



VALLEY



FRASER VALLEY
WATER POLO

Great athletes care about fitness, nutrition, mobility, video sessions, practices and games.



We were very thankful to have the legendary John Stockdale teaching our coaches! FVWPC is proud to continually facilitate our mission of developing coaches and growing the sport of Water Polo in BC and Canada!!!

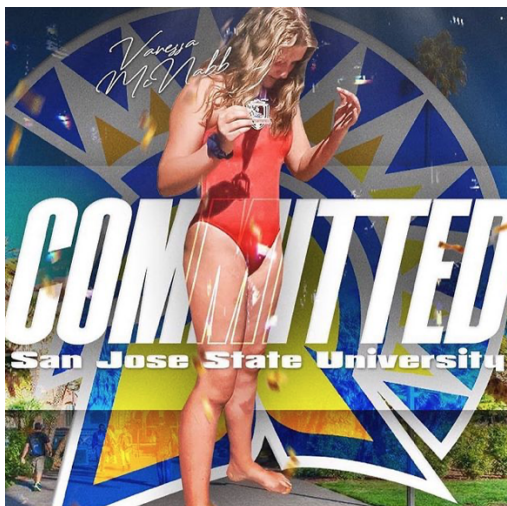
COACHING CLINIC



Thank you to John Stockdale for running an excellent goalie clinic for our amazing FV goalies! We are so fortunate to have had John share his knowledge and experience with our athletes!

GOALIE CLINIC

Huge Congratulations and best of luck, Vanessa, Emily and Mackenzy! We are so proud of you!!



Vanessa signed her National Letter of Intent to commit with Div 1 San Jose State University.



Emily is transferring from Santa Barbara CC to Div 2 California State University, East Bay.



Mackenzy signed her National Letter of Intent to commit with Div 1 San Jose State University.

CELEBRATING

our adventures and achievements in 2022

Merry Christmas, Happy Hanukkah, Happy belated Diwali and a Happy New Year to all,

As 2022 enters the rear view mirror, we look forward to 2023, but before we do we should celebrate some of the adventures and accomplishments of 2022!

Team Accomplishments

U17 Girls win Bronze at Western Canadian Championships

U17 Boys win Gold at Western Canadian Championships

U15 Girls win Bronze at Western Canadian Championships

U15 Boys win Gold at Western Canadian Championships

U17 Girls will Gold at Nationals

U15 Boys compete at U17 level in 2022-2023



Individual Accomplishments

Brandeau, Vanessa, Caiomyn, Mackenzy, Isabella and Austin named to National team Centralization program

Coach Mich named National Team Youth Womens Head Coach

Emma and Cameron named to Junior National Team

Georgiy wins Most Valuable Coach Award. Ilya wins Most Valuable Player Award. Nate wins Defensive Player Award and Alex wins Most Valuable Goalie Award

Vanessa wins MVP at Nationals

Vanessa and Mackenzy sign with San Jose State. Emily signs with Santa Barbara City College

We are very grateful for the work of our coaching staff and our volunteers who help out at events, with travel and who serve on our board.

We know that the success of our athletes come from the work being done with our development athletes and preparing them for the achievements they reach as they get older. Our athletes, parents, volunteers and staff know that success only comes before work in the dictionary.

As we enter 2023, we hit the busiest part of our season; The Development group continue with their league play, Senior League continues in Calgary, NCL continues in Edmonton and Richmond and the U15 Western Championships come in April. The success at these events start with the efforts placed at practice. Some athletes care about games Good Athletes care about practices and games **Great athletes care about** fitness, nutrition, mobility, video sessions, practices and games.

Before we jump into 2023 with purpose and a focused mission, please enjoy time with family and celebrate the holiday season. From our family to yours, **SEASON GREETINGS and HAPPY NEW YEAR**



**50/50
RAFFLE
WINNER!!**

**CONGRATULATIONS
GREG
DREW!!!**



Thank you to everybody...

We have a winner!!!! Huge congratulations to Greg Drew, the lucky winner of the first ever FVWP online 50/50 raffle!! The jackpot reached \$6400, and Greg takes half! Thank you Greg for generously donating a portion of your winnings back to our club, we appreciate it sooooo much!

ACHIEVING SUCCESS TAKES MORE THAN TALENT

No one is born successful and even if you have talent, it doesn't guarantee success. So, if we are not born successful or attribute it to talent alone, how does one go about achieving success? There are many factors that determine if you are successful or not, but I believe without **passion, hard work, belief-in-yourself, and persistence**, success is harder to achieve.

Passion is at the heart of everything, whether it's Wayne Gretzky being the greatest hockey player or for world famous composer Mozart. Passion is what drives and gives us the energy to keep going after our dreams and goals. Having passion will keep you motivated when things get tough, when you can't swim 1 more stroke, run 1 more lap or study 1 more minute. Whatever you do, make sure you are passionate about it and love doing it.

Once you have the passion, then you will need to put in the effort and this is where **hard work** comes in. I am sure your parents have told you 100 times: "Nothing ever comes without hard work". You can have all the natural talent, smarts, or passion, but without applying yourself, success will not be yours. You must be willing to work hard at what you want to do. If your goal is to be the best Water Polo player in Western Canada, that means putting in the time and hard work to improve your skills and learning from players that are better than you.

In addition to passion and hard work, you must **believe-in-yourself** and your ability to achieve success. Believing in yourself gives you confidence and it is the confidence that helps you push even harder and show others that you can do something great. If you don't believe in yourself, it is hard to stay on track when things are not going well. By showing confidence, you will be offered more opportunities, which gives you the chance to show others that you are stable and reliable, which in turn gives you more confidence.

It's not always easy to have confidence in yourself, especially when you are developing yourself in a sport. Sometimes we even have to 'fake it until we make it', believing that you have what it takes gives you the inner strength and persistence which will help to build more confidence. This takes us to the fourth most important quality, persistence.

Persistence means "the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people". Most successful people will tell you that they were persistent and did not give up no matter what. If you believe in your dreams, you must have a strong mindset and make sure you don't quit. If you need to improve your throw, practice with someone that is better than you and keep at it until you improve. If you need to swim faster, keep track of your times, and try to beat them every race. Failing is a failure only when you don't get back up. It's only when you stop trying or stop being persistent, that you have failed. Failing is part of learning; there is nothing wrong if you must fail many times before achieving success. Did you know that Thomas Edison had over 1,000 unsuccessful attempts at inventing the light bulb? If he had given up at 999 tries, we would not have light bulbs. Thomas Edison said "I have not failed 1,000 times. I have successfully discovered 1,000 ways to NOT make a light bulb".

In summary, I strongly believe these **4 things, passion, hard work, belief-in-yourself** and **persistence** are essential to being successful. If you aren't sure what sport or career you want, I would recommend starting by asking the following: what is your passion, what motivates you, and what gives you energy?

ATHLETE INSIGHTS

ARTICLE BY SARA B

FVWP 17U