



SK Provincials Information

Nov 29-Dec 1, 2024 in Saskatoon, SK

Included in this document is information about Vortex Water Polo's trip to Saskatoon to compete in SK Provincials. Please contact Michael Reid, Technical Director if you have any questions.

TRAVEL

We will travel as a team by chartered bus.

- The bus is very full with almost every seat taken.
- All athletes on the bus will be sitting with someone else from their team.

Depart - Friday, November 29 at 9:00am

- **Departing** Winnipeg from **Pan Am Pool** at **9:00am** on Friday, November 29
- The bus will be at the pool at **8:30am** for **loading**.

Arrive Back Home - Sunday, December 1 in the Evening

- Exact time TBC but it will be in the evening. Emails will go out notifying families of the estimated arrival time once we are on the road.

COST = \$500

The trip fee covers the following: Travel, hotel, entry fee, staff expenses and some food/meals for select teams

IMPORTANT INFO ABOUT TRIP FEES

- This is an estimated cost.
- After the trip, families will be notified if a balance is owed or if the trip costs less than anticipated.
- If less, you will receive an account credit.
- If it is more, your account will be charged the additional fee.

TRIP PAYMENT: Credit Card in RAMP

Please register and pay for the trip in RAMP.

<http://VortexWaterPolo.rampregistrations.com>

TEAMS TRAVELLING

- 14U Girls x 12 athletes
- 14U Boys x 14 athletes
- 18U Boys x 12 athletes
- Open Women x 10 athletes + 2 Player-Coaches

CONTACTS

Michael Reid , Technical Director & Main Trip Organizer (not attending trip)
td@vortexwaterpolo.ca
204-298-2201 cell

14U Girls			
COACHES	Ana Amarante	anaizadoriaama@gmail.com	(204)295-1932
	Breda Vosters	bredavosters@gmail.com	(204)612-6858
CHAPERONES	Melissa Atkins	doveowfly@gmail.com	(204)229-6134
	Katia Arrus	karrus@hotmail.com	(204)918-9926
Open Women (16U+18U+OW)			
COACHES	Breda Vosters	bredavosters@gmail.com	(204)612-6858
	Ana Amarante	anaizadoriaama@gmail.com	(204)295-1932
CHAPERONES	Wendy Swanston	wendy@swanston.ca	(204)223-4484
	Craig Swanston	craig@swanston.ca	(204)981-1270
14U Boys			
COACHES	Julian del Campo	mensheadcoach@vortexwaterpolo.ca	(204) 963-4635
	Lex Mackin		
	Denys Kior	kiordenys@gmail.com	(431)557-4925
CHAPERONES	Jeff Strome	jeffstrome@gmail.com	(204) 999-3495
	Wilfred Imlah	Willimlah@hotmail.com	(204)292-7445
18U Boys			
COACHES	Julian del Campo	mensheadcoach@vortexwaterpolo.ca	(204) 963-4635
	Denys Kior	kiordenys@gmail.com	(431)557-4925
CHAPERONES	Paulina Moyano	paulimoyano21@hotmail.com	(431)588-3359
	Katie Anderson	katiemaggie@gmail.com	(204)396-4695

TEAM ROSTERS

Hat numbers are TBC.

14U Girls			Open Women		
1	Arianna Borgesa Arrus	2011	1	Daria Piotrowicz	2009
2	Holly Lewis	2011	2	Violet Middagh	2009
3	Jasmine Atkins	2011	3	Izzie Hyman	2010
4	Mabel McManus	2011	4	Kaleena Cabernel	2010
5	Lochlyn Robinson	2012	5	Kensleigh Swanston	2010
6	Peyton Robinson	2012	6	Ella Dojack	2010
7	Sylv Beaudry	2012	7	Olivia Kavanagh	2010
8	Lena Pyl	2013	8	Asha Denton	2008
9	Lennon Jeffrey	2013	9	Ellen Becker	Adult
10	Taya Baker	2013	10	Catherine Metryki	Adult
11	Violet McAuley	2013	11	Breda Vosters	Adult
12	Emery Stoddart	2013	12	Ana Amarante	Adult

