



# Titans News Waves



Number 2, December 2004

We're well into our competitive season and this edition is full of reports and news. I hope you find it interesting.

Your submissions are always welcome. Nous invitons les soumissions en français. Send to Carolyn: [communications@titanswaterpolo.ca](mailto:communications@titanswaterpolo.ca)

*Deadline for the next issue: December 31*

## Calendar of Events

Dec. 4	<i>Titans Girls House League, U. of Ottawa</i> 12-1 p.m.–Hurricane vs Tsunami 1-2 p.m.–Poseidon vs Aquarius
Dec. 4	<i>Equipment Sale, U. of Ottawa,</i> 11:30 a.m-2:30 p.m.
Dec. 5	<i>Equipment Sale, Carleton U.,</i> 8:30-11:30 a.m.
Dec. 10-12	<i>Laval tournament, Cadet Girls</i>
Dec. 12	<i>Equipment Sale, Sportsplex,</i> 6:30-8:30 p.m.
Dec. 17-19	<i>K-W Bantam Winter Classic,</i> Dolphins, Sharks, Barracudas, Nessies
Dec. 28-30	<i>Titans Holiday Camp</i>
Jan. 7-9	<i>Team Ontario Youth and Bantam</i> <i>Camps in Ottawa</i>
Jan. 21-23	<i>LSCDN Cadet Invitational, Cadet</i> <i>Boys and Girls</i>
Jan. 28-30	<i>Titans Cup Bantam Co-ed,</i> Nepean Sportsplex, Dolphins, Sharks, Barracudas, Nessies
Jan. 28-30	<i>Ontario Junior Provincials,</i> Etobicoke, Titans Youth Girls

## News and Notices

### *Titans Cup 2005 – Call for Volunteers*

Titans Water Polo hosts the seventh annual Titans Cup, an invitational tournament for Academy level players, January 28-30 at the Sportsplex. The competitive division is already full, with ten teams entered. Please help us make this event a success.

There are various jobs to be done before and during the tournament, and you can select one that fits your time and talents. Contact Volunteer Coordinator Adrian Steenkamer: [atsteenkamer@rogers.com](mailto:atsteenkamer@rogers.com)

### *Fall/Winter 'I Love Water Polo' Session*

Registration is now underway for the next session of ILWP, the Titans' recreational program offered at 8 city pools. Do you know any kids ages 8-12 who might be interested? Please have them contact Deanna Barry at 741-1224 or [INFO@titanswaterpolo.ca](mailto:INFO@titanswaterpolo.ca). Free Introductory Clinics are available. There is a new 9<sup>th</sup> ILWP team at Walter Baker on Wednesday evenings, starting in January. Word of mouth is our best recruitment tool. Help us to fill the program by referring a friend!

### *Holiday Camp*

All Titans athletes – ILWP and all levels of the competitive program – are invited to participate in our Holiday Camp, December 28-30 at the Nepean Sportsplex pool. Spaces are limited, so don't delay! Contact Deanna: [INFO@titanswaterpolo.ca](mailto:INFO@titanswaterpolo.ca) to obtain a registration form. Information is also available at the News area of the Titans' web-site.

### *Carleton U. Ravens Win OUA Silver and Bronze*

Cadet Boys coach Blake Christie was in the water with the Carleton U. Ravens at the Ontario University Athletics water polo finals November 27 and 28. A large gallery of Titans' members cheered Blake on as he led his team with four goals in the gold medal game against U. of Toronto. It was a close, hard-fought game and the Ravens had the OUA title in sight until very late in the second overtime period, when U. of T. scored to seal their 11-10 win. Still, this is the first time Carleton has ever medalled in men's water polo. So congratulations! And to Carleton water polo women as well – Nessies coach Kasia Hart and her team-mates dominated Queen's to win bronze medals. Both men's and women's water polo Ravens are bolstered by a number of former Titans.



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## *Get Well Soon!*

Andrew DiPerna fractured a bone in his hand during an impromptu gymnastics display at school recess. But he's still swimming and expects to be fully recovered in time to be a force for the Barracudas during the Kitchener-Waterloo Bantam Classic.

## *CJOH Athlete of the Week*

Cadet Paul Des Brisay was recently featured as a young person who successfully combines academics and athletic activities. Looking good, Paul!

