

POLO LOOP



TAKING SHOTS AND MAKING GOALS

2013 is flying by and September ended with a bang! First, we held a weekend-long pre-nationals training camp for the Pacific Northwest, then several PDXKP players traveled to San Francisco for US Kayak Polo Nationals. I must say once polo starts, I don't want it to stop!

Fueled by all this polo awesomeness, I've been an administrating polo machine. On the list are a holiday polo league, 2014 winter sessions, a spring training camp and our annual Alder Cup tournament.

I'm very excited by the progress we made this past year and I'm in the process of contemplating directions and goals for 2014. Possibilities include taking our play to the next level, a youth program and pursuing 501c(3) nonprofit status. If you have any thoughts or want to help in any way, please join us at the 5th Quadrant December 15 at 8:30 pm. If I do not see you soon, have a happy holiday season and keep on paddling!



~Amy

CALENDAR

Turpolo League 2013

December 1, 8, 15

6:30-8:00 pm

Matt Dishman Center

PDXKP Meeting

December 15, 2013

8:30 pm

Fifth Quadrant

Winter Polo 2014

January 5, 12, 19

Feb 16, 23

March 2, 16, 23, 30

6:30-8:30 pm

Matt Dishman Center

Training Camp & Alder Cup

April 25-27, 2014

Vancouver Lake

TRAINING WITH KEEGAN SMITH

By Rene Emch

This club keeps doing amazing things! In September, we had a weekend training camp near Seattle that, in my opinion, was a great learning experience. Keegan Smith, the Canadian Under 21 team coach came to teach a dozen Seattle / Portland kayak Polo players some new moves, strategies and strokes! We met for two days at the Kayak Academy's location on Lake Sammamish, where the Seattle group is allowed to regularly store equipment. The Seattle group provided a full size pitch and two goals that floated in one place and did not tip over. (PDXKP has a bit of a problem with both the floating and tipping over part.) The Kayak Academy allowed the whole group to store our polo boats overnight inside from Saturday to Sunday. Thank you Barb and George!

As a novice player, this was my first "official" training camp. I know my skills improved, as well as my understanding of the game. On Saturday, as our warm up, Keegan started us off with fundamentals, such as good paddling style (forward and backward) to improve our efficiency and speed. Now that I have learned the drills, I can perform these drills on my own to improve my skills. As with other drills he showed us, Keegan broke each drill down into small, understandable parts, and then put the whole together.

After the warm-up, we played a game so that Keegan could see what he was up against. After that first game, Keegan said he had not anticipated such an uncoordinated mess, with little passing, little strategy and a lot of tackles. Keegan's impression of the game and our play was entirely different than mine. Throughout the game, I thought we were doing pretty well. Keegan's comment instilled in me a mindset that there was much more to learning to play than I had ever imagined.

Later, Keegan taught us how to run some defense and offence drills. We broke down the drills into parts, strung the parts together slowly and then with increasing speed as well as contact we came to understand the drill. Once he felt we "knew" what we were doing, we split into teams, and practiced each

skill in a game. If we failed to properly execute the skill in the game, Keegan would blow his whistle, and the ball would go to the other team. This was really driven home after the drill when we were restricted to being allowed to pass the ball only to another player who was sprinting. Keegan also enforced the 5 second possession limit before calling for a turn over. That made for a really fast paced game.

The day continued with pivot turn lessons, passing forward, backward and sideways. Calling for the ball is a good idea, he told us, because it helps keep the caught ball percentage higher. Keegan's input encouraged us to "talk to each other." This is also a good skill to have both on and off the pitch.

As the two days evolved, we mixed the teams up. It was a joy to play five on five with two goals, plus having someone who would stop the game to coach us on how to do better.

Our enjoyment of the weekend was certainly not limited to "on the water" activities. We enjoyed lunches at the pitch together, a dinner together (thank you Hamid), as well as Keegan narrating videos of some of the world cup games. We saw and discussed how some of the plays we were learning should be run. This was humbling, to say the least.

Would I recommend doing it again? Absolutely! I think the plans for next year are already in the works...



