



September 2005

# The Splash

## INSIDE

- President's Message
- Regina at Worlds
- Summer Program
- Executive Director's Message
- Upcoming Events
- Miranda Will.....

## Shaping the Future of Water Polo in Saskatchewan

By Mike Mortin, *Technical Coordinator*

Over the last few years, Saskatchewan water polo teams have had unprecedented success on the National scene. We have had 7 "top 4" finishes at Nationals, including 2 National Championship teams, and won several regional tournaments. Our athletes, both male and female, have been regularly selected to tournament All Star teams, Youth, Junior, and Senior National teams. Many athletes from Saskatchewan have relocated to train with the National Training Centres.

While performance on a national scale has been highlighted in the past few years, the number of athletes participating in inter-provincial tournaments has not increased. This season, Water Polo Saskatchewan is introducing a program to address the reduced numbers. The program will focus on athletes,

both boys and girls, born 1988-1992. The primary short term goal of the program is to perform at the 2006 Youth Cup.

A secondary goal this season is to generate excitement and interest in all aspects of water polo - playing, coaching, officiating, and volunteering. Hopefully, this program will assist clubs in attracting and retaining athletes by providing long term National level goals, and a local program to support training and competition.

The program is not intended to be an elitist model. It is intended to enhance club training. All athletes born 1988-1992 are invited to participate. I hope that all athletes will participate, thereby becoming better water polo players and enriching their life skills, enjoying some fantastic company and wonderful experiences.

The Youth Provincial Pro-

gram is available to all members, but initially, WPS will focus mainly on enhancing club programming in Estevan, Weyburn, Regina, and Saskatoon. The program will train all aspects of the game including, swimming, passing and shooting, various techniques, strategies and tactics, mental training, nutrition, strength training, flexibility.

Athletes will attend 7 Provincial Camps, 5 competitions, and spend 700 hours over the next 11 months preparing to achieve our goals.

On September 9th, we will host an open information session. The first camp is September 10-11, in Regina. Please register through the WPS office. I am excited to be leading this program, and honoured that Water Polo Saskatchewan has selected me. I hope to see you all on September 9th.

### Mission:

**Water Polo Saskatchewan is committed to water polo for the personal growth of our members through fun, fitness and the pursuit of excellence to the benefit of society.**

## Saskatchewan athletes at the World Aquatic Championships

### Congratulations Kevin and Noah - 2005 World Aquatic Championships in Montreal

The Canadian men's water polo team rallied from a 6-3 first half deficit in their last game of the 2005 World

Aquatic Championships in Montreal to defeat Japan 10-8. They concluded the tournament in 13<sup>th</sup> place. Kevin Graham (the youngest player on the team) and Noah Miller, both of Regina each scored a goal. The Canadians were winless in their three

round robin games and were relegated to the consolation round. They defeated China 11-5 on Sunday before edging the Japanese. The Canadian women played in the semi-final against Russia and captured the bronze medal.



Noah Miller (left) and Kevin Graham at the World Aquatic Championships in Montreal

## Mark your calendars

The 2005 Annual Meeting for Water Polo Saskatchewan will be held November 26, 2005 in Regina. The meeting is a time for learning more about water polo in Saskatchewan, networking with other water polo enthusiasts and conducting the business of the association. This is your opportunity to contribute to the future of water polo in Saskatchewan. The agenda for the meeting will be available on our website by November 1, 2005.

See you there.



Miranda Biletski

*"Obstacles cannot crush me."*

*- Leonardo da Vinci*

## Presidents Message

By President Alain Lenferna



Water Polo Saskatchewan (WPS) is the provincial sport governing body responsible for the development and administration of water polo in the province. WPS is a non-profit corporation, first registered with the Department of Consumer and Corporate Affairs in 1975 and is an active member of Sask Sport Incorporated, a non-profit, non-government federation of Provincial Sport Governing Bodies, and also the Canadian Water Polo Association, the body governing the sport of water polo in Canada.

As a member of Sask Sport Inc., WPS is eligible to receive grants via the Saskatchewan Lotteries. These grants combined with self-help revenue generated through

membership, fundraising and program fees, are used for initiating and implementing programs for the grassroots to elite levels, as well as for administrative costs for our office, staff and programs.

Our members are comprised of water polo clubs and programs and individuals including; coaches, athletes, officials and parents. WPS is governed by an elected Board of Directors, comprised of a Chair, Vice-Chair and six other board members. In 2003, Water Polo Saskatchewan adopted a Policy Governance model that outlines the main responsibilities of the Board to include:

- Maintain a healthy relationship with members and stakeholders and gather their input and feedback
- Determine what impact the organization wishes to have and direct strategic priorities towards these ends
- Delegate authority and responsibility Monitor and measure organizational activity.

It gives me great pleasure in welcoming you to this, our first Newsletter, which is a direct result of the clear message from our Member Survey, conducted last fall where a lack of communication was highlighted as a concern.

Alain Lenferna

## Miranda Will...

By Stephanie Hadubiak

When the words team player, fun, and sportsmanship are said, one astounding person comes to mind. Miranda Biletski, a 16-year-old water polo and speed swimming athlete, was injured in a diving block accident on June 6<sup>th</sup>, 2005. Paralyzed below the C6 vertebrae of her spine, nothing is about to get in her way.

Miranda is currently in the Wascana Rehabilitation Centre in Regina. She has done very well with her therapy and continues to do so. Miranda has no feeling below her sternum and has limited movement in her hands. Rolling over and tossing a ball are in her regular therapy sessions. Miranda's parents Sharon and Bentley are very proud of her and are in high spirits for the future. Ryan, Miranda's brother, has been the one keeping her laughing.

