



# Newsletter

## March 21, 2013

Should you have any suggestions, contributions or concerns about this newsletter, please do not hesitate to contact Pierre Tremblay at [newsletter@titanswaterpolo.ca](mailto:newsletter@titanswaterpolo.ca).

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### **Membership Update**

We thank everyone for their continued efforts to refer new potential players to the Titans. We have now reached 165 registered athletes! Our coaching team continues to keep pace with our expansion efforts and we are happy to report that our athletes now benefit from the experience and contributions of 21 coaches. Our latest addition to our coaching staff is Sasa Palamarevic. Sasa has been playing water-polo since the late 1990s. He started at the Club Aqua-Polo de Hull, and at the age of 19 joined the Senior National Team (2006-2010). Since then, he competed in the World League, Volvo Cup, Commonwealth Championships, FISU Games, and Olympic Games – Beijing 2008. Sasa will be used as a specialty coach and will take part in scrimmages with our older players with who he



will share his water polo expertise. His goal is to help develop strong and passionate water polo players in the National Capital Region. Thank you to Jerry for having secured the help of such a talented individual!

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## **Transition from ILWP to the Academy**

Soon after our return from the Holidays, over 10 ILWP athletes decided to embark on a gradual transition to the Academy program. The feedback from Blake on his latest recruits has been extremely positive. They showed up ready to work hard and eager to improve their skills and fitness. The atmosphere at the Academy practices has seen a huge boost in energy, energy that Blake will funnel into make them great competitive athletes. Congratulations are definitely in order for them all. They took the very courageous first step of trying out the program. Hopefully they will serve as an inspiration for other ILWP athletes who have not yet opted to try out the Academy.

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## **Titans Cup Summary – tournament organizer’s perspective**

Late in January this year, the Titans hosted a U14 COED and a U16 Female tournament. A total of 10 teams from Ontario and Quebec participated. The athletes had a tremendous time making new friends and competing. The final results of the competition were:

### **U14**

- #1 Club Water Polo Gatineau
- #2 Toronto Golden Jets
- #3 Ottawa Titans
- #4 Kitchener-Waterloo I
- #5 Kitchener-Waterloo II
- #6 Hamilton

### **Ladies Cadet B**

- #1 St. Lambert
- #2 Kitchener-Waterloo
- #3 Hamilton
- #4 Ottawa Titans

The tournament’s success is owed to several groups of people besides the athletes, coaches and officials. First, the parent volunteers from the cadet ladies and the Academy teams organised themselves to deliver the support required to allow the on-deck personnel to focus on the athletes in the pool. A big thank you from the club for your participation.

The second group which we would like to thank for their contribution to the success of the tournament is our sponsors. These included:

Aquasport  
Regimbal Ltd  
River Road Medical Clinic  
Giselle Gonzales

excelHR  
Shaan Curry House  
Richard DeCaire  
Kevin Coady

Marathon Drilling  
Wilma McCormack  
Diane Bourque-Sirrs  
Metro  
Morewood family  
David Stead  
The Shore Club  
Hy's Steak House

Union 613  
Social  
Pure Gelato  
The Buzz  
Karen Jean Pike  
Robert Young  
Crestview Family Chiropractic

The tournament raised \$1,525.00 through sponsorships. The funds will be used to offset the cost of the tournament and to help fulfill the sponsorship and fundraising goals of the club.

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### **Titans Cup – Academy performance**

It is always very exciting to compete in front of your home crowd. Our Academy athletes fed off the spectators' energy and gave a very strong performance. Leading the way were Milan Duhaime with ten goals and Bogdan Djerkovic with eight goals. The team won three games and ended up with a bronze medal. Congratulations to all the athletes on this achievement.

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### **Titans Cup – Competitive Girls Performance**

This was the first tournament for many of our girls and they played against many opponents who had years of competitive water polo experience. They went into the tournament with realistic expectations and in the end, they sent a really strong message to the water polo community: "The Titans girls are back!" Ontario Water Polo representatives were delighted to see how quickly our new group of girls had developed into a credible water polo team. The experience at the Titans cup was so positive that our girls have decided to compete in the 16U Womens' Ontario Provincial Championships, something that the club had not expected our girls to be willing to do for at least another full year. We wish them all a great experience at the Provincials and are confident that their participation will be an awesome learning experience for them. Good luck!

