



# 17U NCL for 2023-24

## Additional Information plus Presentations from March 19 and June 7 Meetings

June 10, 2023

Please find below additional information including the slide show from the 17U NCL Meetings held on March 19, 2023 and June 7, 2023.

You can also find this information on the website.

<https://www.vortexwaterpolo.ca/content/17u-ncl-2023-24>

## COACHES

Coaches Brenden Jamieson and Julian Del Campo will be the head coaches of their respective teams.

We are currently recruiting experienced coaches who have National Team, NCAA and/or Professional Water Polo experience. We are also expecting our team of coaches to have a strong international flair next season.

Because Water Polo is a small sport, we do not have a large pool of qualified and experienced coaches to draw on from Winnipeg. Unlike other sports like Hockey or Basketball which have hundreds of coaches, we have less than ten individuals to recruit for the NCL level.

We look forward to confirming our coaching roster for the 17U NCL teams in the next few weeks.

## COST

Below is the estimated cost breakdown of an athlete playing in 17U NCL with Vortex Water Polo in 2023-24.

Estimated 17U NCL Cost per Athlete for 2023-24 Season	
Program/Training Fee	\$ 2,220.00
17U NCL	\$ 4,500.00
Team Uniform	\$ 200.00
MWPA & WPC Membership Fee	\$ 90.00
<b>TOTAL</b>	<b>\$ 7,010.00</b>

## **Program/Training Fee**

This cost covers the training and practices which include pool rentals, equipment, coaches and local league play with Vortex Water Polo. Training would be a very similar schedule to this past season for the 17U-19U Competitive programs where they practice 5x/week (some weeks are less because of conflicts with pool events or our own travel to competitions/camps).

Our expectation is to keep this fee the same as the 2022-23 season but I have just received a notice from the City of Winnipeg that pool rental fees are being increased by 3.2% starting in July 2023 which could impact our ability to hold this fee at its current level.

## **17U NCL**

This is an estimate of the cost per athlete. The fee includes the cost of entering a team, travel to the various locations and covers the expenses of the coaches and chaperones. A lot about this fee is unknown right now as we do not have dates and locations for next season or the team entry fee. We are expecting to travel to five different weekends for games plus an additional weekend if we qualify for 17U Finals which is not budgeted in the fee at this time.

## **Team Uniform**

All teams in the NCL must wear a team uniform when at the pool for games. The starting point of our team uniform would be a club t-shirt, team swimsuit and black shorts. If we want to go beyond this minimum standard we can but the cost will be closer to the \$200 range.

Items like team jackets and other clothing items could be considered.

## **MWPA & WPC Membership Fee**

All athletes are required to have a Manitoba Water Polo and Water Polo Canada competitive annual membership. This past season it was \$90 for a competitive athlete but like a lot of things this may increase.

## **What is Not Included**

The cost of attending other competitions and/or training camps.

## **Team Managers**

A volunteer team manager for each team will be needed for 17U NCL. The team manager will act as a liaison between parents and the coaches/board. They will assist the Technical Director and the Head Coaches in delivering the 17U NCL program where appropriate. Examples are handing out team uniforms, booking travel and recruiting additional volunteers.

## **Past Presentations**

On the following pages are the presentations from the March 19 and June 7 meetings.

## Questions and Comments

New information will be distributed to the families via email. Future meetings will be held so please expect our next one near the end of June.

In the meantime, if you have questions or comments please reach out via email.

**Michael Reid, Technical Director**

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**Brenden Jamieson, Women's Head Coach**

[womensheadcoach@vortexwaterpolo.ca](mailto:womensheadcoach@vortexwaterpolo.ca)

**Julian Del Campo, Men's Head Coach**

[mensheadcoach@vortexwaterpolo.ca](mailto:mensheadcoach@vortexwaterpolo.ca)



## 17U NCL 2023-24 Info Meeting March 19, 2023

Michael Reid, Technical Director  
Brenden Jamieson, Women's Head Coach  
Julian Del Campo, Men's Head Coach



**VORTEX**

**AGENDA**

- ☑ Purpose of Meeting
- ☑ About the National Championship League (NCL)
- ☑ Why?
- ☑ Coaches Plan for Next Season
- ☑ Athlete Standards
- ☑ Athlete Commitment
- ☑ Program Cost
- ☑ Committee to Manage Travel
- ☑ What's Next
- ☑ Question Period



**VORTEX**

### Purpose of Meeting

- To provide some initial information about the coaches intentions to enter 17U Girls and Boys teams into the National Championship League (NCL).
- Gather support
- Recruit athletes and volunteers
- Network parents



**VORTEX**

### About the NCL (1)

- NCL started in 2014
- Operated by Water Polo Canada
- <https://www.waterpolo.ca/content/ncl-overview>
- 17U NCL runs from **November to May**
- Features a format of separate event weekends
- The country is split into Western and Eastern conferences
- Conference Championship serve as the qualification for the 17U National Finals weekend with the top four teams from each Conference qualifying hosted in May.



**VORTEX**

### About the NCL (2)

- Expect 5 weekends plus National Finals (if we qualify)
- 4 Regular Season Weekends + Western Championships
- 17U NCL 2023-24 is for athletes born in **2007-2010**



**VORTEX**

### Why Join the NCL?

- Highest level of play in Canada
- Exposure to National Teams
- Being part of a competitive team
- Staggered and lengthy competition season develops athletes, coaches & referees at all levels of play
- Similar competition models to other team sports
- Marketing to potential sponsors





## Coaches Plan for Next Season 17U's

- This year we had **8 girls** and **9 boys** play 17U NCL with other clubs.
- We want to capitalize on these athletes' experience and enter our Vortex teams.
- Season will start in last week of August with a training camp & team building.
- Athletes should expect to train 5x/wk plus local games and some other competitions
- Our goal is to have a roster of 12-15+ athletes per team
- For most weekends we would travel with 12 athletes.



