



Scarborough Shadow Water Polo Club (SSWPC) Handbook



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Welcome To Scarborough Shadow Water Polo Club

Our mission at Scarborough Shadow Water Polo Club is to create the opportunity for children to have successful experiences in recreational and competitive water polo.

Our Values are:

Integrity: We uphold the highest standards of honesty, fairness, and sportsmanship in every aspect of the game. We act with integrity on and off the field, respecting the rules and spirit of the sport.

Respect: We value the sport of water polo, our fellow athletes, coaches, officials, and opponents from all around the world. We treat everyone with respect, fostering a positive and inclusive environment.

Teamwork: We believe in the power of teamwork as a core component of the sport. Together, we support one another, and celebrate each other's successes. We recognize that individual achievements are part of the greater team effort.

Development: Our focus is on providing children with the opportunity to grow and succeed in recreational and competitive water polo. We nurture their skills, confidence, and passion for the sport, helping them reach their full potential.

Sportsmanship: We embody good sportsmanship in victory and defeat. We gracefully accept outcomes, learning from losses and humbly celebrating victories, always respecting our opponents.

Inclusivity: We welcome athletes from diverse backgrounds and abilities. Our club is a place where all children can participate, feel accepted, and have equal opportunities to succeed.

Community: We foster a strong sense of community within our club and beyond. We actively engage with parents, supporters, and local organizations, recognizing that together, we make a difference.

The Scarborough Shadow Water Polo Club, established in 1995 in Scarborough, is a non-profit organization run by dedicated parent volunteers. Over the years, our water polo program at Scarborough Shadow has been carefully developed to bring out the best in every child. Our club is committed not only to achieving competitive success at the highest levels but also to fostering the personal growth and fulfillment of children at all skill levels.

While our coaches are enthusiastic about nurturing provincial, national, and world-class athletes, we also take great pride in offering excellent programs for both competitive and recreational water polo. We firmly believe in the joy of learning, participating, competing, and



improving. Being part of our team and community of parents brings a sense of fun and camaraderie. We celebrate success, both on an individual level and through the achievements displayed on the scoreboard.

For our coaching staff, this kind of fun is a result of their hard work and personal satisfaction. Their role extends beyond teaching the mechanics of the game; they inspire, motivate, and instill a genuine love for water polo. They assist each child in pursuing their dreams. The passion and dedication our children demonstrate at every practice and game exemplify our success.

The Scarborough Shadow Water Polo Club thrives as a community of committed parents who support the club through volunteering activities and by supporting their children by ensuring their attendance at practice and tournaments. Coaches collaborate closely with parents to provide holistic support to the athletes, both physically and mentally. Our Club's foundation lies in a philosophy of ethical play, respecting the sport, club rules, each other, and fellow athletes from around the world. We conduct ourselves in a manner that makes us proud to represent the Scarborough Shadow Water Polo Club.

Ultimately, all members of the Scarborough Shadow Water Polo Club share a common bond—our love for swimming, our pursuit of excellence, and our dedication to fostering a sense of community.

PROGRAMS AND DESCRIPTIONS

Recreational & Competitive Programs

Our Recreational and Competitive Programs are designed to meet the interests and abilities of the children. Participation can range from one to six practices a week. Invitation to the Competitive Program depends on many factors that are discussed with parents and determined by our capable coaching staff. Our programs run 12 months of the year: Fall (September to December), Winter (January to TDSB March Break), Spring (After TDSB March Break to June), and Summer (July to August).

RECREATIONAL PROGRAMS

SWIM & PLAY BALL

- For children aged 7-10.
- Children entering this program are not yet able to swim 1 width of the pool. Learning begins in the shallow end with progress to the deep end as skill develops. Learn to swim is an innovative approach developed in Europe. It combines teaching the 2 basic swimming strokes - freestyle and breaststroke - with playing with a ball. Children gain comfort and confidence in the water, allowing them a stress-free and fun experience in the water. Practices are dynamic and fun.



- PRACTICE SCHEDULE: 1-2x per week
- TRAINING FOCUS: Learn essential swimming skills and play with a water polo ball.

MINI WATER POLO

- Co-ed recreational water polo program for players, ages 7-11
- No water polo experience required
- Able to swim 1 width of the pool
- Mini tournaments in shallow or deep pools as per individual skills
- PRACTICE SCHEDULE: 1-3x per week
- TRAINING FOCUS: Introduction to the basics of the game including development and improvement of swimming and water polo-specific skills.