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## **Competitive U18 Boys win 2013 Ontario Provincial Championships**

During the weekend of March 1<sup>st</sup>, the Ontario Water Polo Association held their annual U18 provincial tournament. This year's provincial tournament was hosted by the York Mavericks in Toronto and included 9 teams competing for the coveted Provincial Championship title. The Ottawa Titans started the tournament with a dominating 19:1 win over the Kitchener-Waterloo Inferno. Their next game was Saturday morning against Hamilton. The Titans came away with another big win, beating Hamilton 14:5. Saturday evening, Ottawa played the Toronto Golden Jets. After a rocky start, the Titans ended the game with a 14:1 win over the Golden Jets.



The last game of the tournament for the undefeated Titans was against the equally undefeated York Mavericks. It was a close game from the beginning, and neither team ever enjoyed a comfortable lead. With about a minute and a half left in the game, Ottawa was up by 2, and it looked like the victory was all but secured. Determined to win, York never gave up and in the last minute of the game, they managed to tie the game at 9:9. The game went into a heart-stopping shootout. Dušan Bošković shot first and scored, put Ottawa up 1:0. The next shot was taken by a York player, and Ottawa's goalie Boris Frlić made a great save. Victor Gomeluk of the Titans took the 3<sup>rd</sup> shot and scored, giving Ottawa a 2:0 advantage. Boris Frlić saved the next shot taken by a York player. The fifth shot was taken and scored by Filip Matić of the Ottawa Titans, giving the Titans an impressive 3:0 lead. Boris Frlić barely missed the next shot from York, decreasing Ottawa's lead to 3:1. The next shot was taken by Euan Scoffield of the Ottawa Titans who scored, thus securing gold for our team!

A few of our Titans players were honoured with special awards as a result of their great performance during the tournament. Duncan Kennedy was named the Most Valuable Player and Boris Frlić received the Most Valuable Goalie award. Dušan Bošković and Euan Scoffield were both placed on the first all-star team, while Victor Gomeluk and Raphael Siegel were placed on the second all-star team. With a win at the Ontario provincial tournament, the Ottawa Titans are now seeded first for the upcoming 18U National Championships to be held in Calgary from April 17 to April 21. Good luck!

The short video from this final game can be found on the Titans main web page ([www.titanswaterpolo.ca](http://www.titanswaterpolo.ca)) or by navigating directly to the following link: <http://youtu.be/oOm0NdnzcnY>>

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## **Carleton Women Win Bronze at the Major League - Water Polo**

This year, the Women's MLWP consisted of 6 teams from Ontario and Quebec. One of these teams was the Carleton team, formed of many current and former Ravens players. Six Titans alumni were on the team and of particular interest to our competitive girls, 3 of our female competitive coaches were on the roster, namely Rachel Baxter, Sarah McIlveen and Victoria Peters. They played twice against each of the other teams in a series of league weekends from January to mid-March. Last weekend, they met in Etobicoke for the final games. Rachel Baxter was the league top scorer with 33 goals to her name. Her stellar performance earned her the Season's Most Valuable Player Award. Way to go Rachel and well done to the Carleton Women! After losing a hard-fought semi-final game 8-7 against DDO, the Carleton Women regrouped and upset the Toronto Jets 8-7 to win the Bronze medal.



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## **Titans 2013 NCWPL Finals – Introduction of Gordon Van Tol Memorial Trophy**

We invite everyone to come and watch this year's NCWPL final games at the Nepean Sportsplex, on Wednesday March 27<sup>th</sup>. The Bronze medal game will be played at 8:15pm between the Titans Senior BC2 team and the University of Ottawa Gee Gees team. The Gold medal game is expected to start around 9pm and will see the Titans 2 team compete against Team United.

This year marks the 5<sup>th</sup> iteration of the NCWPL and the Titans have decided to name the NCWPL Trophy given to the winning team the "Memorial Gordon Van Tol – Dinger" trophy in honor of a former Titans coach and player.

As a junior water polo player in British Columbia, Kitimat-born Gordon Van Tol earned the nickname Dinger for his sharp shooting skills. Gord represented Canada as a member of the Canadian National Water Polo team at the 1984 Summer Olympics games. During his international water polo career, he also won a bronze medal at the 1983 Pan Am Games, was sixth at the 1983 World University Games, and 14th at the 1982 World Championships. His involvement with the Titans goes way



back to when he used his goal-scoring ability to help the Titans finish fourth at the 1987 Canadian Senior Men's A championship where was named to the all-star team. Gord volunteered to assist the Ottawa Titans Water Polo Club as a specialty coach from 2003 to 2007, gave motivational talks to our young players, helped those with national team aspirations and worked at our summer camps. Gord was also assistant coach for the Titans at the junior Nationals in 2007.



Gord passed away suddenly on January 11<sup>th</sup>, 2010. He is survived by his wife Michelle and two daughters. Please come to the finals and help us honour our fallen hero.

