

ILWP Sunday Night League Info- Winter 2007

REVISED- March 12, 2007

Game Format;

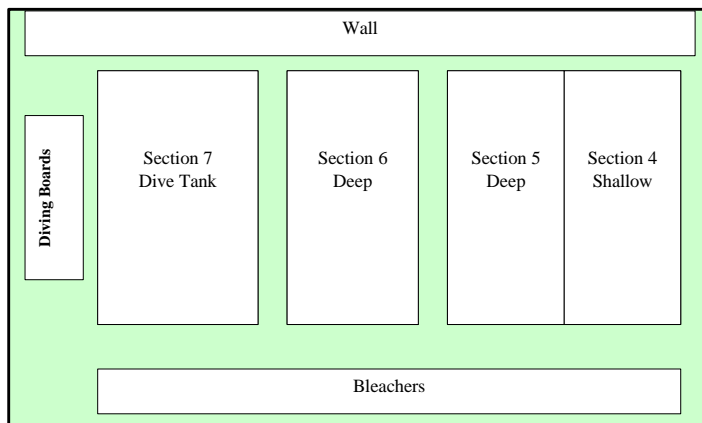
- Game duration: 29 minutes
- > Each game has 6 periods of 4 minutes each (running time) 24
- > There is a 1 minute break between periods 5
- > There is a 5 minute break between games

- * The length of periods and duration of breaks will be adjusted to stay on schedule.
- All games are in the deep end (sections 6 and 7 of the pool)
- Players will get 3 games per evening.
- Each period starts with a swim-off, signalled by the referee with a whistle blast.
- The Game Clock will signal the end of a period and/or game. All teams will rotate to their next game at the same time.
- Teams will not change ends between periods.

Notes:

- It is very important that every athlete participate in the warm-up in order to minimize the risk of injuries, and to have a chance to meet their team mates and coaches for the evening.
- NEW! **All** players should arrive on deck at 5:30pm (**please keep off the deck until that time**) and find your team coach, who will direct you further. **All teams will finish at 7:30pm.**
- Absolutely NO running on the pool deck. Players are also asked to stay off the bulkheads for safety reasons. Please obey instructions from staff at all times.
- We ask that parents offer assistance on deck with set-up and take-down.
- Complete ILWP rules are available at www.titanswaterpolo.ca. Click on the Program button at the top of the page. On the left side, scroll down to I LOVE WATER POLO to find the Rules For ILWP.

Nepean Sportsplex Pool Lay-out:



Team Hat Colours:

- | | |
|--------|---------------------|
| Team 1 | Dark Purple |
| Team 2 | Yellow/ Orange/ Red |
| Team 3 | Green with Yellow |
| Team 4 | White with Blue |

***Please note: NO League Night Games on April 8 or April 22.**

REVISED- Sunday League Schedule as of March12

Start Time	Section 7		Section 6		
	Bleachers	Wall	Bleachers	Wall	
5:30 PM					Meet regular team coach on deck for instructions and warmup.
5:45 PM	1	2	3	4	game 1
6:18 PM	4	1	2	3	game 2
6:51 PM	3	4	1	2	game 3
7:25 PM					departure for all four teams

Player Assignments For Final Six League Nights:

- ** Please meet your regular team coach on deck and wait for instructions. Players will be divided into teams.
- ** Players may be reshuffled between games in order to ensure balanced teams and a positive experience.
- ** Game play will be organized depending on number of players in attendance each league night.

March 18- players will be divided into four co-ed teams

March 25- players will be divided into two girls and two (or three) boys teams

April 1- players will be divided into four teams by age.

April 15- players will be divided into four co-ed teams

April 29- players will be divided into two girls and two (or three) boys teams

May 6- parents are invited to join players in the pool for the final league night of the season.

SPECIAL DATES TO NOTE (no need to sign up for any of these):

March 24, 3-4:30pm, University of Ottawa pool- bonus *free* ILWP clinic for players born in 1993/1994

March 24, 4:30-6pm, University of Ottawa pool- bonus *free* ILWP clinic for players born in 1995-1998

April 1, 6-7pm, NSP on-deck classroom, meeting for parents of players born in 1994-1997, interested in competitive Academy program for September 2007

April 15, 6-7pm, NSP on-deck classroom, parents meeting of players born in 1993, interested in pursuing recreational or competitive opportunities beyond ILWP in September 2007.

***NO League Night Games on April 8 or April 22.**

For information, contact your team coach, or Deanna Barry, Titans General Manager, at 613-741-1224 or INFO@titanswaterpolo.ca