SCHOOL/VARSITY

- For children aged 12+.
- Children have previous water polo experience. They practice with other SWPC competitive groups based on direction from the Coach.
- PRACTICE SCHEDULE: 1-3x per week
- TRAINING FOCUS: Game strategy, team play, conditioning, sport-specific skill development.
- TOURNAMENTS: N/A

COMPETITIVE PROGRAMS

PRE-COMPETITIVE

- Co-ed program designed to introduce players to competitive water polo from ages 7-13
- Children entering this program have some previous water polo experience or have been a member of a swim team
- Practices are entirely in the deep end of the pool.
- Children play at U11 and/or U13 level. Participation in local and provincial competitions is expected.
- PRACTICE SCHEDULE: 3-4x per week
- TRAINING FOCUS: Introduction to the basics of the game including development and improvement of swimming and water polo-specific skills.
- TOURNAMENTS: Children play at U11 and/or U13 level. Participation in local and provincial competitions is expected



COMPETITIVE - Boys & Girls

- Competitive water polo program for players ages 10-15 who are interested in more intensive training and participation in competitions and tournaments
- Children have previous water polo experience or have been a member of a swim team. Strong swimming skills are required.
- PRACTICE SCHEDULE:4-5x per week
- TRAINING FOCUS:Game strategy, team play, conditioning, sport-specific skill development.
- TOURNAMENTS:Children play in U13 and/or U15 divisions. Participation in local and provincial competitions is expected. Based on ability, they may be invited to participate in national competitions.

HIGH PERFORMANCE - Boys & Girls

- This program is intended for players who are interested in and committed to more intensive, high performance training, ages 14-19
- Many of our athletes at this level are selected on the Ontario Provincial Team and/or Canadian Junior National Team, traveling out Canada to represent Ontario and/or Canada.
- Children have previous water polo experience or have been a member of a swim team. Strong swimming skills are required.
- PRACTICE SCHEDULE:5-6x per week
- TRAINING FOCUS:Advanced game strategy, team play and advanced conditioning.
- TOURNAMENTS:Children play in U15, U17, U19 and/or Senior divisions. Participation in local, provincial, national and international competitions is expected.

SUMMER PROGRAM

- Runs each summer
- All ages and abilities welcome
- Indoor and outdoor pools
- A fun introduction to water polo for new players
- An opportunity for regular players to maintain their skills



COMMUNICATION

The club uses a variety of methods to communicate with families:

EMAIL

Our primary communication method is email, so ***please check your email regularly!*** This is our most important and efficient means of communication with parents and athletes. You can expect to receive regular emails regarding schedule changes, upcoming tournaments, upcoming events and important news and information regarding your athlete and their participation within the club.

The club email is shadowwaterpoloclub@gmail.com.

The other specific emails are:

shadowwaterpoloclub@gmail.com - General Communication & Registration

shadowgirlswp@gmail.com - Girls Tournaments ONLY

shadowboyswp@gmail.com - Boys Tournaments ONLY

shadowwaterpolo@yahoo.ca - Head Coach & Accounting

shadowwpcequipment@gmail.com - Equipment

TEAMSNAPE

Our competitive teams are adopting TeamSnap as their preferred method of team communication. All families should have at least one person signed up to receive notifications via this method. TeamSnap allows us to easily collect information for player availability for tournaments, as well as update your family on schedule changes. This is also a method that families can use to communicate with each other. TeamSnap is available via the App Store and Google Play. For more information, their website is here: <http://www.teamsnap.com/>

CLUB WEBSITE

Please check the club website frequently for important information with respect to practice changes, tournament information and general notices and news: www.shadowwaterpolo.ca.

SOCIAL MEDIA

We actively participate in social media activities. You can connect and share content from us via:

Facebook: ShadowWaterPoloClub

Instagram: shadow__waterpolo

Twitter: shadowwaterpolo

ROLES AND RESPONSIBILITIES



In order to assist you in determining who to contact if you have any questions, please refer to the following list:

TEAM MANAGERS

SSWPC team managers play a crucial role in ensuring the smooth functioning of the team and supporting its success. A parent volunteer will be appointed for each group within the first few weeks of the upcoming water polo season. The responsibilities cover various aspects of team management, logistics, and coordination. Here are some of the key roles and responsibilities of a Water Polo team manager:

- **Tournament logistics:** SSWPC team manager is in charge of managing the team's logistics during the tournaments. This involves team registration, tournament payments, coordinating with coaches, other teams, and venues to ensure everything runs smoothly. The team manager also arranges transportation and accommodation for away games and tournaments.
- **Team communication:** Facilitating effective communication within the team is essential. The team manager acts as the liaison between coaches, players, parents, and the club or organization. Keeping everyone informed about upcoming events, changes in schedules, and important updates is crucial.
- **Travel arrangements:** When the team participates in away games or tournaments, the team manager is responsible for organizing travel arrangements, which may include booking transportation, hotels, and meals.
- **Supporting coaches:** The team manager works closely with the coaching staff, assisting them with administrative tasks and providing any necessary support to ensure they can focus on coaching the players effectively.

BOARD OF DIRECTORS

As a vital part of our club's governance and decision-making process, Board Members shoulder significant responsibilities to ensure the smooth functioning and progress of the organization. Along with the Technical Director, Board Members are responsible for the general operations of the club. The Board consists of volunteers elected for a term of two years at the Annual General Meeting (AGM). Some of the responsibilities include strategic planning, policy and governance, financial oversight, membership and recruitment, advocacy and promotion, risk management, performance evaluation, legal and compliance, transparency and communication, and conflict resolution.

Board Members serve as guardians of the club's values, mission, and long-term success. Their dedication, expertise, and collaborative spirit are instrumental in driving the club towards greater achievements, ensuring a rewarding experience for all involved.