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## **Titans Win Big at the Ottawa Sports Awards**

Every year, the Ottawa Sports Awards recognize sporting excellence in Ottawa by granting awards to local athletes, coaches and supporters who distinguished themselves. It is with tremendous pride that we report the following Awards recipients:

David Hart, former Titans Head Coach and mentor to many of our current coaches, was presented the Geoff Gowan award to recognize his lifetime contributions to coaching development.

Alec Taschereau (proud Titans alumni now playing with the Canadian Senior Men's National Team) was selected as the recipient for the men's water polo individual award.

The 2012 Men's U16 Titans team was selected for a team award for having won the 2012 Ontario Provincial Championships.

In the same category as our U16 Boys, the Ravens varsity women's team was selected for their OUA Championships. It should be noted that 9 of the Ravens players were Titans alumni and that two of their coaches are also current Titans coaches.

Well done to all our current and alumni members. Go Titans!

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## **Titans Step in to Help Out the Girls High School Water Polo League**

The girls' high school water polo league will not run this year as a result of the teachers' conflict with the government and decreasing participation levels. When the same thing happened to the boys' high school league a few years ago (yes, there used to be one), the league never recovered. The Titans, together with the Carleton Ravens, decided that we simply could not let this happen to the girls' league. So the Titans decided to donate pool time and provide volunteers to run a girls' High School water polo program this year. The Carleton Ravens also freed up some pool time and gave access to their water polo equipment in support of this program. The main objective of this program is to rebuild interest in high school water polo so that hopefully next year, the high school league will be back in action,

stronger than ever. We are pleased to report that we have a core group of dedicated high school water polo players who are taking advantage of this program and, with their help, we will continue to work towards ensuring the future of the league. A big thank you goes to Yorek Hurrelman from our competitive boys program who has volunteered to take on the lion-share of the program's coaching duties.

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### **Congratulations to Lotte and Mia!**

Mia and Lotte's performance at the Titans cup did not go unnoticed. When it was discovered that the Titans would not be in a position to enter a team in this year's National Championships, the Titans were approached to see if we would be willing to lend their services to another Ontario team for the Nationals. We enthusiastically supported this request and congratulate Mia and Lotte for having made a great impression and having been given a chance to show off their talent at the Nationals. Good luck to you both. You make us proud!

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### **Ontario Quest for Gold Funding**

Every year, the government of Ontario, through the Quest for Gold initiative, sponsors high-performance athletes to support them as they pursue their dream to make it to the elite ranks. The completion for this very limited funding is extremely intense. We are very proud to report that this year, Dusan Boskovic and Victor Gomeluk have been selected to receive two of the five full cards awarded and that Filip Matic and Euan Scoffield have been selected to receive two of the four half cards awarded. Once again, the Titans were very well represented in the Quest for Gold candidates' selection. Well done to Dusan, Victor, Filip and Euan!

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### **Upcoming Provincial Coaching Course**

Our unparalleled team of coaches is one of our key differentiators. While on-the-job training is a great tool in the development of our coaches, the Titans also go to great lengths to facilitate the formal development of their coaches. This year, the Titans have arranged to have a "Practice Level Coach" course hosted in Ottawa to make it easier and more affordable for its competitive coaches to upgrade their skills. This course will be held from April 5<sup>th</sup> to April 7<sup>th</sup>.

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## **Mark Your Calendar – Titans End-of-Year Awards Banquet 2013**

We are really excited to announce that the Titans will host their annual Awards Banquet on Saturday, June 8<sup>th</sup> at the Ottawa Police Association's Russells Lounge situated at 141 Catherine Street. More details on this important celebratory event will be shared shortly. Meanwhile, if you would like to help with the organization of this event, please contact Miroslav Cugalj at [mccugi@gmail.com](mailto:mccugi@gmail.com).

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## **Upcoming Tournaments**

We are entering the "heavy tournament season", so hang on to your hats as things are about to get very exciting! You are all encouraged to monitor our website where our teams' results from their participation in tournaments will be posted. Below is a partial list of the tournaments where the Titans will enter a team:

- March 22-24 U16 Provincials Boys and Girls, London ON
- March 22-24 NDPL finals, Vancouver BC
- April 13-14, 12U and 14U Provincials, Kitchener-Waterloo ON
- April 18-21 U18 Nationals Boys, Calgary, AB;
- May 9-12 U16 Nationals Boys, Montreal QC

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Happy Birthday to Owen Kennedy (Titans coach) who celebrated his 19<sup>th</sup> birthday, water polo style. ☺

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