## **Tournament Reports**

### *Andrew Watson Memorial, November 5-7*

Contributor: Peter Sonea

The Titans youth girls played a great first game, defeating the U. of Guelph Gryphons by the one-sided score of 15-3. Next, they faced the surprisingly tough and close-checking DDO II team. Our girls played a spirited game, reducing a four-goal gap to two when time ran out. Final score: 7-5. These results secured second place in the girls' initial grouping. The Titans girls went on to face the second-place teams in the other two divisions, with unfortunately no chance of medalling. Saturday evening's game against the very strong offence of the K-W girls team was a clean, exciting, well-played game that was closer than the score of 6-3 for K-W would suggest. Sunday morning, the Titans started strong, and played solidly for the complete game against the U. of Ottawa Gee-Gees, a familiar opponent, winning 9-5. Overall, the weekend was a strong start to what looks like a very promising season for this team!

The Titans boys dominated in their first game against Hamilton, winning 11-3. The boys secured first place in their division with a 22-10 victory over the U. of Guelph Gryphons. The afternoon game against K-W was expected to be a close one, but Jerry's game-plan shut down the K-W offence, and the Titans posted an easy 18-7 victory. Unusual calls led to a very playful second half, where neither team seemed too

concerned about the final outcome. No one got hurt as players regularly swam over each other. The boys' last game was against DDO I, a strong team made up of mostly second-year youth players. DDO dominated the game with close pressing, quick and accurate passing, and well-executed counter-attacks. Most of the Titans played a spirited game despite the overwhelming opposition, with a 12-4 end result in DDO's favour. Still, solid victories and winning the silver medal made for a very nice start to the season for this mixed Youth/Cadet team! Our boys proved they can successfully compete in this age group against bigger and more experienced teams.

### *Hull Bantam Co-ed Invitational, November 5-7*

Contributors: Sharon Lapins and Christine Taschereau

The Hull tournament was a great team building experience for the Sharks. For the first time this season the team faced a true competitive situation and put into practice the various skills and techniques Coach David Hart has been teaching since September.

Over the course of the weekend, from the defeat against Hull on Friday night to the final win against Laval on Sunday afternoon, there was a marked progression in every player's team tactics and position game. John Conway and Boris Misljencevic were great contributors to the overall, effort with 14 and 12 goals each. But every Shark should be proud of his contribution. Only good things can be in the future of a team with such depth.

The Dolphins entered their first tournament of the season with determination and a strong team spirit! With David's objectives for the weekend clearly stated, there was an immediate focus on team tactics, working on individual offensive and defensive techniques, as well as assessing the girls' progress so far this year.

In their first game, the Dolphins were defeated 13-2 by CAEM, a tough opponent. Not about to let this dampen their spirits, they returned the



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following day for game #2, taking an 11-1 win over DDO's boys. Just two hours later, the girls were back in the pool facing Laval. Working hard as a team, the Dolphins won 7-4. Although the focus for this tournament was not on winning, there were a lot of smiling faces at the end of the game.

On Sunday, the Dolphins played two games, losing 7-3 to K-W and 15-3 to Scarborough. Despite these losses, it was evident to all observers that our girls have improved considerably and the year ahead looks exciting. Great job, Dolphins!

A special thanks to David Hart for doing an amazing job of coaching the Sharks and Dolphins in several back-to-back games over the weekend. Even though you make it look easy, David, we know it's exhausting and we appreciate it.

## *K-W Cadet Winter Classic, November 19-21*

Contributors: Chris Powell and Blake Christie

Coach Rob Tarnoczy explained to the Cadet Girls that the goal in this invitational tournament was lots of playing time for all players to give all the girls a chance to learn and to develop. This meant that some game results were not optimum for our team, but much was gained by this strategy. Even as each game was played, we spectators could see improvements. It was also informative to see what other teams are like this year in terms of competition.

The weekend was also a success as the girls seemed to all get along quite well. There was a lot of laughing and team bonding, which was very positive, as some of the girls are new to the group and this allowed them to get to know each other. They seemed to be having a great time throughout the weekend.

### *Results:*

Game 1: Ottawa 6, Hamilton 3

Game 2: York 6, Ottawa 5

Game 3: Ottawa 5, DDOII 2

Game 4: York 5, Ottawa 2 (bronze medal game)

Lillian Burr was high scorer for the Titans with 7 goals over the weekend.

