



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

## ILWP Volume #1 – OCTOBER 2010

### WELCOME TO 'I LOVE WATER POLO'!

This is our first issue of the ILWP e-newsletter, and our plan is to make it a regular piece. If you would like to contribute, we would love to hear from you! Contact Deanna Barry, ILWP Coordinator, at [ilovewaterpolo@waterpolo.ca](mailto:ilovewaterpolo@waterpolo.ca).

### What is ILWP?

An introductory, grass roots water polo program for boys and girls ages 8-12 and even teenaged 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.

### Program Goals

- Create/ increase water polo awareness;
- Attract interest from community pools;
- Develop into a community-driven program;
- Integrate into swimming lessons and other community programs;
- Build the membership base of water polo in Canada..... From the Playground to the Podium!

### Training Opportunities

We can bring Instructor / Coach NCCP training to your community. Please contact us today for further information. Coaches need not have water polo experience, making it perfect for lifeguards/ instructors, parents or camp counselors, all for a reasonable cost of \$40 per person.

### Equipment and Resources

Check out our website. We can supply hats, balls, nets, etc at a minimal cost. We have some FREE promotional resources available to you, including ready-made posters you can simply personalize with your information, ILWP promo brochures, etc. We can also assist with the cost of bringing an instructor in to run a coach or participant clinic.

### What's New?

We are developing a participant 'Skills Award' that will soon be available for purchase. This will be a Level 1 to 4 program, with the ILWP skills organized in an age appropriate and LTAD supportive manner.

- **ILWP Level 1** is for 8-10yrs of age; class is 45 minutes long x 10 classes
- **ILWP Level 2** is for 8-10yrs of age; class is 45 minutes long x 10 classes
- **ILWP Level 3** is for 10-12yrs of age; class is 60 minutes long x 10 classes
- **ILWP Level 4** is for 10-12yrs of age; class is 60 minutes long x 10 classes

Watch our website for more information.

### Events in My Community

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

### Quote of the Day

**From David Hart, ILWP Ambassador,**

"When I first came up with the concept for I Love Water Polo back in early 2001 I had this notion that one day thousands of kids all across the country would learn to love the game. As the ILWP program expands I can see for the first time that this could happen within my own life-time."

**Stay tuned for ILWP Volume #2, with best practices from Water Polo Saskatchewan Provincial Team Coach and Executive Director, Cyril Dorgigne.**