COACHES

The role of a Water Polo Coach is essential in developing and leading a successful water polo team. Coaches are responsible for various aspects of the team's performance, player



development, and overall management. Here are the key roles and responsibilities of a Water Polo Coach:

- Team Strategy and Tactics: Developing and implementing effective game plans, offensive and defensive strategies, and tactics tailored to the team's strengths and weaknesses.
- Player Development: Identifying and nurturing individual player talents and skills. Providing guidance, coaching, and feedback to help players improve their techniques, fitness, and game understanding.
- Practice Planning: Designing and organizing practice sessions that focus on specific skills, teamwork, and conditioning. Ensuring that practices are well-structured, engaging, and progressive.
- Game Preparation: Analyzing opponents' strengths and weaknesses, and devising strategies to exploit their vulnerabilities during matches.
- Leadership and Motivation: Inspiring and motivating players to give their best effort both during practice and games. Fostering a positive and competitive team culture.
- Fitness and Conditioning: Overseeing players' physical fitness and conditioning programs to ensure they are in peak performance condition throughout the season.
- Player Assessment and Selection: Evaluating players' performances in training and matches to make informed decisions about team selection and positioning.
- Game Management: Making strategic decisions during matches, such as substitutions, time-outs, and adjustments to tactics.
- Sportsmanship and Discipline: Instilling values of fair play, respect for opponents, and adherence to team rules and codes of conduct.
- Communication: Maintaining clear and effective communication with players, assistant coaches, team management, and parents.
- Player Welfare: Ensuring the safety and well-being of players during training and competition. Being aware of any injuries or health concerns and taking appropriate actions.
- Continued Learning: Staying up-to-date with the latest developments in water polo, coaching techniques, and sports science through workshops, conferences, and professional development opportunities.
- Building Relationships: Establishing good relationships with players, assistant coaches, parents, and stakeholders to create a supportive and cohesive team environment.
- Overall, a coach plays a crucial role in shaping the team's performance, guiding players' development, and fostering a positive and successful team culture. They serve as mentors and leaders both in and out of the pool, striving to bring out the best in their athletes and the team as a whole.

VOLUNTEERS



Our club is run by parents volunteers. The work of the parent volunteers is immeasurably important and invaluable to the success and growth of the club. Without the dedication, passion, and tireless efforts of parent volunteers, our club would not be able to function effectively and provide enriching experiences to young athletes. Our club relies on charity participation and grants to cover various expenses. Our Club's primary charity, Dolphin Bingo (dolphingaming.ca), plays a vital role in keeping our club financially viable. Through the dedicated efforts of parent volunteers, we ensure that the funds raised from Dolphin Bingo support our mission of providing high-quality training, top-notch equipment, and excellent facilities for our young athletes. Volunteers perform a variety of tasks, from scheduling, marketing, managing away tournaments, to managing registrations and logistics, parent volunteers contribute to the smooth functioning of the club. Their organizational skills and commitment are essential for running successful events and competitions.

The club operates with full season volunteer positions, such as:

- Team managers
- Marketing team
- Event Manager
- Communications
- Volunteer Manager
- Equipment Manager
- Bingo Manager

Other volunteering positions require limited participation and are based on a reimbursement system:

Upon club registration, each parent will be required to pay a redeemable fee of \$200 per child. If more than one child is a member of the club, an additional \$100 will be paid for each child. This redeemable fee serves as an essential component of our parent-involved model, ensuring the sustainability and success of our club during club events. Parents are required to volunteer a minimum of 20 hours per season, spanning from September to June. We understand the value of your time and commitment, which is why we have designed the volunteer reimbursement system. Once parents fulfill their minimum 20-hour volunteer obligation, they will be reimbursed the volunteer cost by an e-transfer or by having the money transferred to their child's tournament account. Any parent in a full season volunteer role will not be required to participate in the reimbursement system. Volunteer hours and activities will be managed by a Volunteer Manager.

SHADOW POLICIES

The club policies serve as the foundation of our club's values and help us uphold the highest standards of sportsmanship, discipline, and camaraderie. We encourage all club members to familiarize themselves with these policies to promote a harmonious and successful journey as we come together to pursue our shared passion for



- [SSWPC Code Of Conduct And Ethics Policy](#)
- [SSWPC Athlete Code Of Conduct](#)
- [SSWPC Parent Code Of Conduct](#)
- [SSWPC Discipline and Complaints Policy](#)
- [SSWPC Playing Time Policy](#)
- [SSWPC Screening Policy](#)
- [SSWPC Team Manager Responsibility](#)

The SSWPC have adopted the following Ontario Water Polo policies as SSWPC policies:

- [Conflict of Interest Policy \(referenced in the manual\)](#)
- [Accessibility Standards for Customer Service Policy \(pg. 3-5\)](#)
- [Standards Of Behaviour](#)
- [Concussion Policy](#)
- [Rowan's Law](#)
- [Appendix C: Safety Equipment](#)
- [Privacy Policy \(referenced in the manual\)](#)
- [OWP Club Transfer Policy \(referenced in the manual\)](#)
- [By Laws \(referenced in the manual\)](#)