

Titans Water Polo



2009 Summer Water Polo Camp

Space is limited to 80 participants. Registration is available on a first-come, first-served basis, as completed registration forms and payment are received.

The Titans 2009 Summer Water Polo Camp, organized upon the principles of Long-Term Athlete Development and the Canadian Sport for Life model, offers a full week of training and skill development. This specialty camp includes daily pool sessions with knowledgeable and enthusiastic, qualified coaches as well as dry sessions that include team building exercises, clinics and guest speakers (for competitive players) and outdoor games/activities.

Competitive Training Camp (target age born 1994-1997) Three to five hours of pool training daily (pool times will vary from day to day), skills and games as well as dryland training, guest clinicians, outdoor activities, video/classroom sessions. Focus for pool sessions will be split 65% on *Fundamentals* (ball handling/ catching/ passing/ shooting), *Swimming Strokes*, *Water Polo Strokes*, and 35% on *Tactics* and *Game Situations*. All competitive players are required to be present for a 2-hour pool session, at which time they will be streamed into working groups by our coaching staff, based on gender, developmental age and skill. Athletes are required to bring bathing suit/towel, water bottle/healthy lunch/snacks, and workout attire/running shoes EACH DAY. Maximum of 80 participants. *A comprehensive training camp for the serious water polo player who is not already training at the level of, or participating in provincial or national summer programs. Open to players born 1994-1997 (older and younger with special permission).*

Dates: August 16 (evening) to August 21, 2009

Hours: Sunday 7-9pm, and Monday- Friday 8:30am – 6pm daily

Fee: \$260 (\$235 if registration received by May 1 early bird deadline)

Location: Nepean Sportsplex, 1701 Woodroffe Drive, Nepean ON K2G 1W2

NOTE: Registration is reserved until April 30 for Titans Water Polo athletes, at which time the remaining spaces will be allotted to non-Titans. Out-of-town are advised to submit forms and payment early, since spaces will be allocated on a first-come, first-served basis. If we do not have space, your form and payment will be returned to you by mail.

Head Coach will be Celso Rojas, current head coach of the Ottawa Titans women's programs, and past head coach for Pacific Storm.

Titans Water Polo is finalizing an exceptional line up of highly qualified & experienced coaches and specialists/clinicians dedicated to helping athletes perform to the best of their ability.

Athlete to staff ratio will be 8:1

For more information, contact Deanna Barry (613) 741-1224 or INFO@titanswaterpolo.ca

www.titanswaterpolo.ca



2009 Titans Water Polo Summer Camp Registration Form

SAVE \$\$ when signed registration form and full payment are received by May 1, 2009

Program	Regular Fee	Early Bird Fee (must be received by May 1)	Amount Enclosed	Office Use
Competitive	\$260	\$235		

Please complete (PRINT) all relevant sections legibly.

Last Name:		
First Name:		
Gender:	Birth Year:	
Street Address:		
City:	Province :	Postal Code:
Home Phone:		
Mother's Name:		
Mother's Work Phone:	Mother's Cell Phone:	
Father's Name:		
Father's Work Phone:	Father's Cell Phone:	
Alternate Emergency Contact:	Daytime Phone:	
Primary E-Mail Contact Address:		
Secondary E-mail Address:		
Health Card Number :		
Allergies/Medical Conditions:		
Current Water Polo Club:	Years of Experience:	
Are you a goalie? Yes : ____ No : ____		
<p>Are you an out-of-town athlete requiring billeting? A <u>limited</u> number of Titans families generously volunteer to host visiting athletes in their homes for the week of camp. If you require billeting, please provide details here (i.e. you've stayed with a certain family before, you have allergies, etc):</p>		
<p>Are you a Titans family who can host an out-of-town player in your home for the week of camp? A separate bedroom is not required. Please provide details here (i.e. how many, what gender, etc):</p>		
<p>Notice of Warning: There is a potential risk of injury involved in training and participating in the sport of water polo. Ontario Water Polo (OWP) and its member clubs have tried to create a safe and controlled environment for participation. OWP has established rules for participation and conduct on and about the playing area that must be followed. Some hazards which may lead to catastrophic situations include: slips on the pool deck or surrounding area; chlorine leaks; ball injuries; and, personal body contact injuries, etc. My child and I have read, understand and agree to comply with the Titans Code of Conduct, available by clicking here: http://titanswp.hypermart.net/Titans200809/CodeOfConduct/CodeOfConductComplete.pdf I also authorize Titans Water Polo to arrange for professional care and treatment in the case of a medical emergency.</p>		
Date: _____		
Parent/Guardian Signature (required): _____		
Athlete Signature (required): _____		

Cheques are payable to **Titans Water Polo**. Mail completed & signed registration form with payment to:
Ottawa Titans Water Polo
Box 210, 1411A Carling Avenue, Ottawa, Ontario K1Z 1A7



2009 Titans Water Polo Summer Camp The fine print.....

- ❑ Sorry, we can not reserve spots. Spaces are limited and allocated on a first-come, first-served basis, as completed registration forms and payments are received. Please register early to avoid disappointment. E-mail INFO@titanswaterpolo.ca for updates on space availability for camp and/or billeting.
- ❑ To receive the early bird discount, completed form and cheque must be received PRIOR to the deadline
- ❑ Registration is not final until a completed registration form (including medical information) with athlete/parent signatures and payment are received.
- ❑ Tax receipts for camp will be provided.
- ❑ Players and parents are requested to sign in and meet coaches and camp staff 15 – 20 minutes prior to their first session of camp.
- ❑ You will be notified by e-mail of any major changes to the schedule of activities.
- ❑ Payments can be made by cheque or money order only. Cheques are payable to *Titans Water Polo*. No cash or post-dated cheques, please.
- ❑ Cancellation policy: \$50 fee for cancellations received in writing prior to July 18, 2008. No refunds after this date except for medical emergencies. You may be asked to provide a medical certificate.

For details on the Long Term Athlete Development and Canadian Sport for Life Model, go to www.ltad.ca

Titans Water Polo reserves the right to cancel camp if insufficient athletes register. Full refund will be issued if camp is cancelled by Titans Water Polo.

Water Polo... The Perfect Sport

Exciting and fast-moving, water polo builds confidence, physical strength and endurance, and fosters co-operation and friendship



www.titanswaterpolo.ca