



we know you will love it!
WATER POLO
un sport du coeur!

ILWP Volume #2 – NOVEMBER 2010

What is ILWP?

An introductory, grass roots water polo program for boys and girls ages 8-12 and even teenage or adult recreational players. Community-driven and flexible, it's ideal for communities to use as an after-school program or as a weekend/ evening activity for any age group. We've serviced more than 1100 ILWP participants across the country since June 1st, 2010!

Training Opportunities

We now have over 65 ILWP instructors and coaches trained across the country. Are your instructors and coaches ILWP trained? The course is ideal for parents, lifeguards, older youth, etc, and no water polo experience is required. For a low cost of \$40 per participant (for material), we can bring a clinic to your facility. Are you an experienced water polo coach who would like to become an ILWP Learning Facilitator? Please contact us.

Equipment and Resources

Check out our website for ILWP –sized equipment for sale, or for a funding application to support instructor / coach training or a participant clinic.

What's New?

- The *Skills Award* package now includes a colourful, yet informative participant certificate plus an ILWP sticker. Available for purchase from WPC in both French and English at a cost of \$2 each.
- We have revised the *ILWP Coach Toolbox* and we will be sending updates to the current MLF, LF and Instructor / Coach. The program has been organized into four Levels, with 10 lesson plans provided for each Level.
- A *revised Funding Application* will be posted under 'Partner Resources' on the ILWP website. This will allow you to make more specific requests for funding assistance for your events.

Events in My Community

Go to our website and click on the 'ILWP Events' link to find out where we are running instructor / coach training, or free participant clinics in your area. If you would like your event to be added, simply e-mail us the information.

Testimonials from former ILWP participants, now on Canada's Junior National Team:

Alec Taschereau: My ILWP experience was great. It was fun and showed me the basics of how to play water polo. It taught me how to play for a team and some leadership skills. My fondest memory is when I scored my first goal. My coach, at the time, told me I should ask my mom for ice cream, which I did, but to no avail.

Rebekka Steenkamer: I have been playing competitively with the Ottawa Titans for 10 years. I started my water polo career when I was 7 at Sawmill Creek Pool. I have amazing memories of my ILWP experience. The program allowed me to learn the game, develop basic skills, meet new people and establish friendships. I highly recommend the program for anyone who enjoys swimming, staying active, and having lots of fun.

Coaching Tip of the Month (from Cyril Dorgigné, ED / Provincial Head Coach, WP Saskatchewan) 'Pass to Five': A Simple Game to Develop A Specific Skill

Players are split into two teams and their goal is to pass the ball five consecutive times between players of the same team, during scrimmage, before they are allowed to shoot the ball. The coach starts counting upon ball possession. A point is given each time to the team that manages five passes in a row.

If you would like to contribute, or if you have feedback, we would love to hear from you! Contact Deanna Barry, ILWP Coordinator, at ilovewaterpolo@waterpolo.ca.