The primary focus for the Titans Cadet Boys was for every team member to experience different types of game situations, and different combinations of teammates.

We used a tight check system of defense. In the last game we limited the other team's chances to maybe one per quarter. We need to improve on conditioning, passing and movement on offense. Against teams like CAMO and DDO, mistakes are magnified because of their ability to capitalize on them.

A very positive aspect of this weekend was team bonding. We had a lot of down time and chaperones Heather and Scott made sure the guys had a great time. Even in games we were losing, players didn't get down on each other and never gave up.

At K-W we saw the top teams in eastern Canada and where we stand in relation to them (we are very close). We accomplished our original goal and, most importantly, we had a great time doing it.

### *Results:*

Game 1: Ottawa 28, London 2

Game 2: DDOI 15, Ottawa 9. Our boys looked strong and outscored DDO 5-2 in the final quarter. But this loss put them out of the medals in the three-division elimination system.

Game 3: CAMO 13, Ottawa 6

Game 4: Ottawa 18, DDOII 1

Alex Moggridge, with 17 goals for the weekend, was high scorer in the boys tournament.

## *Montreal Metro League, November 27*

Contributor: Sue Sidebottom

Despite a very early start, everyone seemed ready to roll at 6:30 a.m. and energized for the day. I attribute this to two factors: game day excitement for the kids, and coffee for the adults! With four recent additions, the Nessies now number 15, and we were very happy to have our newest players along on this trip. The



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day was a great opportunity for the girls to get to know each other better, both in and out of the pool. The weather cooperated and we were able to get out to the nearby park for some group games and free time, which everyone seemed to enjoy.

Thanks again to the Barracudas for lending the Nessies a player for each game (Lyle and Maxim R.) to assist us as needed (primarily help for goaltending). It was great to see so many family and extended family members come to the pool to cheer us on! We even had a Titans wave coming from the stands during one of the Nessies' games. Thanks also to Aaron Kennedy for helping us out with coaching and to Tristan for on-deck assistance during the Nessies' games. It was a great team effort all around. Kasia would have loved to join us but she was hard at work with her university team, the Carleton Ravens, who won Bronze in the university championships.

#### *Results:*

Barracudas 21, LEMII 0

Nessies 9, LCDNII 4

Barracudas 5, St-Hyacinthe 0

Nessies 15, LEMII 0

Great work, goalies!

### **Personality of the Month**

**Gabor Csepregi** (*Say CHA-prey-gee*)

Contributor: Carolyn McGill



- At age 18 escaped from Hungary by swimming 11 km. across the Adriatic Sea to Italy
- Came to Canada, learned English and French, and studied while working as a dishwasher.
- Started the first local

water polo club and ultimately a league in Quebec City

#### *As an Athlete*

- Joined the Canadian National team in 1971

- Pan-Am games: 1971 (5<sup>th</sup> place) and 1975 (4<sup>th</sup> place)
- Olympic Games: Munich 1972 (14<sup>th</sup> place), and Montreal 1976 (9<sup>th</sup> place – which stands as a best-ever Olympic finish for Canada in men's water polo)

#### *As a Coach*

- Quebec Provincial coach 1976-77
- National Men's coach from 1977 until 1985. Head coach at 1979 and 1983 Pan Am Games. Bronze medals at both these Games were Canada's first international men's medals.
- Head coach at the 1984 Olympic Games in Los Angeles (10<sup>th</sup> place)

#### *Life Outside of the Pool*

- Ph.D. in philosophy
- President and Regent of Studies, Dominican University College, Ottawa
- 3 children (1 son and 1 daughter play water polo)

The Titans' Gabor Csepregi Award is given to Defensive Male Athlete of the Year.

#### *What was the highlight of your career as an athlete?*

There are two. The 1972 Munich Olympics was a very memorable, unique experience. It was always my dream to go to the Olympic Games. Then, in 1974, we had the Canadian championships here at Carleton University. In our final game my team, Quebec City, lost 6-4 to Hamilton, but I was selected best player of the tournament.

#### *What was your biggest challenge as a coach?*

I would say it was motivating players. Especially when they experience fatigue, or when they lose, the coach has to somehow keep the fire alive.

