



# Coquitlam Lions Water Polo Club eNews

We welcome your feedback, material and support to ongoing creation of this newsletter...



... and receive daily updates, events notifications, news, schedules, pictures, and more  
**Coquitlam Lions Water Polo Association**

**E**quipment /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)

**R**emember to wear your Lions club team outfit during the games and tournaments!

**Go LIONS Go!**

## Shooting and goalkeeping camps December 2013

Some feedback we received....

“The camp was great and I think the kids got a lot out of it, in terms of skills development and team building. The coaching was excellent and they had a lot of fun.”

“Thanks for all your work organizing this and thanks to the coaches for delivering such a great practice!”

“My son really enjoyed the practice yesterday. It was quite an intense workout with really good coaching. I would highly recommend it. Hope to see more of them.”

“My daughter had a great time! Looked like all the kids enjoyed themselves.”

“The shooting clinic was AWESOME. Many thanks and congratulations to everyone involved.”



Coquitlam Lions wishes our families and athletes all the joys and happiness of this holiday season.



May you all be blessed with Peace, Love and Joy !

**Merry Christmas and Happy New Year!**

Coquitlam Lions Club is now offering **Swimming practices for water polo players.** Registration deadline is **January 10, 2014** Email [dhetrea@hotmail.com](mailto:dhetrea@hotmail.com) if your child is interested to join.

## Annual Valentines Tournament

in Saanich BC – **February 14 – 16, 2014**

We would like to enter Coquitlam Lions’ team only if enough participants interested. Registration deadline is January 10, 2014. Email [info@lionswaterpolo.ca](mailto:info@lionswaterpolo.ca) if your child is interested to join.

**Girls 12U and 15U** are invited to join the Advanced LMWP team in this tournament. Email [dhetrea@hotmail.com](mailto:dhetrea@hotmail.com) for more details



- ◆ There will be another **Hungarian Water Polo team** arriving on Friday, February 7<sup>th</sup> athletes will need billeting for two (2) nights on Friday and Saturday before sending them to Saanich on Sunday noon time... therefore; **IF** you are able to **host** 1-2 athletes, please let us know.
- ◆ The Hungarian teams will be staying in Saanich for the week prior the tournament
- ◆ If we have enough players interested, we will need **parent volunteers** to organize our participation in this tourney ☺

## Puzzle time

4		6		9
6	7			
3			5	7
8	4	7	9	
		5	1	
	4	8	2	5
7	1			3
			6	5
9		8		2

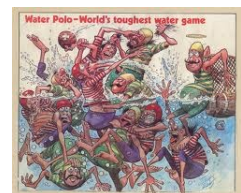
## Highlight these days

January 9, 2014 18U resume practice	CCAC
January 11, 2014 10U/Cubs, 12U, 15U resume practice	Chimo
January 14, 2014 Swim program for 15U/18U	CCAC
January 16, 2014 Swim program for 12U	CCAC
January 16, 2014 AGM Meeting/Season Start Fun Night	CCAC
February 14-16, 2014 Valentines’ Tournament	Saanich
April 11-13, 2014 Lower Mainland Championship season end tournament	Fleetwood Pool

## Did you know...



• **Water Polo is the #1 toughest sport in the world?**



• Variations on Water Polo are: Inner Tube Water Polo, Surf Polo (on surfboards) and Canoe or Kayak Polo



## Lions’ List

### For Sale

- **Honda CRV EX AWD, 2007**  
\$16,000 o.b.o.  
**Email:** [maria\\_rusl@yahoo.ca](mailto:maria_rusl@yahoo.ca)
- Protest **snowboard Boys jacket** and other clothing 12-14 yr;  
**Email:** [rar.melser@telus.net](mailto:rar.melser@telus.net)
- **Atomic ski boots** for boys - size 23.5 - color black/red - \$90.00  
**Email:** [dhetrea@hotmail.com](mailto:dhetrea@hotmail.com)

**NOTE**—we welcome your notifications for sale or wish items (children only)

## IMPORTANT

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

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

**Coquitlam Lions Water Polo** has now a **full season Registration** (fall and winter season together).

The **Lower Mainland Water Polo League (LMWPL)** is scheduling full season of games play from September 2013 to April 2014. Check the [www.lionswaterpolo.ca](http://www.lionswaterpolo.ca) >Calendar for on-going updates.

For new athletes or those that did not register for full season, please submit the payment **no later than the first practice on either January 9 or 11, 2014**

## Fee Structure 2014 Jan– Apr

10U/Cubs	\$100
12U	\$160
15U and 18U	\$190
Alumni	\$ 50

High Performance Players \$100