Manager 12U
Erik Woods	Board Member
Igor Sapozhnikov	Board Member
Jennifer Folk	Board Member

ANNUAL FEES

Our Mini Water Polo and High School programs have three sessions: **Fall:** September-December, **Winter:** January-March, **Spring:** April-June.

Our Pre-Competitive, Competitive and High-Performance programs are an annual fee.

Total annual fees comprise water polo club fees, registration with Ontario Water Polo, and Water Polo Canada.

For updated information and scheduling on our programs, please refer to our website: www.shadowwaterpolo.org.

PROGRAM OPTIONS AND FEE STRUCTURE

Group	Age	Sessions/week	Practice duration (min)	Training Fee
Mini WP	Born 2010 & Younger (beginners)	1	60	\$140/session
Mini WP	Born 2010 & Younger (beginners)	2	60	\$230/session
Mini WP	Born 2010 & Younger (beginners)	3	60	\$300/session
High School/Recreational	Born 2002 & older	1	120	\$200/session \$600/yearly

High School/Recreational	Born 2002 & older	2	120	\$300/session \$900/yearly
Pre-Competitive	Born 2008-2009	3-4	90-120	\$1300/year*
Competitive	Born 2006-2007	5	120-150	\$1500/year*
High Performance	16U & 19U roster	5	150	\$1500/year*

*Please note: Pre-Competitive, Competitive and High Performance program fee does not include additional costs related to tournaments and travel. These costs are in addition to the training fee listed here.

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 **25%** will be given to subsequent siblings (3rd, 4th, etc) applied to the athletes with the lower fees

Bingo Fee

New as of 2018 the club will levy a Bingo Fee of \$100 yearly on Pre-Competitive, Competitive and High Performance athletes. If a family chooses to volunteer for a minimum of two bingo sessions this fee will be refunded.

Payment Options

Payment of the annual club fees can be made as follows:

- a) By cheque, email transfer, or cash in one payment at time of registration for each session;
- b) By cheque in two installments, the first time at time of registration and the second post dated by November 30, if registering for the entire season (3 sessions)

Please note: tournament account deposits must be paid separately from your registration fees in two transfers or two separate cheques.

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

All athletes in the Pre-Competitive and Competitive programs will have tournament accounts opened at the beginning of the season. Athletes are required to deposit an initial \$300 in their account to be used towards tournaments and travel throughout the year. Periodically these accounts may require additional deposits as the tournament season progresses. Requests for current account balance can be made to your Team Manager.

Tournament costs vary depending on the number of athletes participating, the location and duration of the tournament. Costs incurred from tournaments can 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 your Team Manager or Wendy Wright know (shadowwaterpolo@yahoo.ca).

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

Ontario Water Polo Registration Fee

OWP requires that all athletes registered with a recreational/competitive water polo club register with OWP at the beginning of each water polo season. The OWP fee for recreational and competitive players is included in your Shadow Water Polo Club fee for those athletes registering by the 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 two-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. If during the season from his/her own initiative, or coaches' suggestion, an athlete transfers into a 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 on **September 7, 2019** at Masarycktown at 11am. Please see your emails from the team managers for more information. 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 to the annual club fees
- Shadow Swim Suits
- Shadow Sport Bags

SAFETY

The safety and security of our athletes is our utmost priority. As such, it is our policy that all staff or volunteers who are working directly with children must have a current Police Record Check (PRC) with a Vulnerable Sector Search dated within the last three years.

Shadow Water Polo Club will not be responsible for organizing carpooling between families. It is up to parents/guardians to ensure their children are riding with people who have a valid driver's license and valid insurance to operate a motor vehicle.

VOLUNTEERS

As with many teams, membership costs keep going up. Shadow water polo has maintained a very low cost through its charity participation and grants. Shadow once again is participating in its primary charity: Dolphin Bingo (dolphingaming.ca). In prior years, we have had the luxury of having some senior board members cover almost all of this responsibility. This year we will be looking to the team's parents to help in this responsibility.

In addition we have a number of other volunteers that help keep our organization running smoothly. Obviously, the coaches volunteer far more of their time than just the period they are on the deck. Hundreds of hours each year are used to coordinate with the provincial governing body, organizing tournament participation, interacting with parents, and defining training programs to develop our players.

There are a variety of other ways you may wish to get involved. Some of these positions include:

- Board members
- Team managers
- Minor officials
- Marketing team

As well, a number parents are happy to pitch in when asked for specific tasks.

It is hard to imagine where the team would be without the philanthropic community we have today. If it wasn't for the help of these altruistic individuals the team could not have grown to the size and strength we are. Volunteers perform a variety of tasks and we are hoping that our community continues to help with these in the coming year.

SPONSORS



**DOLPHIN
GAMING**

A big thank you to our sponsor, Dolphin Gaming, for their years of continued support for our club. Their support continues to help us in providing quality water polo programming to our families. Thank you.

Website: <https://dolphingaming.ca/>

PARTNERS

A special thank you to our partners who provide the beautiful facilities that we use to train all of our athletes from the littlest players all the way to our national level athletes. Your partnership ensures we can continue to provide excellent training to all levels of our athletes.



Toronto Pan Am Sports Centre

Located at 875 Morningside Avenue in Toronto, the Toronto Pan Am Sports Centre (TPASC) provides a world class training facility for our athletes.

Website:

<http://www.tpasc.ca/>



City of Toronto Parks and Recreation

Toronto Parks and Recreation provides facilities at Sir Oliver Mowat Collegiate Institute throughout our season as well as at Maryvale Park Outdoor Pool for our summer program.

Website:

<http://www.toronto.ca/data/parks/funguide>



Toronto District School Board

The Toronto District School Board provides us with access to the facility at Sir Wilfred Laurier Collegiate Institute.

Website:

<http://www.tdsb.on.ca/>

Interested in exploring a sponsorship or partnership with our club?
Please contact us at shadowwaterpolo@yahoo.ca

2018-2019 PRACTICE SCHEDULE

Please refer to the Shadow Water Polo Club website for the most up to date schedule for 2018. All cancellations or changes will be noted on our online schedule. www.shadowwaterpolo.org

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
MWP											
TPASC		Laurier	TPASC	TPASC		TPASC		Mowat	TPASC		
7 - 8		6:30-7:30	7 - 8	7 - 8		7 - 8		6:30-7:30	7 - 8		
PRE COMP											
TPASC		TPASC				TPASC		TPASC			
7 - 8:30		7 - 8:30				7 - 8:30		7 - 8:30			
COMP											
TPASC		TPASC				TPASC		TPASC		TPASC	
7 - 9		7 - 9				7 - 9		7:00-9:00		7-9am	
HP											
Dryland	TPASC	Dryland	TPASC	TPASC		Dryland	TPASC			TPASC	
6:30	7:30-9:30	6:30	7:30-9:30	7-9 / 8-10		6:30	7:30-9:30			7-9am	
HIGH SCHOOL / OPEN											
				TPASC				TPASC			
				7-9 / 8-10				7:30-9:30			