

Seawolves FAQ

What is water polo?

Water polo combines the speed of competitive swimming, the strategy of soccer and the ball-handling skills of volleyball all wrapped up into one sport.

This challenging game uses a ball similar to a volleyball and is played entirely without touching the bottom of the pool. Teamwork, ball handling and strategy are crucial.

Teams of six players plus a goalie, score on one another into a large net, similar to a soccer goal. Younger players play across the width of a 25m pool which shortens the distance between goals. Older players use the entire 25 m pool.

Why should I try water polo?

Water polo builds cardio-vascular endurance and improves swimming skills. It offers a full body workout similar to cross-country skiing or competitive swimming. And, it promotes teamwork and strategic thinking. It is also very affordable compared to other sports and does not require parents to work bingos.

Water polo is a very small sport in Canada which means there are LOTS of opportunities for players to progress to higher levels, unlike other sports like hockey or competitive swimming. Canada's men's and women's national teams are both ranked in the top five internationally in water polo.

Is it dangerous?

This is a common misconception. While top-level water polo players can get very aggressive, this does not happen at the beginner or intermediate levels. There are many rules governing physical contact and these are strictly enforced. Players learn to respect each other in the water and carry this through to their games. A cap is worn with protective ear coverings for all games.

What is the training like?

The 2011-2012 Seawolves season will include two or three fully-coached training sessions per week, a weekly game at the Talisman Centre plus occasional tournaments.

Typical training sessions last 1 –1 ½ hours and include endurance swimming, ball handling techniques, teamwork drills and scrimmages. You will see your swimming improve dramatically within a few months of trying water polo. Pool locations for 2011-2012 TBA.

Who can join the Seawolves?

The Seawolves Club is open to all kids ages 8 and up living in northwest or northeast Calgary. Kids must be able to swim 25 m unassisted.

What if I'm not a very good swimmer?

The Seawolves welcome everyone regardless of swimming ability. Water polo also requires strength and endurance, not just fast swimming. We'll teach you everything you need to excel in the sport while encouraging you in a supportive team environment. Try it and you'll see your swimming improve dramatically.

Who do the Seawolves play against?

We play against several other local teams located in Calgary, Okotoks and Innisfail. During tournaments, teams from Edmonton often join us.

How much does it cost?

Fees are around \$400 per year. Parents DO NOT have to work bingos as part of our club. However, every 18 months we have a casino.

'Seawolves – Swim hard, Swim fast, Swim with the Pack'

