



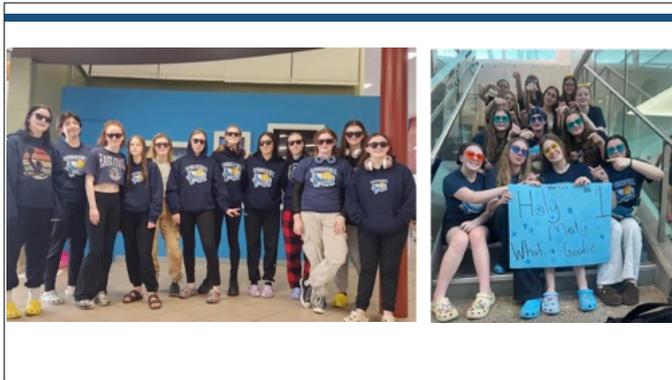
# 16U-18U GIRLS

## 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





## SUCCESSES



- ☆ 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 <del>at Marsh Meadows</del>	mid-Mar 2026	Calgary, AB <del>or Toronto, ON</del>
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

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

td@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](mailto:td@vortexwaterpolo.ca)

🌐 [www.VortexWaterPolo.ca](http://www.VortexWaterPolo.ca)



**END**

