



# Titans News Waves



Number 10, November 2005

## Calendar

Oct. 29	<i>Montreal Metro League, Bantam Division, CAEM</i> Dolphins, Barracudas, Nessies
Oct. 30	<i>Montreal Metro League – Cadet Division, CAEM</i> Sharks, Cadet Girls Premnas & Dragonets
Nov. 4-6	<i>Hull Bantam Invitational, CEGEP</i> Sharks, Barracudas, Dolphins
Nov. 4-6	<i>Andrew Watson Invitational, Guelph</i> Youth/Cadet Girls
Nov. 20	<i>Coaching Seminar: Counter-Attack Concepts, Step-by-Step Development</i> 5:30-7:30 p.m., Nepean Sportsplex
Nov. 26	<i>Montreal Metro League – Cadet Division, CAEM</i> Cadet Girls Premnas & Dragonets, Sharks, Dolphins?
Nov. 27	<i>Montreal Metro League – Bantam, LEM</i> Nessies, Barracudas, Dolphins?
December 4	<i>Equipment Sale</i> 6:30-9:30 p.m., Nepean Sportsplex
Dec. 9-11	<i>Laval Cadet Invitational</i> Cadet Girls?
Dec. 16-18	<i>K-W Bantam Invitational, Waterloo</i> Sharks, Dolphins, Barracudas, Nessies
Jan. 2-6, 2006	<i>Junior National Women's Team Camp, Carleton University</i>

Please consult the Titans' web site calendar for regular team practice times and Saturday Game Day activities.

The Ottawa Water Polo League (OWPL) game schedule and results are also posted at our web site.

## News and Notices

### *Attention Water Polo Officials (and hopefuls)*

Do you have at least a regional referee certification? Are you interested in pursuing referee certification?

Todd Bealor, the Ontario Eastern Regional Officials Coordinator, is creating an inventory of officials, and those aspiring to be officials, in the Ottawa area. Write to him at: [Todd.Bealor@xwave.com](mailto:Todd.Bealor@xwave.com)

The Titans will soon begin recruiting referees for the Bantam and Cadet Titans Cup tournaments. *Please note:* If you plan to referee at a tournament this season, you **must** be registered as an official with the Ontario Water Polo Association. In most cases, there will be no additional fee, but you must sign the Officials' Responsibilities Agreement. For details and a copy of the Agreement, contact the Titans' Registrar, Deb Wilson: [registrar@titanswaterpolo.ca](mailto:registrar@titanswaterpolo.ca)

### *Post-Script to Summer Shorts Feature*

Titans youth athlete Laura Catana was Most Valuable Goalie and a member of the all-star team at the Youth Cup women's water polo tournament, which took place during the World Aquatic Championships in Montreal in July. Laura was a featured athlete in the October 10 *Ottawa Citizen*.

### *OWPA Web Site Revival*

The Ontario Water Polo Association has re-designed its web site and is beginning to fill it with 2005-06 content. The notice currently posted at the home page promises that all the links and features should be working within a couple of weeks. This site is an important source of



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Number 10, November 2005

information about programs and upcoming events. Keep an eye on: [www.ontariowaterpolo.ca](http://www.ontariowaterpolo.ca)

## Montreal Metro League Results

Contributors: Sue Sidebottom, Alka Steenkamer, Christine Taschereau, Penny Stein

Here is how our Academy teams fared at the Montreal Metro League, Bantam Division, on October 29.

Dolphins	1	DDO 1	10
Barracudas	4	DDO 2	7
Nessies	0	CAMO	16
Dolphins	9	DDO 2	9
Barracudas	1	CAMO	6
Nessies	1	DDO 1	14
Dolphins	6	CAMO	6

The Academy Sharks did well in the Cadet division on October 30.

Sharks	6	DDO 3	7
Sharks	8	Hydres	6

Titans Cadet girls participated as Dragonets and Premnas (balanced rosters).

