

WPS Increases its Game With Prairie League

With the beginning of a new season, Water Polo Saskatchewan saw the beginning of a new league. Brand new to the 2010 – 2011 season, Prairie League is a collaborative effort between Water Polo Saskatchewan and Manitoba Water Polo Association, to develop competitive opportunities for their older and masters athletes. Traditionally, athletes finish competitive high performance at 18 years of age and afterwards, will either move on to a recreational league or quit the sport altogether, for lack of available competitive programming. Prairie League, however, gives current and former High Performance athletes, as well as all competitive adult athletes the opportunity to play in a competitive league consistently for six months.

Running from October to March, Prairie League is made up of three teams from Saskatchewan (two from southern Saskatchewan and one from Saskatoon) and three teams from Winnipeg. All teams will play against each other twice in their home province and twice in the opposing team's province, ten games at home and ten away, making a total of twenty games.

Currently, Prairie League rankings are as follows:

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Open Women									
#	Team	# Games	Win	Loss	Tie	Goals For	Goals Against	Diff Goals	Points
1	Saskatoon	4	3	1		34	31	3	10
2	Regina Sr	3	2	1		25	14	11	7
3	Bushido 1	2	1		1	17	11	6	5
4	Team Sask	3		3		17	31	-14	3
5	Neptunes	1			1	7	7	0	2
6	Bushido 2	1		1		4	10	-6	1

Open Men									
#	Team	# Games	Win	Loss	Tie	Goals For	Goals Against	Diff Goals	Points
1	Regina Sr	3	3			59	12	47	9
2	Team Sask	3	2	1		34	32	2	7
3	Bushido 1	2	1	1		25	18	7	4
4	Saskatoon	4		4		25	74	-49	4
5	Neptunes	1	1			10	7	3	3
6	Bushido 2	1		1		8	18	-10	1

Catch the Action!
The next Prairie League game is January 12 at the Lawson Aquatic Centre in Regina.
Swimoff at 7:30pm





Provincial League Atom: Positive, Exciting and Fun

By Saskatoon Pirates U12 Coaches
Nikita and Akeela Jundt

The Atom Provincial League has been a great success in the eyes of Saskatoon coaches, parents and players. Saskatoon has finally sent a team to compete in Regina in November and also all the way to Estevan in October! We would like to thank all of the amazing parents who have so willingly agreed to attend the Provincial League tournaments.

Our team consists of eight players, six of whom had never played or seen the game of water polo until this September. The players were nervous but excited to play their very first game in Estevan. We lost that game, but came back with a win in the second game, followed by a tie and then one final loss. The Estevan tournament was enjoyed by all, making it an easy choice for Saskatoon athletes and parents to say "yes" to the second PLA in Regina. In Regina at PLA2 we won our first game, lost the second and then won the third! The only negative part about the entire tournament was the bad weather for the drive down to Regina.

Regardless of the wins and losses, coaches, players and parents have seen the dramatic improvement that the young water polo players have made. Our team has gone from learning to pass the ball to spotting open players in the water during a great game.

As coaches, we have been impressed with the way everyone from the other clubs have helped both their own players and the young players from different teams. It is not always easy for the refs to explain about the 2 meter line to each young player, or where to take the ball next, so this job of explanation can easily fall into the hands of any coach during the game. It is great to use these PLAs as both competitive opportunities for individual teams and as opportunities for improvement within a competitive environment.

Another exciting opportunity for the Pirates this year was holding their weekly Saturday practice at the wonderful Shaw Centre in between the Prairie League Women's and Men's games. The big pool can be overwhelming but they handled it like pros.

The Saskatoon Pirates look forward to sending a team to compete in the PLA3 in Weyburn at the end of January. We hope that as a team, we perform even better than PLA1 and PLA2; more importantly, we hope that we can once again experience something very positive!

On behalf of the club, we wish everyone a very merry Christmas and a happy new year! We look forward to seeing you all in 2011 in Weyburn and Saskatoon.





Saskatchewan Water Polo

Provincial League Bantam Category (PLB)

This season the provincial league is made up of three clubs fielding seven separate teams. Regina has three teams; Weyburn and Estevan each have two.

Based on the first provincial tournament held in October the rankings are as follows:

- Weyburn #1 (3/1)
- Regina Girls (3/1)
- Regina Boys (3/0)
- Estevan Girls (1/3)
- Estevan Boys (1/2)
- Regina #3 (1/2)
- Weyburn #2 (0/3)

The next round of League play will be December 12, 2010 in Regina.

The Bushido invitational tournament in Winnipeg and the Saskatoba Provincial Finals will both take place in February and April in the new year.

The Weyburn club currently has four returning bantam aged-players, Rylee Molde, Brett Farr, Alex Dyck and Dakken Bedore. The other six players are all first-year players, all boys. Given the size of Weyburn's club, it has to supplement its roster for two teams by pulling up atom-aged players for the experience of bantam play.

The jump from atom to bantam is huge for our younger players, but they do benefit from the experience, as well as suffer some lopsided scores. With our club being so small, all of our players get lots of time in the pool. Our one bantam team competes with only five players, so no one gets a break. This is challenging for our players, especially when competing two games back-to-back.

