

Titans Water Polo Executive Team Monday, November 14, 2005

On-deck classroom, Nepean Sportsplex

Present: Pierre Tremblay, President
Ed Sennema, Finance Director
Doug Hodgson, Treasurer
Hurd Stein, Competitive Program Director
Nicole Le Saux, Special Events Director
Paul Massel, Facilities Director
Cathie English, ILWP Director
Debbie Wilson, Registrar

Call to order at 8:05 p.m.

1. Review of Agenda

2. Reports

President

1. Use of Parc Jean-Drapeau pool facilities

Information/Discussion: Pierre reported that all clubs were solicited for input as to potential use of Parc Jean-Drapeau's pool facilities. No special needs were identified.

Registrar

Information/Discussion: The Registrar's report was submitted by email and is appended.

1. New report of Provincial and National tournaments

Information/Discussion: With tournament season soon upon us, it is important for the Executive to have a clear view of our participations in Provincial and National tournaments.

Action: Deb to product a report that lists all the Provincial and National tournaments to which the Titans will participate and for each tournament, indicate the deadline for confirming our attendance and the deadline for submitting our final rosters. This report will also be used to track when/whether we have met these deadlines.

2. Registration without PIPEDA

Information/Discussion: Some ILWP families have refused to sign the PIPEDA forms. Without these forms, the Registrar cannot register their children in the database.

Action: Deb to draft an email to be sent to subject families to explain the purpose of the PIPEDA forms. Deb to confirm with OWPA whether athletes not entered into the database are still covered by the liability insurance.

Action: Deanna to incorporate the PIPEDA into the registration packages

2. Transfer Requests

Information/Discussion: The club was formally asked for permission to transfer Marc Antoine Tanguay, Stefan Pavicevic, Phil Sonea, Andrew Sonea and Christian Sennema to the Hull club. No request yet for Robert Kalwarosky and Amsden De Sousa Burr.

Action: Deb to register Marc Antoine, Robert, Phil and Stefan as volunteers for the Titans.

Competitive Program Director

1. Participation in Winter Games

Information/Discussion: The Executive approved the Team rosters and would like to thank Sue Sidebottom and Sharon Lapins who have agreed to be the Team Managers for this event.

2. Older Athletes Task Force update

Information/Discussion: The Task Force held its first meeting. They currently favour a structure that would have the local water polo organizations (Titans, Hull, U of Ottawa, Carleton U) join forces and sponsor the formation of a new entity that would oversee the development and deployment of water polo programs aimed at players of all skill levels aged 17 years and older.

Head Coach Report

Information/Discussion: The Head Coach's report was submitted by email and is appended.

Finance Director

1. Break Even and Cash Flow report

Information/Discussion: This report should be available at the next Executive meeting.

2. New Swimsuit Update

Information/Discussion: The swimsuits have been ordered and we are hoping to receive a shipment before Christmas.

3. Commitment to Team Accommodations

Information/Discussion: Ed is still reviewing the contract in order to determine if the Titans should commit more formally to this program.

Treasurer

I Love Water Polo

1. Threshold for cancelling ILWP pools

Information/Discussion: SJCC and Sawmill Creek have a very low enrollment rate. If we cannot ensure at least 12 members at each of these pools for the Winter session, the Executive will consider cancelling the program at these pools.

Decision: A final decision will be made in mid-December based on the latest registration numbers.

Special Events

1. Titans Cup

Information/Discussion: Joe Luciano has volunteered to be the tournament director. Thank you Joe!

2. Christmas Camp

Information/Discussion: The proposed budget was reviewed and some comments were sent back to the Camp Coordinator for update. The boys' camp will be run by Jerry Tesanovic and Joel Primeau. The girls' camp will be managed by David Hart and the Junior Women's National Team.

3. Cadet Invitational Tournament

Information/Discussion: The proposed budget was reviewed and some comments were sent back to the Camp Coordinator for update.

Communications

Facilities

1. Wall Space at the Sportsplex

Information/Discussion: Paul confirmed that the Titans are allowed to use the Sportsplex walls to post advertisement during ILWP and tournaments. All signs must be removed immediately following the completion of such events.

Adjourn: 10:05 p.m.

Next Meeting: TBD

Items to be brought forward

1. **(BF – November 05)** Shot clocks need to be repaired
2. **(BF - January 2006)** Organize a session on bullying for members of the competitive program
3. **(BF – January 2006) Organize sessions on drug use.**

David Hart ^ Report to Titans Executive ^ 2005-11-14

Athlete Recruitment and Team Rosters

On-going recruitment for the Academy.
 Two new boys signed up.
 One-two more potential.
 Two new girls expressing interest.

Coach overview

Contracts completed and handed to Doug.

GAME DAY mentoring continues with 5 sessions done.

ILWP mentoring launched last week with visits to Pinecrest, SJCC and Brewer.

First Competitive Coach Seminar scheduled for Nov 20.

Training Program

Enhanced older training sessions on Fridays having only modest support.
 I am recommending to OPEN these enhanced sessions to both Academy and Older Athletes on Fridays otherwise it is not worth the investment.

Goalie Training documents were prepared and sent to all team coaches.

Christmas Camps were adjusted:
 Boys Camp Dec 27-29
 Girls Camp Jan 2-4 (run by the Jr National Team)

Training suggestions have been given to ILWP coaches based on my visits - this process will continue this week as more visits are planned.

Sample of David's feedback

Congratulations on last night's practice.
 I thought you did a very nice job with the kids.
 I observed your practice in its 3 Parts.

I would like to offer you some observations and suggestions which could help you.

