

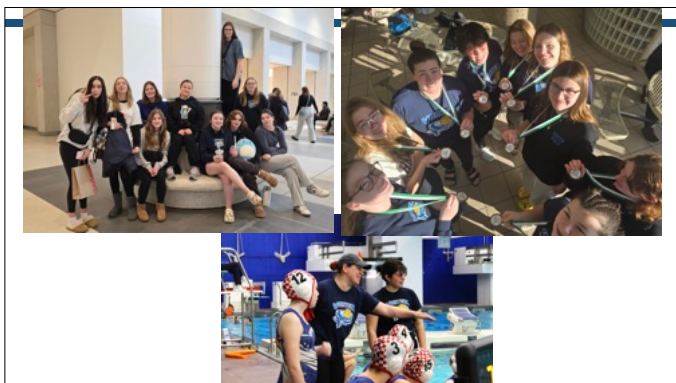
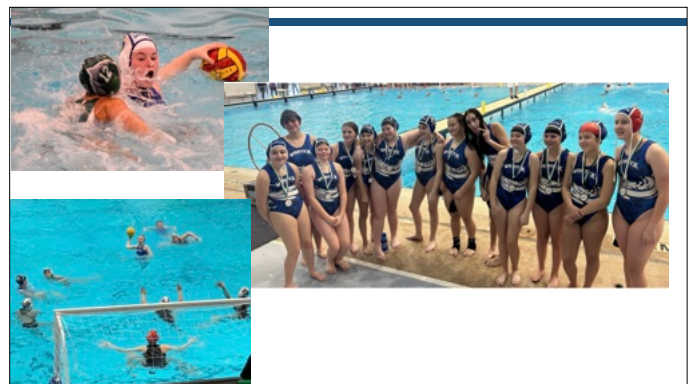


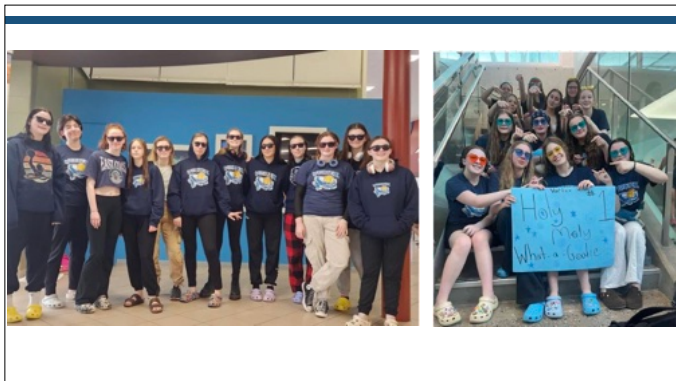
16U-18U GIRLS

PRELIMINARY INFO ABOUT NEXT SEASON

JUNE 26, 2025 AT PAN AM POOL

Michael Reid, Technical Director
Breda Vosters, Women's Head Coach
Ana Amarante, Assistant Coach





SUCCESSSES



- ☆ 2 athletes going to National Team Camp
- ☆ Several Athletes playing Junior Olympics (JO's)
- ☆ 18U National Champions!
- ☆ Amazing growth in this group over the past few seasons
- ☆ Big thanks to the coaches and of course the parents!



AGENDA

- Introduction
- Coaches
- Expected #'s
- Practice Schedule
- Facility Pass
- Competition Calendar
- Cost
- 2025 Summer Programs
- Q & A



Why don't water polo players ever get lost?

Because they always follow their goals! 🏊‍♂️ 🌊



COACHES: 16U-18U GIRLS

LEAD COACH: Breda Vosters, Women's Head Coach

ASSISTANT COACH: Ana Amarante

Other Coaches: TBC



16U is for Athletes born in
2010-2011

18U is for Athletes born in
2008-2009



To our returning players — welcome back!
We're thrilled to have your experience,
energy, and team spirit returning to the pool.



To our new players — welcome aboard!
Get ready for an exciting season of growth,
grit, and a whole lot of water.



Together, we'll train hard, play smart,
support each other, and most
importantly — have fun.
Let's make this season unforgettable!
Let's go, team! 💪🌊



EXPECTED NUMBERS

Anticipated Athletes in the Fall

16U = **13 athletes**

18U = **6 athletes***

*We have already been reaching out to other clubs
about collaborating next season.



PRACTICE SCHEDULE ***TENTATIVE***

Tentatively we will have the same schedule as this past
season at Pan Am Pool.

Mondays, Tuesdays, Wednesdays & Fridays

☆ 7PM - 9:30PM

Saturdays

☆ 12:30PM - 3PM



DRYLAND TRAINING

- ☆ Has always been part of our programs
- ☆ Since COVID, we have had limited access to the weight room (we used to be able to use it)
- ☆ We have been seeking improvements for the past few years
- ☆ Possible solution that has several benefits



FACILITY PASS ***NEW CONCEPT***

Facility pass for the City of Winnipeg pools/fitness centres.

