



FRASER VALLEY
WATER POLO

FVWPC
Team Spirit
NEWSLETTER
Volume #3



WELCOME

to the FVWP **LOVE** issue!

We are so excited to have this platform to share information, updates, celebrate successes and inspire our Championship Spirit!

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Why We Love Water Polo



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Celebrate Good Times: Celebrating what we LOVE



Love Letters to Water Polo...

This edition is dedicated to Water Polo and all the beautiful things this sport has given our kids!

We encourage you all to take a moment as you're reading this to think about what this sport has given to you and your family!

*Whether it is camaraderie, athleticism, competition, drive, a sense of family- what made you fall in love with water polo? Regardless of your reason, **FVWP is proud to have you as part of our water polo family!***



Why We LOVE

WATER POLO...

It's not just about swimming or scoring goals.... It's about reaching our potential individually and collectively as a team.

For many of you, you started as swimmers and fell in love with water polo because of the team aspect, the spirit and the friendships.

Here are our top 10 reasons Why we LOVE Water Polo

10. Team Work makes the Dream Work: being a part of a team is an essential reason why we love water polo. We win together and lose together, FVWP teams of all ages are with one another 3-6 times a week and the team atmosphere is awesome!

9. No Running Required: Yes there's lots of swimming... but at least there is no running! (well, except for dry land) ☺

8. What happens under water, stays under water: Yes, we know it's an aggressive sport, but with some of the shenanigans that happen under water, it's a good thing the referees can't see!

7. Water Polo players are tougher than the rest: Because water polo is so fast and dynamic, you have to be tough, you have to fight for the ball, swim faster and be aggressive!

6. Travel and Competition: The opportunities to travel, compete and play teams from all over Canada, the United States and the world provides opportunities that many other sports don't.

5. Play year-round: Valley athletes have the opportunity to train, compete, have fun 12 months of the year!

4. It's FUNNNNNNNNNN: Plain and simple. To many people treading water may seem exhausting but water polo allows you to add a whole new element to the sport of swimming.

3. Stamina and Speed: You can't switch off for a second in water polo. There's no 'easy swimming'. It is a high paced game where you are interval training, sprinting and communicating during the entire game. This sport is made for the toughest of tough.

2. Amazing Coaches: FVWP is proud to have some of the best water polo coaches in the world. We have national level coaches who not only care about the club and building a championship team, but they genuinely care about our athletes as people. They want nothing but the best for every Valley team member.

1. Forever Friendships: Many of our athletes have known each other for many years, and most of our athletes will know one another for many more years to come. The relationships, friendships and support our athletes give one another is the BEST thing about this sport and FVWP club. Teamwork, support and friendship is why so many of our athletes stay with Valley until they graduate high school.

THESE ARE OUR TOP 10 REASONS WHY WE LOVE THIS SPORT!



GO VALLEY GO!

Happy I Love Water Polo Month!



Love Letters to Water Polo

Over the past month we have asked our members to tell us about why they love water polo and you now have the opportunity to hear it in their own words... The following are Love Letters to Water Polo!

Why I love Water Polo.... By Michel Roy

Head Water Polo Coach - High Performance

Water Polo has a way, to make good people become great people, to take kids from all levels and get them to be successful in their own life, water polo is a way of life!

Learning simple skills, like: teamwork, work ethic, discipline, commitment, get fit with practicing in a team environment and playing games just for the love of a sport, will change anyone's life for the better. Kids today, more today than ever before (that I have seen in my last 40 years of coaching) kids need a sport environment to learn life skills. With today, social media, cell phones, internet, Tik Tok, Instagram, YouTube, video games, with the last 2 Years of COVID, staying at home, not talking, or seeing anyone, has had a very huge effect on kids. The lack of communication face to face, fun, competition, and simple communication between each other has gone to dust, face to face is a must for kid's wellbeing and today's kids have lost so much of those times. Most Water Polo players that I know and have coached around the world are very successful in their life.

My love is to see kids progress, learn and become the young adults they can be. Kids will Learn to achieve goals, taking time to choose the right path, the right schools and to become the future of our society. Kids needs sport more today than ever before. The commitment to social media, cell phones and video games have changed the world for ever. Kids have more difficulties to adapt to the present times. Being part of a sport, a team and place to learn to communicate and making friends is where they should be.