One response to the challenge is not to panic, but to have a goal. Good coaches have visions and plans. It does not mean we are rigid or inflexible, but you cannot improvise without a structure. Even if we lose, we know we will be able to achieve something the next time.



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*Most people would not associate water polo and philosophy. How have they combined in your life?*

Philosophy is a reflection on some essential questions arising from basic experiences. Puzzlement or wonder leads you to questions. Even during my water polo career, I always had a book with me and was always reading.

I have applied my coaching experience to teaching. Coaches are great educators. The difference is that in coaching, the students are more emotionally involved, and so they are more attentive to certain messages. When, for instance, we have lost two games, and everyone is sad, but we have to win the next game. The coach says, you can win this game if you rely on this ability, if you become more relaxed, if you stick to the game plan. Because of their sadness, players are both more sensitive and more vulnerable. At the university, I never see my students shouting, yelling, crying, being happy or sad, as in sports, so what the teacher says just goes in and out. Emotion can be very positive in the process of learning. It makes the ground much more open, and the learning sticks much better. It's called emotional knowledge.

*Can you compare water polo in Hungary to water polo in Canada?*

In Hungary, water polo has immense popularity. What makes Hungary a great water polo nation is the sport culture. People go to the pool, and they are in touch with Olympic champions and great coaches. There is interaction between older and younger players. It's very inviting for a young person to play water polo, because if they become a good player they will be recognized in society.

Canada needs to develop this sport culture if it would like to win Olympic medals, and not just in water polo. We have to place more value on amateur sport, give it more social recognition, foster more interaction between leaders, parents, coaches, and athletes. In Canada you are almost breathing hockey. The same thing should happen with other sports as well. It's not just a question of money. It's general social recognition for

amateur sport as a very important element in Canadian life. And not just every four years, but continuously and everywhere.

*We're about to go watch your son Zoltan play for the Carleton Ravens. What do you think about when you watch him play?*

I am very proud, because he is better than I was. I'm happy that he is adding something to the sport. I'm also very nervous. Sometimes I have to walk out of the pool because I just can't stand it. It's interesting ... in 1986 I was coaching University of Ottawa. That was my last activity as a coach. We won the OUA final here against McMaster. And tonight the Ravens are playing McMaster. I think it will be good game. I think they will win.

[Note: It was a very tight, exciting game; the Ravens won 11-10; and Gabor stayed to watch the whole game, including the winning goal – scored by Zoltan at 6:42 of the last quarter.]

## **Titans Executive Doings**

Here are some of the items your Executive team members have been discussing recently.

We've approved a policy and procedures for budgeting tournament trips. It will be posted soon in the *Admin* area of the Titans web-site.

The Registrar and Treasurer will collaborate on a review of registration administration procedures, with the objectives of protecting the club by obtaining athlete waivers earlier, and clarifying requirements and deadlines for all concerned.

The Titans are exploring improved relations and communications with the City of Ottawa through various channels.

The club will soon begin a strategic planning process. It has become apparent that certain decisions should be made with reference to an overall set of goals and plans. (See the Gabor Csepregi profile for more on this concept).

For more information, read Executive meeting minutes in the *Admin* area of our web-site.



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## The Titans Need You!

Earn eternal gratitude AND have a fun, interesting job! You could be:

- ILWP Executive Member. Contact Pierre: [president@titanswaterpolo.ca](mailto:president@titanswaterpolo.ca)
- ILWP Pool Scheduling Coordinator. Contact Rosemary: [ladylake@magma.ca](mailto:ladylake@magma.ca)
- Camps Coordinator. Contact Nancy: [snihur@hotmail.com](mailto:snihur@hotmail.com)
- Web-Master. Contact Srecko: [webmaster@titanswaterpolo.ca](mailto:webmaster@titanswaterpolo.ca)

## A Riddle

Q: Combine the arm of a baseball player, the aquatic speed of a varsity swimmer, the endurance of a rower and the teamwork of a basketball player, and what do you get?

A: The ideal water polo player.

Source: Penn Stabler, *The Daily Princetonian*

No, it's not very funny, but it's something to discuss. Do you agree?



*Push-ups on deck*

## Credits

Contributors: Deanna Barry, Blake Christie, MaryAnn Given, David Hart, Sharon Lapins, Christine Powell, Sue Sidebottom, Peter Sonea, Christine Taschereau, Pierre Tremblay

Editor: Carolyn McGill