

PARKLAND WATER POLO CLUB
2023-2024 Parent Information Handbook



Season Details

Coaches	
Head Coach/Program Director	Kennedy Schoepp
Coach	Taiah Krivoshein
Coach	Arend Rea
Coach	Brianna Hurren
Senior Volunteer Coach	Maddie
Senior Volunteer Coach	Will

Below is a breakdown of the standard and optional playing opportunities that are available to each Polo Bear athlete throughout the season:

Age Group	Standard	Optional
U8	<ul style="list-style-type: none"> • City Leage U8 	<ul style="list-style-type: none"> • City Leage U10
U10	<ul style="list-style-type: none"> • City Leage U10 	<ul style="list-style-type: none"> • City Leage U12 • Provincial League U12 <ul style="list-style-type: none"> ○ Games Only (Game Fee) ○ Full U12 Play (Flex)
U12	<ul style="list-style-type: none"> • City Leage U12 • Provincial League U12 <ul style="list-style-type: none"> ○ First Hour (Optional) ○ Second Hour (Full Play) 	<ul style="list-style-type: none"> • City Leage U14 • Provincial League U14 <ul style="list-style-type: none"> ○ Games Only (Game Fee) ○ Full U14 Play (Flex)
U14	<ul style="list-style-type: none"> • City Leage U14 • Provincial League U14 	<ul style="list-style-type: none"> • Bridge Program • W4 Play Up • Junior Coaching
W4s	<ul style="list-style-type: none"> • W4 Provincial League 	<ul style="list-style-type: none"> • Junior Coaching

City League

These are community level games organized by the 3 community clubs in the Edmonton area (Parkland Polo Bears, Thunderbirds and Riptides).

- **WHO:** all athletes from first and second hour are invited
- **WHAT:** They are fun, scrimmage style games where teams intermix, meet new players and coaches, and have opportunities to play games at new pool
- **WHERE:**
 - U10 & U8 - Terwilliger Rec Centre (Saturdays)
 - Girls 12:30 pm to 1:15 pm
 - Boys 1:15 pm to 2:00 pm
 - U12 - Terwilliger Pool (Saturdays)
 - Girls 10:00 am to 11:15 am
 - Boys 11:15 am to 12:30 pm

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- U14 & WP4s - Tri Leisure Centre (Sunday p.m.)
 - Girls 5:30 pm to 6:30 pm
 - Boys 6:30 pm to 7:30 pm
- **WHEN:** They will take place once a month. Please refer to the schedule at the end of the handbook.
- **WHY:** This is a great chance for new athletes to play and returning athletes to practice. While these are more scrimmage style, they will be refed by trained officials so athletes and parents can see what a game will look like!

They will be available on our website soon. For any games, no need to RSVP, just come and play. We'd love to have you!

Fall Invitationals 12U - 14U

Fall Invitationals run from October to December. The aim is to introduce new athletes and families to league play and provide a snapshot of water polo tournaments. This league is subsidized so that new athletes and families have a better understanding of tournament play before they decide if they would like to participate in the Winter League. Clubs do have the option to enter a team into one or all the events.

Dates for the Fall Invitational games can be found at the end of the handbook.

Winter/Provincial League

The Alberta Winter League runs from January to April. Clubs enter their teams by the deadline in December. AWPA will create a schedule over several weekends.

- We hope all registered U12 and U14 athletes join us for ALL tournaments, as we need full commitment to run our own teams. **FIRST HOURS-** while not mandatory we strongly encourage all U12 to join, even if only practicing in first hour.
- Before the holidays, teams will be announced, and a Provincial League meeting will take place to ensure all questions are answered.
- **IF APPLICABLE-** for any U10 athletes who may have interest playing at the U12 level, please talk to Coach Kennedy for an assessment and additional information on options for participation (we have mid-year joining options for Second Hour, or game by game options that can be explored)

Dates for the Winter/Provincial League games can be found at the end of the handbook.