Like other winter past-times, Weyburn's club competes with other sports like volleyball, hockey and figure skating for athletes. In a small city that can often be a challenge. Luckily, our club has a committed coaching staff led by Monique Huebner who acts as our senior coach and has mentored others to get involved, poolside. Julie Farr is coaching our bantams and Mike Grieve our atoms, as well as our second bantam team that is a mix of atom and bantam players.

We have benefitted from having older players, like Morgan Molde and Russell Lenferna, pursuing water polo at a higher competitive level and acting as role models for our younger players who also may wish to take that avenue. Prairie winters are long enough, and it is nice for kids who are not inclined to court or ice sports to have a third option. Our athletes get the benefit of exercise during a sluggish season, as well as the life skills of healthy competition and team play.

Submitted by
K. Glaspey



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Winnipeg Neptunes Grassroots Trophy Water Polo Tournament November 6th and 7th, 2010

Contributed by Estevan Sharks Water Polo Club



provides a great opportunity to take a mini-holiday with the kids and since both age groups are included, many siblings are both able to play at the same event. What a great chance to bond with your teammates as well as their families!

There is even the chance to make some new friends. The Pan-Am



On November 6 & 7 of 2010, the Winnipeg Neptunes hosted their second annual tournament for both atoms and bantams. 26 games were played to determine the final winners of the trophies. A big hats-off to all the volunteers who pulled off another successful event! In attendance at the tournament were both of Winnipeg's Bushido and Neptune clubs, as well as the Regina and Estevan clubs. Luckily the weather was great for travelling for the out-of-province clubs. The event



FINAL STANDINGS

ATOMS

- Gold Regina
- Silver Bushido
- Bronze Estevan
- 4th place Neptunes

BANTAMS

- Gold Regina
- Silver Bushido B
- Bronze Bushido A
- 4th place Estevan
- 5th place Neptunes

Pool is a great place for this tournament with its multi-purpose attractions. The large facility makes the event seem even bigger and more important to the athletes in attendance. Although some games were quite lopsided, the kids had a lot of fun and continued to try their best in the pool. Some newly trained officials were able to begin their careers and smooth out the edges on their skills. Coaches were able to see how their athletes could be expected to perform in a tournament atmosphere. A great time was had by all!



Sask Open 2010

Submitted by Jennifer Krieger



Regina Water Polo Association held their annual tournament from November 12th - 14th at the Lawson Aquatic Centre. Each year teams from across Manitoba, Saskatchewan and Alberta in the 16U, 18U and Open Men & Women categories attend Sask Open, which is one of the first tournaments of the water polo season. This year the event was attended by 19 teams from the Calgary Renegades & Torpedos, Spruce Grove Polo Bears, Edmonton Thunderbirds, Estevan Sharks, Weyburn Hurricanes, Regina Squids & Piranhas, and Winnipeg Bushido.

The 16U Girls gold medal game resulted in Calgary 1 winning gold and Weyburn Hurricanes winning silver and the bronze medal game was won by Bushido. The 16U Boys category results were Calgary 2 & Calgary 1 taking gold and silver while Regina



Squids won the bronze medal game. The Calgary Senior team placed 1st in the Open Women category while Team Sask 18U placed 2nd and RWPA Senior team placed 3rd. In the Open Men's category the Calgary Masters won the gold medal, Team Sask 18U won the silver medal and RWPA Senior team won the bronze medal.

A big thank you to all RWPA club members that volunteered their time and talents before and during the tournament to help make it a success.



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Contacts & Calendar



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2011

January 12	PLO – Regina Derbi #3	Regina
January 14 – 16	PLO – Trip of Saskatoon	Winnipeg
January 21 – 22	PLO – Trip Manitoba 1	Regina
January 22 – 23	Provincial Bantam Camp #3 (DC and HC Athletes + invited athletes)	Regina
January 23	PLB 3	Regina
	PLO – Trip Manitoba 1	Saskatoon
January 30	PLA 3	Weyburn
February 4 – 6	PLO – Trip Manitoba 2	Regina
February 6	PLO – Trip Manitoba 2	Saskatoon
February 11 – 13	Bushido Invitational Tournament	Winnipeg
February 25 – 27	PLO – Trip Manitoba 3	Regina
February 27	PLO – Trip Manitoba 3	Saskatoon
March 4 – 6	PLO – Trip Regina 1	Winnipeg
March 10 – 13	Nationals 22U	TBD
March 17 – 20	Alberta Open	Calgary
March 23	PLO – Regina Derbi #4	Regina
March 27	PLO – Trip Regina 2	Saskatoon
April 2 – 3	Saskatoba Provincials	Saskatoon
April 24	Easter Camp	California
May 5 – 8	Nationals 18U	Calgary
May 20 – 23	Nationals 16U	BC

PLA3 & PLB3

Registration & roster deadlines are *Friday, January 12* and *Friday, January 21* respectively. Only online registrations will be accepted. Please contact the WPS office for more details.