Miranda's room is painted with greeting cards, pictures, posters, and teddy bears. The support from all over the province has been amazing. Although her room is awesome, Miranda hopes to move in back home. The Biletski family is in the process of renovat-

ing their home for Miranda to move around more easily. If all goes to plan, Miranda will be home in September.

Education is another obstacle that Miranda faces. She is taking English and Math by correspondence for the first semester and then will go back to Leboldus High School in the second semester. Miranda has a lot to do in the future. She plans on going to Project Walk in San Diego for spinal cord injuries, is going to play paralympic sports, and hopes to get back into swimming.

Many people are inspired by Miranda's attitude. She has had Mike Mintenko, Canadian Olympic speed swimmer, visit her while she was in the hospital. Catriona Le May Doan, Olympic speed skater, was astounded by Miranda's strength, and Mary Lou Retton, former Olympic gymnast, sent some words of encouragement. These people are few of the many that are moved by Miranda's courage.

The summer speed swimming community has been there all summer supporting Miranda. There has been a variety of fund-

raisers at swim meets that has brought in large amounts of money for Miranda, \$1.00 from every swimmer in each swim meet was donated to the Miranda Biletski Trust Fund, and there have been over 2000 Miranda Will bracelets sold. There have been many individual donations from all over Saskatchewan that has given the Miranda Biletski Trust Fund over \$18,000 so far.

The Assiniboia summer swim team is selling Miranda tattoos and the Regina Piranhas have ordered "Miranda - Will..." bracelets to help support Miranda. For more information please visit her website, [www.mirandawill.com](http://www.mirandawill.com). Summer speed swimming teams, Piranha Water Polo, and the Regina Optimist Dolphin Swim Club are all working together to help with Miranda fundraising. Miranda would like to thank everyone for their tremendous efforts! She would also like to say that she misses the water polo community and hopes to see everyone again in the fall!



## From the Executive Director

By Jymmi Kaye Demchuk

Welcome to a brand new year with Water Polo Saskatchewan and to the very first issue of our new newsletter!

As Executive Director, my job is:

To ensure that the associated efforts of individuals (staff, volunteers, Board) are productive; to ensure the effective operation of the organization.

To provide training and upgrading opportunities for coaches and officials.

To improve relations with other agencies and members through an effective and effi-

cient communication system.

To increase the quality and quantity of elite athletes and teams throughout the province.

To ensure growth in membership numbers and the development of clubs.

To have more people playing water polo.

To increase the awareness of the sport of water polo for fun, fitness and the pursuit of excellence.

To have more people participating in water polo at all levels.

To ensure that the organization is governed by the Board of Directors in a sound, productive and effective manner.

To develop elite athlete programs in other centres.

To improve the volunteer recruitment and volunteer recognition process.

To ensure that Saskatchewan athletes have the opportunities to be identified for national team programs.

## Adventures in Small Town Saskatchewan

By Mya Demchuk

As the summer program director for Water Polo Saskatchewan, my job was to promote the sport of water polo by introducing it to as many people in Saskatchewan as possible. This included playing lunchtime games at some of the outdoor pools in Regina, as well as traveling to small towns and running two hour Clinics. I travelled from Unity to Tisdale, Kipling to Climax, and many places in between. Steph Hadubiak was my partner in crime; accompanying me on all of my trips and helping me teach the clinics. We had a blast playing with these kids( ages 6-16) all summer, and hopefully they a lot of fun too!



Some of the kids from the town of Climax having an awesome time in their 'goofy' water polo caps!

## Surfing the WPS Web Site

For those of you who love surfing the net and love water polo you'll want to check out our newly redesigned Web site.

In addition to a new look and design, the Web site offers visitors much more content on water polo in Sas-

katchewan. It includes:  
 News and events update  
 Board policies and contact information  
 Saskatchewan club directory  
 Current calendar on competitions, clinics and board meetings  
 Programs for athletes, officials and

coaches

Links to internet water polo sites

The new design, created by Ken Demchuk reflects to our members our ongoing commitment to communication and providing current information. If you have suggestions on how to make the site better please let us know.



**Web:** <http://nonprofits.accesscomm.ca/skwaterpolo>

# Upcoming Events



- September 10 2005 Board of Directors Mtg,
- November 26, 2005 Annual General Meeting
- November 26, 2005 Board of Directors Mtg
- November 10-13, 2005 Sask Open Tournament
- December 17-18, 2005 Maui H S Tournament
- February 2006 Board of Directors Mtg
- To be confirmed Estevan Invitational
- To be confirmed Weyburn Invitational
- March 25, 2006 Atom Provincials
- April 1, 2006 Bantam Provincials
- April 1, 2006 Master Provincials
- April 20-23, 2006 Cadet Girls Nationals
- April 27-30, 2006 Cadet Boys Nationals
- May 2006 Board of Directors Mtg
- May 4 -7, 2006 Youth Women Nationals
- May 11-14, 2006 Youth Men Nationals
- May 19-21, 2006 CNWPL Tier II
- May 25-28, 2006 CNWPL Tier I
- June 1-4 2006 Jr Women Nationals
- June 1-4 2006 Jr Men Nationals
- June 17, 2006 Sask Sport AGM
- June 23-225, 2006 WPC meetings & AGM

## Did you Know.....?

*- Water polo was first played with no nets. To score, one simply had to get the ball to the other side of the pool and place it, with both hands, on the ledge. The goalkeeper, usually the biggest player, stood on the pool deck, ready to dive on any opponent who was about to score. ..ouch!*



## Back Page Tid Bits

- For information on requirements on becoming an official , go to web site.
- Consider contributing to the Water Polo Sask Legacy Fund to ensure that youth continue to have an opportunity to experience this wonderful sport.
- If you're interested in becoming a board member, please contact Jymmi Kaye @ h2opolosk@accesscomm.ca

## Saskatchewan Club Contacts

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