



# Coquitlam Lions Water Polo Club eNews

We welcome your feedback, material

## Message from our Head Coach

The season is already coming to an end in April. Our coaching staff is very excited to participate in the wrap up tournament with all teams. Please make sure you keep the **weekend of April 11-13** open for your athlete to play. We will send you info on the schedules as soon as possible.

Furthermore, I would like to encourage all athletes to join the **Coquitlam Sharks** swim and water polo summer programs. It is a great opportunity to keep developing your swim and water polo skills within your community and both Shanan and I are looking forward to continue coaching you!

Lions' head coach—Ethan D'Souza

## Highlight these days in your planner

April 11-13, 2014 LMWPL Championship Tournament	Fleetwood Pool Surrey
<b>Last WP Practices</b>	
April 5 10U/Cubs, 12U & 15Us	Chimo Pool
April 10 18Us	CCAC Pool
Coquitlam Sharks Registrations April 12 & April 13	Chimo Pool & CCAC Pool
Lions Swimming support practices last date reminder Tuesday, April 22nd	CCAC
End of season FUN NIGHT party!	To Be Announced

**LMWPL**  
Advanced  
Program  
Spring/  
Summer Season 4



**BCSSA**  
Summer Registration



Planning for the new Spring/Summer season is in full swing. Program is going to be hosted by Vancouver Vipers Club with practices as follows:

Days—Sundays  
Location—Vancouver Aquatic Centre  
Times—8:00am to 10:00am  
12 Sessions as follows:

April 20, 27—Try-out Dates  
May 11, 18, 25  
June 1, 8, 15, 22, 29  
July 6, 13

Further details about program coaching staff and costs will be provided once the enrollment interest is being determined.  
[info@lionswaterpolo.ca](mailto:info@lionswaterpolo.ca)

Info @ <http://www.coquitlamsharks.org>

**Date:** April 12, 2014  
**Time:** 9:00 am to 11:30 am  
**Location:** Poirier Sport & Leisure Complex  
Poirier Street, Coquitlam

**Date:** April 13, 2014  
**Time:** 11:00 am to 2:00 pm  
**Location:** City Centre Aquatic Complex  
Pinetree Way, Coquitlam

Nike 5meter Maple Ridge Spring  
Water Polo Clinic

Maple Ridge, British Columbia



USA Water Polo Olympian Genai Kerr and Haney Neptunes Water Polo Club have partnered in offering a Nike 5meter Water Polo Clinic this coming May. Instruction takes place at the Maple Ridge Leisure Center, located in Maple Ridge, BC.

Designed by the top coaches and athletes in the United States, Nike 5meter Water Polo Camps provide in-water instruction to make an immediate impact on an athlete's game. Young athletes will have the opportunity to learn first hand how Olympic Athletes train, meet their nutritional needs, and balance their lives.

We want our campers to come home with experiences that enrich both the quality of their play and their life through a better understanding and greater appreciation for sport, as well as more developed techniques and a heightened level of self-confidence.

**Highlights Include**

- > Superior instruction from USA Olympians and College Coaches
- > Olympians get in the pool with you to demonstrate and lead drills
- > Low camper to instructor ratio
- > Emphasis on fundamentals, position training, drills and scrimmages
- > Position Specific Training for Drivers, Shooters, Goalies & 2 Meter Offense & Defense



**Rene Bell**  
**Taylor Lane**  
**Kaine Maluorno**  
**Juan Pallares**  
**Olivier Kingsley**  
**Yu Heng**  
**Yu Xing**  
**Eric Yang**



### Nike 5meter Maple Ridge Spring Water Polo Clinic

<http://www.ussportscamps.com/>

## IMPORTANT

For registration, info on upcoming events, new enrollments, inquiries, concerns, feedback, volunteering help, etc. please email

[info@lionswaterpolo.ca](mailto:info@lionswaterpolo.ca)

## Equipment /suits

If you want to place orders you can do so directly online (info on the website) or email out Clothing Manager, Sandra @ [aristisan@gmail.com](mailto:aristisan@gmail.com)

**Remember** to be a team player: let your coach and team-manager know your **availability** for games and tournament, and wear your Lions club **team outfit** during the games and tournaments!

Go LIONS Go!



Like us on Facebook... and receive daily updates, events notifications, news, schedules, pictures, videos and much more:

**Coquitlam Lions Water Polo Association**