Dragonets	7	DDO 4	10
Premnas	3	LEM	6
Dragonets	3	DDO 3	8
Premnas	10	Schubert	7

## Bottled-Up Frustrations

Contributor: Carolyn McGill

Playing water polo, and cheering on your favourite water polo team, are both thirsty work. It's obvious that a lot of people understand how important it is to stay hydrated – at every tournament we find ourselves shuffling through 500 ml. plastic bottles on deck and in the stands. Many are abandoned while still half or more full.

Perhaps you always throw your water bottle in the recycling bin. But do you know that, for every

bottle of water sold, ten times as much water is destroyed from where it was mined?

Plastic bottles that are not recycled properly leach dioxins into our groundwater. Closer to home, disposable grade plastics can break down, especially in warm conditions, and contaminate your bottled water before you drink it.

The solution is so simple! Buy yourself a high quality plastic, refillable bottle and fill it at home. There are lots of functional and attractive styles on the market these days.

## Water Polo on the Web

Do you think blueberries can create better water polo players?

The UCLA women's water polo team knows so. "Krikorian [the team coach] has used the blueberries to improve his players' leg, core, and upper body strength by having his players pass and catch [the blueberries] above their heads while in the water."

This does sound like a good workout, once you know that "blueberry" is a nickname for a blue 14-pound medicine ball.

The UCLA Daily Bruin article entitled *Practice, not competition, keeps water polo sharp* describes the team's tough workouts and includes a good explanation of the drowning and dunking exercises which you may have seen at Titans' practices.

"By far our best competition is ourselves," says one UCLA athlete. "We go for it every single practice. We're as good as our last player and because of that our practices are so intense."

Find the entire article ... good pictures too... at: <http://www.dailybruin.ucla.edu/news/articles.asp?ID=32796>

*Have you seen an interesting water polo item while web browsing? Please share! Write to Carolyn: [communications@titanswaterpolo.ca](mailto:communications@titanswaterpolo.ca)*



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## Executive Corner

### *Volunteers Needed*

Special Events Director Nicole Le Saux has begun to recruit volunteers to work on the 2006 Bantam and Cadet Titans Cup tournaments (January 27-29 and February 3-5 respectively). It is traditional for everyone in the club to pull together to make our visitors feel welcome and make everything run smoothly at our club's signature events. There are tournament jobs for every level of commitment. If you are very organized and energetic, you could be an event coordinator, or perhaps run the hospitality room. We need many more people to take 2-game shifts as minor officials (secretary, game clock, shot clock). Not to worry if this is your first time! The skills are easy to pick up, and there will be a minor officials clinic at an ILWP League Night in January. This is a great opportunity to meet new friends and learn more about water polo! For more information, contact Nicole: [events@titanswaterpolo.ca](mailto:events@titanswaterpolo.ca)

The Titans are also looking for people to fill out our fundraising and newsletter/media teams.

Want to talk time and talent (meaning yours)? Contact Pierre: [President@titanswaterpolo.ca](mailto:President@titanswaterpolo.ca)

### *Rebates from Loblaws Program*

Families who buy more than the required \$6000 worth of Loblaws gift certificates for the season are entitled to a rebate equal to 4% of their over-contribution.

This season your rebate will go into a family account and you will receive one refund cheque for the total amount at the end of the season.

The club finance team asks for members' understanding: this is the most cost-effective way to manage this club fundraising program.

### *Seeking Feedback on 2005 Provincial Teams*

Did your son or daughter participate on an Ontario provincial team last season? Carolyn McGill is collecting feedback from Titans members for a submission to the OWPA.

Your feedback can be freeform, or Carolyn can provide a simple questionnaire for you to complete. It's important that you indicate which program (girls or boys; bantam or youth; Youth Cup or European trip) and whether the feedback is from a parent, athlete or coach. Carolyn is: [communications@titanswaterpolo.ca](mailto:communications@titanswaterpolo.ca)



*Character from the next Wallace and Gromit feature, All Wet!*

*(Just kidding! This is "Walter Paolo" from waterpoloschool.com But he does look ready for claymation stardom.)*

## Credits

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Editor: Carolyn McGill

*Deadline for the next issue: November 28, 2005*