Rene at 2013 US Kayak Polo Nationals

US NATIONALS

Mountain View, CA
September 27-29, 2013

Thank you Bay Area Kayak Polo for hosting the 2013 US Kayak Polo National Championships. PDXKP sent five people (two first timers) to this event, and PDXKP was represented in all divisions. Congrats to Sue, Amy and the rest of the Pitch Ninjas for taking third in the Women's Division. Although none of the other teams with PDXKPers could make the podium, everyone enjoyed the experience.

"Overall nationals was a good experience for the 'PDX' B team. We had strong individual players but we couldn't manage to work as a team until the 2nd day of the tournament. If we can find the time to practice together more, I'm sure we will become one of the better teams in the B division. We lost a few games we feel we could have won, however, every game was enjoyable for the team...except maybe the Austin Batshot Crazy game where I decided one of my own teammates was a threat and needed to be hand tackled out of bounds...oops! I can't wait for next year!" ~ Adam

Club Division Results

A Division

1. Austin Aquabats
2. Carolina Storm
3. Shoreline Pelicans

B Division

1. Bat Shot Crazy
2. EWP Crunch
3. Bay Area Bandits

Women's Division

1. Unstoppable Unicorns
2. Austin Aquabat Babes
3. Pitch Ninjas



HELMETS FOR THE FUTURE

I am a newbie at this polo stuff. I started Kayak Polo as a game to play in the wintertime as a supplement to sea kayaking. Days were short and I wanted more time in a boat, so I showed up at the pool, borrowed some equipment (including a helmet) and played. I felt welcomed. The better players took time to explain the game and the rules (over and over again) to me. The more I played, the more I liked it. Soon I was hooked. After a few months, I started playing in a “real “ polo boat, had a polo paddle, started to grasp the rules, and eventually went to a training camp for a weekend. A few weeks later I played at Nationals with several other club members. My experience at Nationals really opened my eyes about the camaraderie, mutual support, fast pace games and over all dynamics of the sport.

My experience serves as an example of what we all know, involvement and skill development is a step by step process. To keep any club or team “alive” requires “newbies” (like me) to be given the chance to try the sport, to be welcomed by members, to be taught by persons who care and to have the drive to advance as far as they wish to go. Undoubtedly, we have an awesome and growing club. We have people with infectious enthusiasm, so among us let’s keep our club growing. We need some new players to keep up and increase our ranks.

One way to do this is youth involvement. Our tireless leader, Amy, has approached Portland Park and Recreations about this concept and they have graciously given strong indication they are “in” with supporting a youth kayak polo program. Our only hang up to taking advantage of this wonderful community development / involvement project is money to buy 12 youth helmets. 12 helmets would support two teams. As I see it, the financial investment is as major or minor hang-up as we choose to make it. I think this is a minor hurdle we as a club can together get over.

Here’s how I think we could all help move forward with cultivating a youth program. At all pool sessions we will have a “youth helmet” donation jar in which we each would donate a mere \$2. This would be separate from the \$10 pool fee. When sufficient funds are raised,

the youth program would begin. The math for this \$2 donation is simple. Last year we averaged 22 players at each of the 9 pool sessions. If starting this fall the average number of players remains the same and each player pitches in \$2 per session, by the end of the nine sessions this March we would have \$396, almost enough to buy most of the needed youth helmets.

As an alternate suggestion, if anyone has a means to “front” the money so the program can get started this winter, rather than next spring/summer, trusting our members will fill the helmet with \$2 donations, such contribution would be most welcome and the program would be “game on” this season for the youth. For now, however, these are the two best suggestions I have in order to get the youth program ball into the pitch. Other suggestions on how else to accomplish putting the youth program together are welcome. In the meantime, please, look for and please place your generous opening donation to the “youth helmet” at our first fall 2013 Dishman pool session Sunday, January 5, 2013 at 6:15 P.M., which is not soon enough for some of us.

~Rene

PDXKP AGM

Interested in the future of PDXKP? Have ideas about how to make our club better or how to raise money for youth helmets? Just want to hang out with polo players?

Join us for our end of year meeting. We have many ideas for 2014 and would love some feed back!

December 15, 2013

8:30 pm

5th Quadrant

@ 3901 N Williams Ave

Join us. Winter is coming!

HOLIDAY POLO

TURPoLo LEAGUE



Celebrate the turkey by joining Portland Kayak polo for our first ever Turpolo League. This unique league will take place over three Sundays in December.