14U BOYS			18U Boys		
1	Brayden Baker	2011	1	Ethan Offman	2009
2	Charlie Devlin	2011	2	Ellis Teetaert	2009
3	Davin Ferreira	2011	3	Idan Medvedovsky	2009
4	Gray Marriott	2011	4	Jasper Robbie	2009
5	Joseph Henderson	2011	5	Joah Paletta	2009
6	Paolo Vivas Anderson	2011	6	Yannick Sinclair	2009
7	Stanley Boudreau	2011	7	Ignacio Resnik	2010
8	Toby Denton	2011	8	Alex Plaizier	2007
9	Alex Klassen	2012	9	Lex Mackin	2007
10	Alex Kovacs	2012	10	William Cromwell	2008
11	Amedu Anderson	2012	11	Liam Chartier	2007
12	James Hurton	2012	12	Fabio Todaro	2007
13	Sam Adey	2012			
14	Samuel Budniok	2012			

WHAT TO BRING

FOOD ON THE BUS

Athletes need to bring **enough food and water** to last them the entire bus trip to Saskatoon (about 9 hours).

There will be limited stops and athletes should expect that we will **NOT** be stopping to get restaurant food at any time.

We do have athletes with serious food allergies on this trip.

NO NUTS or PEANUTS allowed on the Bus.



WHAT TO PACK

- Everything you need for the pool
- Towel (x2), Swimsuit(s), swim caps (if you wear one), goggles, Water Bottle(s), Team Uniform
- Your favourite healthy snacks for the whole weekend
- Clothes for the weather ... we will very likely be walking outside at times. Please bring appropriate footwear for outside.
- Money: Athletes will need some money to purchase food on Sunday and incidentals.

TEAM UNIFORM

- Team Swimsuit (recommended); Team T-shirt; Plain Black Shorts, Sweatpants or Yoga Pants
- Athletes need to supply the bottoms
- Deck shoes of your choice
- Team Uniform is to be worn on the pool deck



REUSABLE DISHES & CUP/SKAKER BOTTLE

Please bring a set of reusable dishes. If we have catering or food is ordered, this will reduce the need for single-use paper or plastic plates.



HOTEL

We are staying at two hotels.

HOTEL #1: The Best Western Blairmore

Address: 306 Shillington Cres, Saskatoon, CA S7M 1L2

Teams: 14U Girls and Open Women plus their chaperones and coaches

Walking distance to the pool.

Breakfast included.

HOTEL #2: Towneplace Suites Saskatoon

Address: 247 Willis Cres, Saskatoon, SK S7T 0V2

Teams: 14U Boys and 18U Boys plus their chaperones and coaches

15-minute drive to the pool.

Breakfast included.

Why are we staying at two hotels?

The Best Western is the preferred hotel for this event but they did not have enough rooms for the entire club.

We decided to split the club up to limit the need for the bus and other means of transportation that cost money.

COMPETITION POOL

Shaw Centre

122 Bowlt Crescent, Saskatoon, SK

[Shaw Centre Website](#)



POOL & GAME SCHEDULE

Friday, November 29

- TBC

Saturday, November 30 & Sunday, December 1

- Game Schedule
- <https://docs.google.com/spreadsheets/d/17ccJW2xDKIDGuZUemdQhunz0WPFqehaO-F3YeF7fE-c/edit?gid=1534933540#gid=1534933540>

LIVE STREAMING

TBC

TRIP & TEAM PHOTOS

TBC

TEAM, BUS & HOTEL RULES

TEAM RULES

- Set by the Coach(es) with consultation with the Team Chaperone(s)
- Some are policy driven by the club
- Goal is to have fun and be safe while away at competitions
- When we get to the hotel in Saskatoon, the coaches & chaperones will be reviewing all of the team rules with the athletes.
- [Vortex Water Polo's Code of Conduct](#) (please read)

BUS RULES

- We appreciate that it's a long trip and people are allowed to move around
- Don't Share Food or Drink
- Sanitize Hands Frequently

HOTEL RULES

- Athletes are not allowed to change room assignments.
- Athletes are not allowed to hang out in other people's rooms.
- Room doors must remain closed.
- If a staff member (coach/chaperone) knocks on your door, please check who it is and open the door. Staff will do their best to first communicate with the room that they are coming by with a phone call or group message.
- Athletes are allowed to hang out in the breakfast area during downtime.
- Athletes need to respect each other rooms and personal space.
- If an athlete is having issues with this, they should immediately contact the coach or chaperone.
- Coaches/Chaperones will be reminding athletes of this throughout the trip.