- ☆ Access the weight room
- ☆ Additional pool practices on your own
- ☆ Use when regular practices are cancelled



General admission & pass rates

Family Pass

	Adult (18+)	Seniors (65+)	Youth (2-17 years)**	Group***
Single admission	\$8.14	\$8.14	\$3.63	\$16.01
Single admission (daytime discount)*	\$6.46	\$6.46	-	-
10 visits	\$71.43	\$71.43	\$31.41	\$142.86
3 month pass	\$150.24	\$119.47	\$66.50	\$279.56
6 month pass	\$271.88	\$271.88	\$122.35	\$543.74
1 year pass	\$494.32	\$494.32	\$222.44	\$988.64

COMPETITION CALENDAR ***TENTATIVE***

- ☆ Very tentative right now
- ☆ Don't have dates from Water Polo Canada or the format for the NCL next season.
- ☆ Competitions we attend also rely on:
 - Registration #'s and Athlete Availability, Finances & Coach Availability

HOSTING A WPC EVENT

Vortex has also reached out to Water Polo Canada about hosting a NCL event in Winnipeg next season.

No further update available at this time.



16U COMPETITION CALENDAR ***TENTATIVE***

16U (born in 2010-2012)

	Event	Date	Location
1	Northern Cup Invitational	mid-Nov 2025	Edmonton, AB
2	16U NCL Invitational	Jan 2026	TBC
3	Alberta Open at Marsh Meadows	mid-Mar 2026	Calgary, AB or Toronto, ON
4	16U NCL Westerns	May 2026	TBC

18U COMPETITION CALENDAR ***TENTATIVE***

Based on previous seasons

18U (born in 2008-2010)

	Event	Date	Location
1	18U NCL #1	Nov 2025	TBC
2	18U NCL #2	Dec 2025	TBC
3	18U NCL #3	Jan 2026	TBC
4	18U NCL #4	Feb 2026	TBC
5	18U NCL #5	April 2026	TBC
6	18U NCL Finals	May 2026	TBC

18U COMPETITIONS - OTHER

Other Competitions, Training Camps or Events

- ☆ Few options in Canada for tournaments because of NCL.
- ☆ We can do a training trip with games but not part of a tournament (example: 19U Girls Trip to Montreal in 2023)
- ☆ Several Options in USA for Tournaments

COST

- ☆ 2025-26 Training Fee: TBC (confirmed later this summer)
- ☆ 2024-25 Fee = \$2425 (\$250 Volunteer Bond Included)
- ☆ Estimated Trip Costs
 - 🚗 Drive/bus to SK = ~\$650/trip (Thu-Sun)
 - ✈ Flying = ~\$995 per trip (Thu-Sun)



ABOUT TRIP FEES

- ☆ Estimated
- ☆ Paid in RAMP prior to trip
- ☆ After the trip, families will be notified if the trip ended up costing less or if there is a balance owing.
- ☆ If less, you will receive an account credit/refund.
- ☆ If it is more, your account will be charged the additional fee.

WATER POLO CANADA CAMP IN WPG

- ☆ Stay tuned for more info.
- ☆ Hosted by MWPA, run by WPC
- ☆ Coaching course
- ☆ Fall 2025

SUMMER CAMP: AUGUST 18-22



TRAIN WITH AN OLYMPIAN
2X OLYMPIAN | NCAA DIV 1 | PRO ATHLETE
SHAE LA ROCHE
18U-18U Competitive Girls Camp



August 18-22, 2025 | 9AM-5PM Each Day
Pan Am Pool in Winnipeg, MB



9:00 AM - 10:00 AM Dryland Training
10:15 AM - 12:15 PM Pool
12:30 PM - 2:00 PM Break (on your own)
2:00 PM - 2:45 PM Classroom Session
3:00 PM - 5:00 PM Pool

✉ info@vortexwaterpolo.ca
🌐 www.VortexWaterPolo.ca

14U SUMMER CAMP 2025

August 11th to 15th

- ☆ All Genders
- ☆ Mon - Fri (5-day camp)
- ☆ 8:30 AM to 4:30 PM each day
- ☆ Pan Am Pool
- ☆ \$295



SPREAD THE WORD:)



Free Intro to Water Polo

12U GIRLS & BOYS

For Athletes **NEW** to Water Polo
Must be able to swim 2 laps in deep end

- Tuesdays & Thursdays from 5:00PM-6:30PM
- July 15-31, 2025 (come for 1 week of classes for free)
- Pan Am Pool

REGISTER NOW



td@vortexwaterpolo.ca

www.VortexWaterPolo.ca



END