Dates: December 1, 8, 15, 2013
 Time: 6:15-8:00 pm
 Venue: Matt Dishman Pool
 Cost: \$30 due December 1
 (Covers all 3 sessions)
 Registration: Required (No walk-ins)
 Limit: 15 players
 (We will assign teams)
 Registration: Email PDXKP
 play@portlandkayakpolo.com

This will be a **polo boat ONLY** league. There are a few spare boats floating around, so if you don't have a boat but want to play then contact us today!

WINTER POLO

Dates: January 5, 12, 19
 February 16, 23
 March 2, 16, 23 & 30
 Time: 6:15-8:30 pm
 Price: \$10
 Venue: Matt Dishman Pool
 77 NE Knott Street, PDX 97212
 Who: Everyone is welcome!
 No experience or gear required

If you don't have gear (kayak, PFD, paddle & spray skirt), don't worry! Alder Creek Kayak and Canoe generously provides helmets with face masks and boats and gear for FREE!!!

If you need anything please email us with your height & weight to ensure we bring the proper equipment for you!

Note: Attendance is capped at 25 participants per session. To ensure you get to play consider buying a season pass or RSVP as early as possible!

Season Passes

We are offering season passes again this year for our 9-session 2014 Portland Kayak Polo Winter Season for \$75! This is a \$90 dollar value so you save \$15 bucks over drop in rates and will be guaranteed a spot to play!

Cost: \$75
Covers 9 polo sessions
Guarantees a spot each week

Available for purchase Jan 5, 2013

Season passes are non-refundable and non-transferable.

In the event that PDXKP cancels a pool session (e.g., lack of players, weather etc.), season pass holders will be refunded \$8.33 per canceled session at the end of the season.

Contact: play@portlandkayakpolo.com
 http://www.portlandkayakpolo.com

FOR SALE

Revenge PE Polo Kayak

Average condition; bumpers are slightly loose and have been duct-taped as seen in the photo; minor scuffs and scratches on the hull from poolside launches; seat, backband and footpegs in good condition. More photos available upon request. Asking \$300

Helmet, Faceguard & Noseplugs

Not sure what size but it may run medium-to-large. Asking \$30

The gear is in Seattle. If interested contact us, and we will put you in contact with the seller.



LEARN THE RULES



Winter play is just around the corner, time to start brushing up on the rules. ICF has an excellent resource on reffing. It includes the official wording of rules, photos demonstrating fouls, and quizzes to test your knowledge.

[Check it out!](#)

Paddle Foul Summary

Fair: Using your paddle to block a pass/shot or to retrieve a ball floating on water

Foul: Retrieving a floating ball with your paddle if someone is also reaching for the ball with their hands

Foul: Attempting to play the ball with a paddle across the bow of an opponent's kayak such that you are within arms reach of the opponent

Foul: Using your paddle to block within arm's reach of a player who has the ball (such that his/her hand could strike your paddle when throwing)

Foul: Striking any part of an opponent's body with your paddle

Foul: Throwing a paddle

Foul: Winding-up and swinging at the ball with the paddle when other players are near

In general, any use of the paddle in such a way that you might hit or endanger someone is a foul.



Which is a paddle foul?



Right: Example from ICF Polo Referee Resources. Photos by Glenn Summerball from www.sportpicsuk.com



2013 RECAP

Listed below is a summary of our activities from 2013 and current assets. More details can be provided on request.

Pool Session:	9
Tournaments & Training Camps	2
Summer Polo Members:	10
Club gear:	2 Floating Goals + accessories 3 Polo Boats (2 on loan) 11 Balls (2 on loan) 7 Spray Skirts (1 on loan) 3 Helmets (1 loan) Paddle Edging (donated)
Non-PDXKP Activity Participation:	Volunteer pool session for BCPC Roaring River Slalom Race Volunteer Willamette River Clean Up US Nationals
Sponsors (in alphabetical order):	Alder Creek Canoe & Kayak Big Frog Custom T-shirts Kind Healthy Snacks Hydro Flask Fifth Quadrant & Lompoc Brewery Mikasa Sports, USA Next Adventure Oregon Kayak and Canoe Club Shred Ready Snap Dragon Design
Other:	5 Newsletters, Website, Yahoo Group, Facebook (195 members, 273 friends)
Current Balance:	\$147.57

Thanks for making 2013 great!

