



FVWPC
Team Spirit
NEWSLETTER
Volume #1



WELCOME

To the FIRST EDITION of Valley's Monthly Newsletter!
Our Club is so excited to develop this platform to share information, celebrate successes and inspire our Championship Spirit!

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CONTEST TIME...

This is our very first monthly newsletter, (YAY) and we need a NAME!

We need YOUR help!

Details:

- Think about an awesome, fierce name for our Club Newsletter
- Send your ideas to alannafalys@icloud.com **before December 15, 2021**
- The Board and Coaches will determine the winner
- **If you WIN- you will receive a FVWPC 'swag bag' including a Hoodie, T-shirt and more....**



U15 NATIONAL CHAMPIONSHIPS



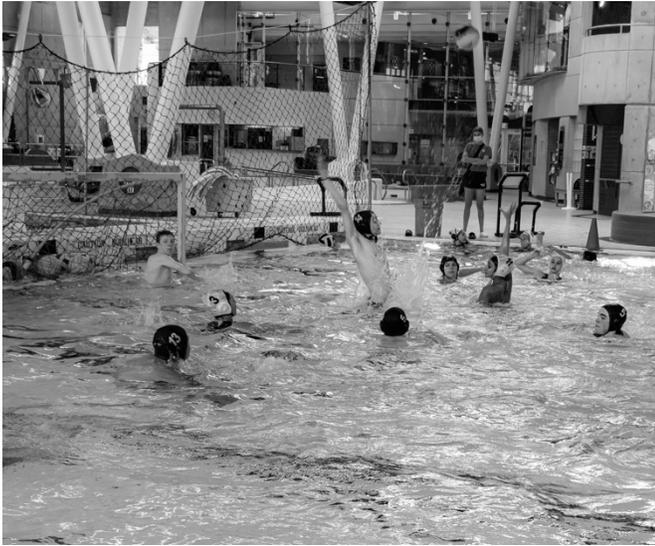
TRAIN HARD. COMPETE HARD.

THE SEPARATION IS IN THE PREPARATION. Our athletes have spent the last 2 years training, and training... and training. During Covid, Valley has been extremely fortunate to have had the opportunity to train as much as possible; this preparation has created a cohesive, strong, and highly competitive club. This season, the three BC high performance teams have been competing in the Metro League with both of our boys and girls teams looking extremely sharp!

From December 2-5, 2021, our athletes will be facing off against teams from across Canada including the Tsunami, Renegades, Saskatchewan, Vortex and Camo-Wave. These games will be held at the Repsol Sport Centre in Calgary. Water Polo Canada will be livestreaming the games, so be sure to stay tuned! For more information on the schedule, and general championships information, please visit: www.waterpolo.ca

For many of our athletes, this is their first experience with team travel; it is an exciting time where our athletes are representing the culture and calibre of our club, competing at the highest level, and building invaluable life skills including: critical thinking, communication, leadership, and self-confidence.

The experience of travelling with a team is one that will last a lifetime, regardless of the outcome. Our Head Coach, Michel Roy and his coaching staff promote team building, studying the sport and building a championship mindset both in and out of the pool; team travel solidifies these beliefs.



Let's wish them the best of luck and cheer them on! **GO VALLEY GO!**

**"Life is either a daring adventure,
or nothing at all."**

- Helen Keller



ATHLETE SPOTLIGHT

This Month's Athlete Spotlight is a very special one. Not only is it our first edition, but this season we have been extremely fortunate to have 3 international students who have come to Canada from Spain. Their names are *Fernando, Daniel and Maria*. They took the time to answer some of our questions to share a little about their experience playing water polo and going to school in Canada.

Q: What made you choose to come to Canada?
A: **Maria-** "My Dad gave me the option to travel abroad to either the UK or Canada and I chose Canada." **Daniel-** "I always wanted to come to Canada and I am happy I did."

Q: What is your favorite Canadian food?

A: **Fernando and Daniel-** Mac and Cheese! **Maria:** Poutine!!!

Q: What Clubs do you play for in Spain? What cities do you live in?

A: **Fernando and Daniel-** "We live in Barcelona, and we play for Natacio Barcelona" **Maria-** "live in Sabadell and I play for Natacio Sabadell"

Q: Did you all know one another before coming to Canada?

A: **Daniel and Fernando-** "Yes, we play for the same club. But we did not know Maria until coming to Canada."

Q: How is Water Polo similar and different in Canada versus training and competing in Spain?

A: **Maria-** "I have more fun here because it's not as strict! For me it's harder and rougher in Spain." **Daniel and Fernando-** "There are more teams in Spain and we play every weekend sometimes 2 or 3 games. Something I noticed is in Spain, we practice more tactics and strategy, and here we practice more as a team which makes the team more cohesive."

Q: What has been your fondest memory so far in Canada?

A: **Daniel and Fernando-** "We like our school and friends, but we are most excited for Calgary!" **Maria-** "I went to a fun Halloween party, but I am mostly looking forward to Calgary!"

(Q) Do you like school here? **ALL Respond-** "YES, it is much easier! It's nice to take a break from all the hard work in Spain."

Q: Where do you want to go in your water polo career? (Nationals, Olympics, University)

ALL Respond- "We want to have fun and keep playing at a high level"

Q: What advice would you give to other athletes who want to play water polo abroad?