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Expectations for Parents

Coach's Expectations

In line with the AWWPA Code of Conduct, the expectation for parents is the following:

- All communications with the coaching staff must be directed through the Head Coach
- Unless there is an immediate safety concern, parents are prohibited from addressing staff and athletes during practices or games– coaches and athletes attention needs to be on what is happening around them so please refrain from interrupting sessions.
- If you have a concern please email or arrange an appropriate time with the Head Coach to discuss, we want to ensure the absolute safety of the athletes.
- Please use the following QR code or this [link](#) to access the AWWPA Code of Conduct



Whenever possible, please use the RAMP app for communication with the coaches about issues like attendance on a gameday. Please RSVP through the app ASAP when there is a game or tournament approaching and available.

Board Expectations

Respect in Sport

AWPA requires that one parent from each family complete and become certified in the Respect in Sport course offered by Water Polo Canada. The course registration fee is \$12 and is in addition to any club/player fees.

- Visit our website for the link to the Respect in Sport web portal and the link to the Google Form to input your details if you did not do so during registration.

Fundraising Commitments

Raffle Ticket Fundraiser

As part of registration, each family is required to sell one raffle ticket book.

- 20 Tickets @ \$10.00 each for a total of \$200 upfront.
- Each family will purchase their booklet by Thursday October 19th, 2023.
- Payment can be made via e-transfer to parklandpolobears@gmail.com
- When you sell the tickets, please be sure to write down the buyer information on the ticket stub and you will provide the buyer with the tear-away portion of the ticket.
- Since you have pre-purchased the ticket Book, you will keep all the money you collect.
- You can turn in your ticket stubs to the club once your book is sold. Each stub needs to be accounted for before the prize draw can take place - so please make sure to not lose yours.
- Three winners will be drawn. First place will receive \$1000, 2nd place will receive \$700 and 3rd place will receive \$300.
- After the draw has been completed, each winner will be contacted by the club to let them know that they have won and how to get their cash prize.

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- Draw date is Sunday, February 25th, 2024. Tickets are due back by Sunday, February 18th, 2024

Laps for Loonies

Athletes collect pledges either per lap or fixed amounts and swim as many laps as they can the night of the event. A lap is defined as a pool length “there and back” which is 50m.

- Laps for Loonies will be on Thursday, November 23rd, 2023 from 6:45 pm to 8:45 pm
- All money is due on Thursday, December 7th, 2023

Team Bottle Drive

Athletes and parents will join forces to collect bottles from around the community and bring them back to the Stony Plain Bottle Depot for counting. This is a great opportunity for team building so we are asking everyone that can attend do so. There will be a Holiday get together afterwards with snacks, hot chocolate and sledding for those that take part!

- The Team Bottle Drive will take place on Saturday, January 6th 2024

Volunteering Opportunities

Each family is expected to volunteer for the equivalent of two events over the course of the year. Volunteer opportunities include but are not limited to:

- **Laps for Loonies** (Nov 23, 2023)
 - Counting Laps Swam– 2.5 hour commitment.
- **Team Bottle Drive** (Jan 6, 2024)
 - Drivers - 3-4 hours commitment
 - Helpers at the Bottle Depot - 3–4-hour commitment
 - Help at Jubilee Park Afterwards for Team BBQ - 2–3-hour commitment.
- **Parent Marshalling** (1 per day of tournament play per age group) 2-3 hour commitment
- **Team Picture Day** (Feb 1, 2024)
 - Helping Organize Athletes - 2.5 hour commitment
 - Emailing out pictures to parents - 2–3-hour commitment
- **Year End Party/AGM** (Date TBA)
 - Set Up & Take Down - 2 hour commitment
 - Supervise Activities & Crafts - 2 hour commitment

Please use the following link to signup for any open volunteering spots:

[Parkland Polo Bears 2023/2024 Volunteer Signup](#)

There may be other volunteering opportunities that come up during the season. If that is the case, the families that are not already signed up for an event and still need to fulfill their obligations may be contacted directly.