PLAYING TIME PHILOSOPHY

- Everyone Plays and Everyone needs to be prepared to play and start the game.
- Does not mean equal time.
- Some athletes will play more based on abilities and fitness.

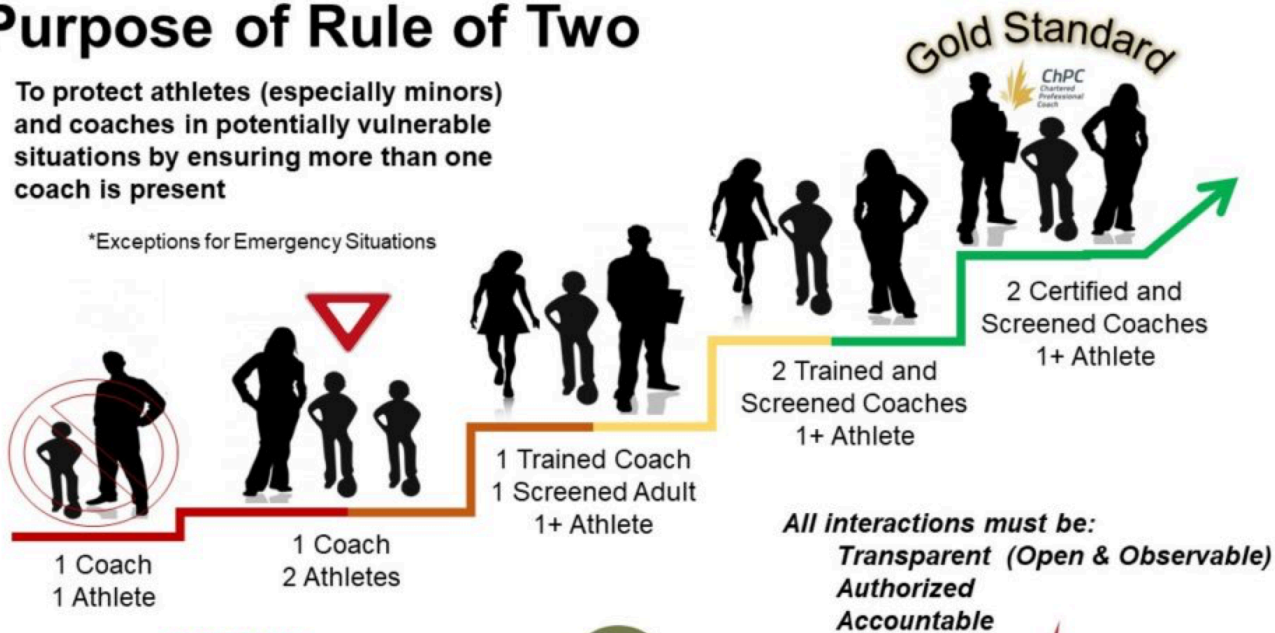
SAFE SPORT: RULE OF 2

- Purpose: to protect athletes and coaches from vulnerable (risky, unsafe) situations
- **NO private meetings between an athlete-coach or coach-athlete.**
- 1on1 meetings can take place but must be in an open, public setting (e.g. pool deck, hotel lobby).
- <https://www.viasport.ca/news/creating-safer-sport-environment-rule-two>

Purpose of Rule of Two

To protect athletes (especially minors) and coaches in potentially vulnerable situations by ensuring more than one coach is present

*Exceptions for Emergency Situations



CANADIAN CENTRE
FOR ETHICS IN SPORT



coach.ca | Coaching Association of Canada
Association canadienne des entraîneurs

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