I love water polo, not just because it's the most amazing sport, (and I am a bit biased), but water polo is a way of life that most kids should want to be part of, just for their own personal development for our future generation.

With all my love, Coach Roy.

My Water polo Journey- -U15 Boys Team

I started water polo in summer of 2019, and it has been the best thing that has ever happened to me. I started out by going to a small summer maintenance camp for a couple of days. I just loved it, then started training hard with Fraser Valley through Covid and now my team and I are National Champions. Even though I love the physical contact and the competition that we have in water polo, one of my favorite things in this sport is the community that surrounds you. From the players to the parents, you can be sure that they've got your back. If you are reading this letter, then I highly encourage water polo. I never thought I could love a sport so much.

Love Letter to Water Polo- U12 Athlete Development Team

I love water polo because my teammates treat me very well. I love being in the water and I try to pay attention as much as I can. I also love doing egg beater. I'm becoming such a good swimmer. Also my coaches are very nice. :) My favourite thing to do in water polo is the back stroke and to score goals.

I also love the teenagers. Even though I am younger than them, they always include me. 😊 I love their vibe. I can't wait to be on their team next year!"



Love Letters to Water Polo...

Dear Water Polo,

Through my many years of playing this sport, it has made me a better person. Water polo, you showed me the true importance of friendship, honesty, loyalty, and commitment to something I love and care for. I love playing water polo, as it has given me a passion and a goal towards a great future. Through my 8 years playing with Valley, I have realized my values, and my true self. I am eager to learn more about this sport, coaching and becoming the best athlete I can be. I am truthful, passionate and overall a ambitious young lady who has larger demands of herself than she had thought could be; water polo has made me feel like I can achieve anything! Water polo has inspired me to be the best person I can be. With the help of all the coaches in my life, I realize that the relationships I've made are truly special and have shaped me to who I am today. I love water polo forever and I am so thankful to have this amazing sport in my life!

Love, U17 Girls Team and Junior Coach

Why I LOVE Water Polo- Coach Thomas

I love playing and coaching water polo as it is a sport that is completely unlike all others. Water polo requires a combination of skills and physicality that isn't found anywhere else. I play water polo because its fast-paced and physical nature is an environment that I enjoy. The uniqueness of water polo is what stuck out to me and was one of the reasons I first decided to join (along with being competitive against my older brother). I grew up playing water polo at my local summer swim club, and the friends I have made from this sport are some of the best friends I have. Water polo is a team sport, the skill of an individual rarely matters more than a team's ability to work as a unit. Working and training as a group of friends almost everyday for years helped me grow closer to some friends I will probably have for my entire life. As an athlete, these qualities of water polo are why I love it.

From the coaches perspective, watching the kids I help coach develop new skills and put them to use in games. I get to watch the hard-work that the athletes put in at practises pay off during tournaments. I enjoy being a part of their growth as athletes. Coaching allows me to stay close to the sport I love while also exploring an aspect of it that is still relatively new to me. When coaching, I frequently learn new tactics and skills myself that I can learn. I get the privilege of watching the kids I coach create those same friendships that I once made with my teammates. As a coach, I am still fresh to the scene and I am very excited for how I will progress with experience and how the athletes I coach will become a strong team. I love being a water polo coach as much as I do being an athlete. Water polo is a very special sport to me and I don't think there is any other sport that could have provided me with the memories and experiences that water polo has.

THANK YOU FOR READING OUR FEBRUARY NEWSLETTER!

If you would like to contribute to our March edition, please reach out to alannafalys@icloud.com or 604.345.8900 before January 30, 2022.

I  **WATER
POLO**

CELEBRATE GOOD TIMES...

FVWP Club is proud to announce that our amazing head coach, Michel Roy has been named as the Canadian Women's Youth National Head Coach! Coach Mich will be leading these young women to greatness starting with the Youth World Championships held in Belgrade, Serbia. **We are so proud of you!**

Upcoming Events

Valley's u15 and u19 teams will be heading to Calgary Alberta for the Alberta Open March 17-20. We are very excited to have our teams competing again!

