

# Parkland Water Polo



2023-2024

# Executive Board Members

<b>President</b>	<b>Carson Mills</b>
<b>Vice President</b>	<b>Ian Richardson</b>
<b>Treasurer</b>	<b>Sarah McIsaac</b>
<b>Secretary</b>	<b>Brianne Rogers</b>
<b>Fundraising Coordinator</b>	<b>Open</b>
<b>Volunteer Coordinator</b>	<b>Melissa Woodward</b>
<b>Social Coordinator</b>	<b>Trisha Goulet</b>
<b>Apparel Coordinator</b>	<b>Sean Rogers</b>



**These positions are filled by unpaid volunteers who also work in addition to managing their own athletes.**

# Coaches

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



# Coaches

## **Coach Communication Expectation:**

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

- All communications with the coaching staff must be directed through the Head Coach ([coachkennedyschoepp@gmail.com](mailto:coachkennedyschoepp@gmail.com))
- 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 review the AWPA Code of Conduct

# Coach's Corner: RAMP

**[www.parklandwaterpolo.ca](http://www.parklandwaterpolo.ca)**

This section of the website will include important updates, game scores, upcoming deadlines and tournaments, and other FAQ's!

Emails will be sent out for important communications, but will always be reflected on this page, alongside other exciting updates from the coaches!

# Respect in Sport

- Effective as of the 2020-21 season, the Alberta Water Polo Association requires that all families who have registered at any membership category in an AWPA club must have at least one parent complete the Respect in Sport course and become RIS certified. This certification is valid for 5 years.
- The cost for each family to complete the Respect in Sport Parent Program online certification course is \$12.00. This fee is in addition to any club or player registration fees.
- Find more information on our website if you have not completed the course.
- Use the link to the Google Form at the bottom of the Respect in Sport page on our website to enter your information.



# Practice Schedule

## **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 OVERAGE/W4's):**

Tuesday & Thursday:

7:15-7:45 p.m. Stretching and Dryland/ Strength Training

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

ALL PRACTICES UPDATED ON THE WEBSITE CALENDAR

# Community League

These are community level games organized by the 3 community clubs in 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 Pool (Saturday p.m.)
  - U12 - Terwilliger Pool (Saturday a.m.)
  - U14 & WP4s - Tri Leisure Centre (Sunday p.m.)
- **WHEN:** They will take place once a month. The first set of games will take place on Saturday Nov. 25th for U10/U12 and Sunday Nov. 26th for U14/WP4s
- **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!

Coach Kennedy will pass around Community League information handouts soon. An information email will be sent and the website will be updated accordingly at that time. For any games, no need to RSVP, just come and play. We'd love to have you!



# Fall Invitationals 12U-14U

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

## 2023-2024 Season Competition Age Categories

12U Boys	Between 2012 - 2015
12U Girls	Between 2012 - 2015
14U Boys	Between 2010 - 2013
14U Girls	Between 2010 - 2013

Please email [coachkennedyschoepp@gmail.com](mailto:coachkennedyschoepp@gmail.com) or let me know at Sundays practice if you will be coming to Calgary! Deadlines to RSVP are located on the calendar on the Polo Bears website

# Winter/ Provincial League

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

## Expectations:

- 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)

## Fundraising and Volunteer Opportunities

Like most athletic clubs, we rely on fundraising for revenue and to keep registration fees manageable! This means parent volunteers for fundraisers! We also require volunteers for social events and to help support our small Executive Board.

We may have additional volunteer opportunities throughout the year and hope we can count on your help to make your child's season a great one!



# Fundraising and Volunteer Opportunities

**Raffle Ticket Fundraiser:** As part of registration, each family is required to sell one raffle ticket book.

- 20 Tickets
- \$10.00 each

Each family will purchase their raffle ticket book by Thursday, October 19th, 2023. Payment can be made via etransfer [parklandpolobears@gmail.com](mailto:parklandpolobears@gmail.com).

- Once payment is made, you can pick up your raffle ticket book from our Treasurer, Sarah McIsaac
- Draw Date is Tuesday, February 13th, 2024

# Fundraising and Volunteer Opportunities

**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

**Liquor Store Fundraisers:** The Beer Shak (4 Spruce Ridge Drive), and Liquor on McLeod (300-700 McLeod Ave) offers are back again this year! When you make a purchase just mention **Parkland Polo Bears** and 10% of your purchase amount goes to the club.

# Fundraising and Volunteer Opportunities

Including but not limited to:

- **Laps for Loonies** (Nov 23, 2023)
  - Counting Laps Swam – 2.5 hours 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



# Apparel



We do our best to match your colors to our printers! Colors may appear differently onscreen. Please let your salesperson know if you have PMS colors OR descriptions of your colors that we must match - i.e. PMS 201 or 'maroon' Thank you!



## SAMPLE GRAPHICS

Our sizing kits are on the way and as such, the order deadline is TBA.

# Apparel



**Show your Polo Bear pride with a selection of shirts, hoodies and more!**

**Adult and Youth sizes are available**

**Watch your email for the online ordering information details!**



# Club Communication



is	<ul style="list-style-type: none"><li>-Advertising</li><li>-Shout Outs from Tournaments and Games</li></ul>
is not	<ul style="list-style-type: none"><li>-Practice/Game Reminders</li><li>-Information about upcoming events</li></ul>