Expectation for Athletes

Coach's Expectations

Athletes Conduct Expectation:

- All athletes are expected to arrive on time and ready to participate- this means bringing their suit, goggles, cap (if applicable) and physio bands (provided to second hours only). Water Polo involves lots of different activities and muscle groups, so coming before practice to stretch is required to prevent injuries.
- Our athletes represent the Polo Bears both in and out of the pool- as our club places strong value on sportsmanship, we expect our athletes to conduct themselves as leaders in their conduct, whether in the water, on deck, in the changerooms, or outside the facility
- All Polo Bears coaches are highly committed to the development of the athletes- if there are conduct issues with athletes, we follow the following protocol:
 - Verbal warning- notifying the athlete that their conduct is not appropriate for practice.
 - Asking player to sit out- if an athlete continues conduct that is not appropriate or disruptive to practice, the athlete will be asked to sit along the ledge until the Program Coach and Head Coach are able to have a conversation with the athlete.
 - ONLY if the behaviour persists and becomes an ongoing disruption or safety concern, an athlete may be asked to sit out and the parent will be contacted to come on deck and speak with the coach.
 - PLEASE NOTE: while this is rare, we want this to be clear for athletes- as this is a water sport, the coach's full attention MUST be on the group, and to ensure group safety any misconduct will need to be dealt with seriously.
- Polo Bear coaches care about your athlete's development- we ask that if your athlete has any questions or concerns, arrange a time to chat with your coach. We are here to help, answer questions, and look out for athlete's long-term development both in and out of the pool, so come chat with us anytime!

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Scheduled Practice Times per Week

FIRST HOURS (U8, U10 AND APPLICABLE U12's):

Tuesday & Thursday:

6:30-6:45 p.m. Stretching and Dryland

6:45-7:45 p.m. In Water

Sundays:

4:30-5:00 p.m. In Water

5:00-5:30 p.m. Scrimmage / Games

SECOND HOURS (U12, U14 AND W4's):

Tuesday & Thursday:

7:15-7:45 p.m. Stretching and Dryland

7:45-8:45 p.m. In Water

Sundays:

5:30-6:30 p.m. Water Polo Skills Clinic

6:30-7:30 p.m. Scrimmage / Games

IMPORTANT CLUB DATES

Laps for Loonies Event

Thursday, November 23, 2023

Laps for Loonies Money Deadline

Thursday, December 7, 2023

Parents vs Kids Game and Last Swim of 2023

Thursday, December 21, 2023

Start up in January 2024

Tuesday, January 9, 2024

Team Bottle Drive & Holiday Party

Saturday, January 6, 2024

Team Picture Day

Thursday, February 1, 2024

Raffle Ticket Draw Date

Sunday, February 25, 2024

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IMPORTANT PLAYER DATES



City League Dates		
Nov. 25	12U & 10U	Terwilliger
Nov. 26	14U & W4's	Spruce Grove
Dec. 9	12U & 10U	Terwilliger
Dec. 10	14U & W4's	Spruce Grove
Jan. 27	12U & 10U	Terwilliger
Jan. 28	14U & W4's	Spruce Grove
Feb. 24	12U & 10U	Terwilliger
Feb. 25	14U & W4's	Spruce Grove
Mar. 16	12U & 10U	Terwilliger
Mar. 17	14U & W4's	Spruce Grove
Fall Invitational 12U-14U Dates		
Date	Program	Location
Oct. 14	12U CAMP	Innisfail
Oct. 28-29	12U & 14U Calgary Open	MNP Centre - Calgary
Nov. 18-19	12U & 14U Edmonton Invite	Kinsmen Centre - Edmonton
Dec. 16-17	14U Tournament - Boys SAT. / Girls SUN.	MNP Centre - Calgary
Winter/Provincial League Dates		
Date	Program	Location
Jan. 20-21	12U & 14U	MNP Centre - Calgary
Feb. 11	12U Only	Innisfail
Feb. 17-18	12U & 14U	Kinsmen Centre - Edmonton
Mar. 2-3	14U Only	Okotoks
Apr. 13-14	12U & 14U Provincials	Kinsmen Centre - Edmonton