

Ottawa Titans Water Polo



Water Polo, a new and exciting sport!

'I Love Water Polo' will be available at four local pools for the 2009-2010 season.

Are you looking for a new and exciting sport? Water Polo may be the answer!

Why Choose Water Polo?

The Ottawa Titans Water Polo Association offers young athletes the opportunity to learn a new sport. The program involves three components: fitness, skills, and the game. 'I Love Water Polo' is an introduction to water polo which will teach young athletes the proper training techniques for any sport, the basic skills of water polo, while promoting fitness and emphasizing the concepts of teamwork and fair play.

Water polo is a relatively new sport in the Ottawa area. Our goal is to increase access to water polo for boys and girls of all abilities in a positive, safe environment that values respect, fairness and tolerance. Water polo is the perfect answer for those parents who want to involve their children in a sport that promotes total body fitness, teamwork and sportsmanship. This sport involves very little impact on joints, thus children who are developing and growing will be less likely to damage and injure themselves. Water polo is a physical sport that involves swimming skills, ball handling skills and a good sense of game play.

The Titans Water Polo program will provide opportunities for boys and girls to have fun and develop their water polo skills and will result in the following community benefits:

- Enthusiastic **KIDS HAVING FUN**
- Help our youth to deal successfully with the stresses of modern life
- Help our young people build and maintain healthy lifestyles by promoting health, fitness, teamwork and confidence
- Allow children of all abilities to take part
- Provide a positive atmosphere that encourages honesty and trust
- Coach our players to develop time-management and organizational skills
- Encourage safety in and around water

Many parents want their children to continue swimming after completing the regular swimming levels; water polo is a fun and exciting way! Not only does water polo develop swimming skills but it also develops a sense of confidence in the water. Due to the fact that water polo is a physical sport, these young athletes develop the strength and skills which help them to feel more comfortable in the water. Water polo players are highly sought-after athletes for life-guarding because of their highly developed swimming skills and their ability to maintain control during physical situations in the water.

Water polo is an excellent way for children to develop long-lasting friendships outside the school

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scene. The water polo program offers them the opportunity to play in local tournaments and, as their skills and ability advance, the chance to participate in provincial and national level championships. It also offers them the opportunity to travel to tournaments across Canada.

Why do athletes like water polo so much?

There are many answers to this question. Water polo is fun, and is becoming much more popular among young athletes. Most athletes like water polo because it is a physically demanding sport. It involves total body fitness; all muscles in the body are used to play the game and to keep the player afloat. Water polo can be a tough sport; however, it involves very low impact, and thus there are few serious injuries like in other sports such as football and hockey.

Water polo athletes also enjoy the sport because it is different and unusual. Although water polo combines elements from a wide variety of sports and entails many of the same principles and rules, it is different from the typical sports that children play.

Why should parents and schools involve their children in the sport of water polo?

The Ottawa Titans Water Polo programs promote fair play and good sportsmanship and are led by enthusiastic, qualified coaches. The water polo club teaches athletes proper training techniques which can be used in all sports. The program will also teach the basic skills needed to play water polo and enjoyment of the sport.

Many young athletes want to play a sport that is different from those played by their friends. Why not involve them in water polo? Not only will the athletes be in great physical condition, they will be part of a very well-respected water polo club.

Frequently Asked Questions

Why is water polo co-ed for athletes ages 13 and under? Why do you include a wide range of ages?

Water polo is co-ed for younger players because at this stage in development there are not great differences in strength and ability between the sexes. Co-ed programs allow the Titans Water Polo Club to promote equality by including both girls and boys together in training situations and game situations. Our program also allows the coaches to form groups easily by player ability and not specifically by gender or age. At age 14, competitive water polo becomes streamed by age and gender.

Do kids like it?

Yes, our players love the sport. Water polo gives athletes a chance to make new friends and play a really fun sport.

Is it an expensive sport?

Relative to many other sports, water polo is inexpensive. All equipment is provided for the athletes by the club except for their bathing suit; however, there are team suits available. As the athlete advances into a competitive water polo program, out-of-town travel adds to the expense.

Do my children have to be good swimmers?

Children who are good swimmers and love the water are encouraged to try water polo. However, being a strong swimmer is not a prerequisite. We do recommend that before joining water polo the athlete is comfortable in deep water.

Our recreational program, “**I Love Water Polo**” is a perfect place to start for boys and girls ages 7-12 who love the water! Recreational house league for ages 13+ and competitive programs for ages 9+ are also available.

For more information about the Titans Water Polo programs, visit our website at www.titanswaterpolo.ca or contact Program Manager Deanna Barry at 613-680-4806 or INFO@titanswaterpolo.ca