ALL Respond- Find a good team, a good school and get out and experience the culture!

Q: What have you learned with Valley? Have you maintained your level of play being with Valley?

A: **Maria-** "They are a really great team and Mich is a great coach." **Daniel-** "English is hard! Colloquial English and Slang is hard!"

All- Playing with Valley has made us better players!

Daniel and Fernando head home to Barcelona on December 18 and Maria will be with our club until the end of the school year. We wish them all the best!

New Look, New Swimsuits, New Clothing- Oh My!

Have you checked out our newly designed website??? It is amazing. Designed by our very own Jane G, it has all the information about our club, coaches, and opportunities to join Valley! This year our board decided that after covid, we needed a new, cool look and that resulted in the design of our brand-new logo! What makes this logo so special is that it was designed by the renowned Alex Banarer, of @waterpolobanarera. He has designed numerous logos including ours! The cherry on the top is that our club and athletes had input and the opportunity to choose the final design! Bravo! Our new logo is sooooo slick, that we knew we needed new swimsuits and merchandise. We have new suits, and hoodies with more to come in the new year!

UPCOMING EVENTS!!!!

On December 12, we will be hosting a tournament and we need VOLUNTEERS! The only way to make these tournaments successful is with parent help!!! The countless hours parents have dedicated are the reason our club is so successful.

VOLUNTEERING INCENTIVE:

If you volunteer for this tournament, you will only have to pay \$20 for your child's entrance fee rather than the regular entrance fee of \$32. To volunteer, please email alannafalys@icloud.com

Plus, volunteering is fun!

JANUARY U17 NCL Tournament in Calgary
Our u17 boys and Girls teams will be competing in Calgary for the first 2022 NCL tournament. This will be happening JANUARY 6-9.... Stay tuned for upcoming details.

CELEBRATE GOOD TIMES

Training with Olympians

How cool is this???? Our Athletes train with Olympians! Now, we may be nerds, but this is the coolest opportunity ever! We have been so lucky to have Olympic Water Polo Athletes Gurpreet Sohi, Monika Eggins and Hayley McKelvey attend regular Valley practices.

We are so fortunate to have these brilliant and talented young women as guest coaches who have been hands on in inspiring our kids and teaching them tactics and skills.

Valley's goal is to have these athletes continue to be a part of our club to aid in shaping the next generation of high-performance water polo athletes! Remember to attend all practices to ensure that you don't miss an opportunity to work with these incredible athletes/ mentors!



Our Head Coach Athletes go to Camp

We are SO PROUD to have our amazing Head Coach, Michel Roy and our talented athletes Mackenzy C., Vanessa M., Emma B., Isabella M., and Alumni Emma L. representing Fraser Valley at the Canadian Senior Women's National Training Camp.

There were 73 athletes from across Canada invited to participate which will result in 28 athletes who will be selected for the Senior National Women's Program. Athletes born in 2003,04,05 and select 06's were invited. They were also evaluated for the National B team, the Youth National Team, and the Junior National team.

Our Coach and athletes travelled to Montreal, where our athletes spent a week being tested, evaluated, scrimmaging, and ranked. Coach Mich was asked to be one of the Coaches who evaluated the players due to his extensive experience, and National and International reputation.

Our girl's experienced so much on this trip, both in and out of the pool. **Mackenzy C. wrote about her experience:**

THANK YOU FOR READING OUR FIRST NEWSLETTER!
If you would like to contribute to our January edition, please reach out to alannafalys@icloud.com or 604.345.8900 before December 15, 2021.

MONTREAL

I arrived in Montreal at around 4:30 on November 20. I think getting on the plane was the easiest part. As I got off the plane, I had a reality check. I have always been decently independent, but I came to the realization that no one is there to babysit me, make sure I eat enough, get enough sleep, and get to the pool on time. It was my responsibility.

When you go on these trips, the intention is to force the young athletes to have a sense of independence and do things that will prepare them for the near future such as college or post-secondary options. I learned how to use the transit network in a french speaking province when, anyone who knows me, knows I do not speak one word of French. It was truly a learning experience, but it gave me the opportunity to connect with others who were in the same position as I was.

In this camp, we did a series of testing, practiced new plays, and played games against numerous teams. The teams for the games were mixed up every time so it gave us the opportunity to play with other athletes who were from rival clubs, played in the NCAA in the USA to the national team. It was great to see how many athletes continued with water polo post-secondary and were eager to train hard and push past their limits. I was training alongside national team athletes who I had idolized for numerous years, it felt extremely surreal. Playing against those athletes influenced me and other individuals to try harder, be better and gain a better understanding of the sport water polo.

My favorite part about this whole week was the competitive side, the teamwork, and the drive to be the best. Every game we played was high intensity, loud and such a positive environment. There was not a time where we were not cheering for one another, congratulating, or giving constructive feedback. The coaches included, they made it such a positive atmosphere and ensured that we knew exactly what to fix so mistakes that were made, would not happen again. They matched our competitive mindset as well.

Overall, I learned a lot, I grew a lot, I played with and against my idols, I learned what true hard work, dedication and teamwork is, as well as realizing what I needed to work on as a player, so when I am that age younger athletes will be starstruck to play with athletes and women like me.