## Athlete Standards (1)

- Playing in the NCL is the highest level of Water Polo in Canada
- Athletes need to have a base level of fitness and skill to play at this level.
- Coaches are **developing** some baseline standards which all athletes should meet prior to the start of the 2023-24 NCL Season.
- Reminder these are baselines.



## Athlete Standards (2)

### Currently Under Review by the Coaches

#### 100 yards Free

- Boys under 1:15; Girls under 1:20

#### Swim Skills

- Eggbeater, Bicycle Slide, Whip Kick, Flutter Kick, Spider, Trudgeon

#### Tempo Dry Passing

- 3 x 5 in a row while maintaining good body position
- Straight on, 2 & 4 Positions (5 at each position)

#### Throw for Distance

- Boys = 20m; Girls = 15m



## Athlete/Family Commitment

- In order to participate in the NCL, **we need 100% commitment** from the athletes and families.
- Once in the league, **we must attend all of the weekends.**
- We cannot pick and choose when we want to attend.
- Expectation is that athletes who are on the team **attend every weekend** of games, however if we have a large roster it may be possible to rotate players in the interest of managing cost.
- Without this level of commitment, we cannot move forward with a team.
- If your athlete is serious about playing NCL we would recommend factoring this into your family trip planning.



## 17U NCL Cost

- Estimated at **\$4500/athlete\*** + Training + Team Uniform
- Travel Cost will be a big determinant of our final cost.
- Locations and dates are TBC and usually are not published until late August.
- We can investigate hosting a weekend which would lower cost but greatly increase the demand on volunteers.
- If we hosted, every parent of a team member would need to be available for the entire event weekend.
- **\*does not include National Finals (qualification required)**



## Ways to Lower Cost

- Fundraising and Sponsorship (parent/volunteer led)
- Book Travel early
- Chaperones preparing food on trips instead of relying 100% on Restaurants (e.g. make your own sandwiches + fresh fruit and vegetables)
- Full Roster of either 12 or 15 athletes
- Chaperones and Coaches share rooms



- Competing in the NCL requires a significant financial, athlete and volunteer commitment.
- A volunteer committee of parents will be required to manage the travel (e.g. booking airfare) and come on the trips as chaperones.
- The MWPA has stated that beginning with the upcoming season, travelling teams will require two chaperones per team, who cannot simultaneously serve as coaches.



- In the next few weeks ...
- The club will be collecting deposits from athletes to confirm their intention to participate in the 17U NCL.
- If we have more than 15 athletes register, the coaches will make a selection for each weekend of games. This will happen in the Fall.
- Very possible that some athletes could be placed on a rotation.
- All athletes who register need to do so with the expectation and intention of attending every weekend of games.



Open Floor for Questions and Comments



Thank You





## 17U NCL 2023-24 Update Meeting June 7, 2023

Michael Reid, Technical Director  
Brenden Jamieson, Women's Head Coach  
Julian Del Campo, Men's Head Coach



## AGENDA

- ☑ Purpose of Update Meeting
- ☑ Registration Update
- ☑ Answers to Questions
- ☑ Open Floor/Question Period



## Purpose of Update Meeting

- To provide a registration update
- Further Recruit athletes and volunteers
- Network parents
- Answer Questions



## Registration Update

Boys = 10      Girls = 9



## Playing Time Philosophy

Will there be fair play for NCL Team or are we intending on going to win?

Are all parents and athletes informed of this?

Basics, everyone who comes on a trip will play but this does not mean equal playing time.



## Coaches

Who will be the coaches for the 17U NCL Teams?

Boys - Julian

Girls - Pizey



Will goalies get proper training with specific goalie coaching?

We have a few coaches lined up to specifically work with goalies who have National Team playing or coaching experience.

Bottom line is Goalies will have specific training for their position.



What are the policies and procedures for the athletes who do not abide by the rules (curfews, respect for coaching etc)?

Breaches of the code of conduct or team rules while away on a trip can result in the athlete being suspended from games or sent home early.



Coaches also have a code of conduct.

Policies and Procedures are from a combination of the club, MWPA and WPC.

<https://www.vortexwaterpolo.ca/content/constitution-bylaws-and-policies>

[https://www.manitobawaterpolo.com/\\_files/ugd/6e0ac8\\_90df5ed6790845489a1c0c7bff725dfe.pdf](https://www.manitobawaterpolo.com/_files/ugd/6e0ac8_90df5ed6790845489a1c0c7bff725dfe.pdf)

<https://www.waterpolo.ca/content/ncl-handbook-and-guides>

<https://www.waterpolo.ca/content/policies-and-bylaws>



Some parents have requested more meetings and information.

More meetings can be arranged.

We always suggest to reach out to the coaches and/or technical director if you have questions that don't seem to be answered from the information provided.



Individual Teams can fundraise.

There are two categories of fundraising right now in the club.

1. **Individual** - what ever an athlete raises goes only to them.
2. **Club Fundraiser** - special fundraiser which is used to support the overall operation and activities of the club.

This year, we only ran Individual Fundraising opportunities.



Each trip is planned to break even.

Any surplus on trips are provided back to the families in form of an account credit.

Trip Budgets can be shared with parents.





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Open Floor for Questions and Comments



Thank You