I did like the 3 Part approach to your practice and the stations you created each with a coach.
 There was still some lost time in the transitions between Part 1 and 2 and also between Part 2 and 3 because of the need to organize into groups for stations (and then teams to scrimmage) and to take out the lane ropes.

I feel you could have run the same 3 part workout in another way.

Here is my suggestion.

When the kids arrive at the pool. Assign them right away to the groups that will work together that night.
 Also have the caps put on so they are ready to go for the scrimmage.

While one coach is explaining the practice ...the other 2 coaches remove the 2 inside lane ropes (i.e. leave the 2 outer lane ropes in the water. Set up the 2 nets right while this chat is happening.

Warm-up starts and the kids swim in lines (3 lines) corresponding to the 3 groups for stations. One coach continues to run this WU and to provide corrections to the swim strokes. I really do not recommend general swimming without formation as a warm up procedure. I want you to be interactive with the kids during the warm-up and to use this time for correction.

Assuming you allotted 10 minutes for the warm-up I would then go immediately into stations. There would be 3 main stations. Station 1 involves the whole middle section of the pool which has been created by leaving the 2 outer lane ropes in the water. This section can be used for scrimmage or shooting at both ends. I would use drill formations which require the kids to go end to end to combine both swimming and shooting. If you choose the play then you can referee the scrimmage while the other 2 stations are running.

Station 2 would be that section of the pool at the side of the pool closest to the stands which is created by the lane rope. This station would be the swim set station and you would run the same kind of swim set that you included in your workout except that you would now have 6 or 7 kids swimming this set while the others are active in other stations.

Station 3 would be that section of the pool at the side of the pool farthest from the stands which is created by the lane rope. This station would involve passing in the deep end in 2s focusing on good leg work, picking up the ball properly from underneath and good basic position. You ran a station asking the kids to do legwork. While this was ok it would be better to use my approach and to combine the legwork with handling of the ball. Station 3 could also have the 2 rebounders set up in middle pool and asking some kids to practice passing and catching using this equipment. The shallow section of the pool in this section could be used for the swimming ballhandling exercises you used.

Let's look at how the practice could run using this approach.

10 minutes warm up in 3 lines.

6 x 12 minutes station rotations (each of the 3 groups runs through the 3 stations twice)

There will be about 8 minutes transitional time lost providing you have set up the groups and organized the pool as I explained above.

The content of the stations would be:

3 x 12 minute rotation

Station 1 - end to end swimming with ball practicing various ballhandling swimming skills and taking a shot at each end when you arrive working on horizontal shooting (ie push shot) in the shallow end and basic forehand shot in the deep end.

Station 2 - swim set 2 x 5 minutes continuous with 1-2 minute rest between swims

Station 3 - passing in 2's (and some passing and catching with rebounder)

Next 3 x 12 minute rotation

Station 1 - Scrimmage

Station 2 - swim set 2 x 5 minutes continuous except now performing the swim sets with a ball.....with 1-2 minute rest between swims

Station 3 - more passing and catching skills

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The advantage of this approach is that all kids get more actual time for passing, shooting, handling the ball, being active in play situation.

There is almost no time where kids are "waiting to do something" as they were in your practice during scrimmage and the shooting exercise (2 players swim pass catch and shoot).

As well there is almost no lost time in setting up equipment and groups.

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You do not have to use this approach all the time but I think for variety it would allow you to be more effective and give the kids more active time in the water.

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A variation on the above on a night where you would like to play a bit more?

Leave only one lane rope in as you did last night and create 3 teams (groups).

One groups swims for 12 minutes (as above) while the other 2 teams play.

This way each group gets 2 quarters of play and 1 quarter of swim and all kids are active (and "not waiting to do something").

I also suggest that you play sometimes in smaller groups (ie 4 vs 4) so there is more swimming (ie players cannot just stay in one part of the pool as some of the kids did last night).....smaller groups for scrimmage allows also more time for each kid to play some kind of role in the action. When you play 7 vs 7 there are always kids sitting around watching the action near the ball. That is reality of course for competitive level kids (ie Academy) however and this is a big however.....they have 4 or 5 sessions per week while the ILWP kids only have 1 practice per week and then game night where their actual play time is not that high.

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Cheers
David

Titans Water Polo
Registrar's Report as of November 14th, 2005
Submitted by Deb Wilson, Registrar

Current Registration Status

Academy	59	Returning	New	Total
Nessies		2	14	16
Dolphins		12	3	15
Barracudas		3	10	13
Sharks		15		15
Cadet	35			
Girls		16		16
Boys		15	4	19
Youth	11			
Girls		8		8
Boys		3		3
Totals	105	74	31	

Notes About Registration

1. Two new ILWP athletes have joined the Barracudas. One more still considering.
2. There were 103 competitive members registered last year. Since we have 74 returning athletes, then 29 have not returned this year.
3. 7 of our previous members have joined the Hull team.
4. All competitive athletes are registered in the WPC database.
5. Cannot enter new parent volunteers into the WPC database because there is an error on the web page – have notified OWPA.
6. Currently entering ILWP data. Many participants do not have PIPEDA forms (29 out of 137 total). Only one of these is a refusal. Some conflicting information received from OWPA on how to handle this.
7. Still missing some forms from coaches. Missing forms are marked with an X in the table below. Coaches not on this list have been registered in the WPC database,

Coach	OWPA Membership	Coaching code of conduct
Jerry Tesanovic	X	X
Blake Christie	X	
Robert Tarnoczy	X	X
Pierre Fiset	X	
Tristan Nuyens	X	