



Adult Water Polo Programs Information and Registration Form 2009-2010

For those who prefer a non-intimidating, relaxed atmosphere where basic skills, tactics and rules of water polo are taught in a positive environment that promotes overall team play and fitness, our Adult Learn-to-Play program is for you. For those who are stronger and more experienced and prefer a more intense challenge, our Adult Semi-Competitive program is for you. All equipment is provided. Only a bathing suit is required.

Players

Ages 17 and older (younger with special permission). No water polo experience is necessary for the Adult Learn-to-Play program, but new players should be comfortable deep water swimmers. Participants in the Adult Semi-Competitive program should be experienced and must be reasonably strong water polo players. **If you are not familiar with water polo, come out and try it for FREE the first time, before signing up. Bring a friend along!** Contact us today for further information.

Adult Learn-to-play Program

- Up to 26 weekly practices that are 1.5 hours long, that combine instruction in water polo skills like ball handling and game tactics with swimming endurance, speed and fun scrimmages.
- Practices are from 6-7:30pm at the University of Ottawa Pool, Sundays (**starts September 20**)
- Adult Learn-to-Play participants may also be invited to participate in specific House League games in order to experience some non-competitive games. Invitations will be extended to each player by the coaching staff when applicable for the selected House League sessions. House League games typically take place on Saturdays at the University of Ottawa, 6-8pm.

Adult Semi-Competitive Program

- One weekly session that is 105 minutes long and includes a warm-up and a semi-competitive scrimmage.
- Practices are from 9:15-11pm at the University of Ottawa Pool, Thursdays (**starts September 17**)
- Adult Semi-Competitive players also have the option to join the new AA-level National Capital Water Polo League and play competitive games against other local AA teams. Current plans are for 18 refereed and coached games played between October and May. Space is limited! If required, player selection for the adult COED team will be made in consultation with the league coordinator and the Adult program director.

Registration Fees

- ❖ **Adult Learn-to-Play Program Fee: \$270 (\$150 for ½ year)**
- ❖ **Adult Semi-Competitive Program Fee: \$350 (\$200 for ½ year)**
+ **Optional AA NCWPL Fee: \$50***

* this fee could change by +/- \$5, to be handled separately before the start of the league

- Program Fees include \$15 registration fee with Ontario Water Polo (for liability insurance)
- Registration is not final until a completed registration form with your signature and payment are received. Payment can be made by cheque or money order, payable to Titans Water Polo.

Registration

Please e-mail us so that we can save a spot for you. Registration forms should be mailed to: *Titans Water Polo, 1411A Carling Avenue, Suite 210, Ottawa, ON K1Z 1A7*. Or come to our Titans Open House & Registration Day on Sunday, September 13, 1-3pm, at the Hilton Garden Inn Airport Hotel (2400 Alert Road) where registration forms will be accepted and coaches will be on hand to chat. You can also bring your completed form and payment to the first practice. **Note that following a trial practice, all registration payments must be made in FULL before you can participate.

Contact us at: 613-680-4606 or INFO@titanswaterpolo.ca

www.titanswaterpolo.ca

2009-2010 Ottawa Titans Water Polo Association Adult Programs Registration Form

Complete and mail registration form with full payment. Cheques are payable to *Titans Water Polo*.
Note that registration is not complete until these documents have been received.

Player's Name: _____

Brand New Player: ____ or Experienced Player (indicate # of years): ____

Payment enclosed for (by cheque ONLY, payable to *Titans Water Polo*) (check all that apply):

Adult Learn-to-Play Program

- \$270 Adult Learn-to-Play (full year)
- \$150 Adult Learn-to-Play (½ year)

Semi-Competitive Program

- \$350 Adult Semi-Competitive (full year)
- \$200 Adult Semi-Competitive (½ year)
- \$50 NCWPL

Birth date: Day: ____ Month: ____ Year: ____ *Note: required for insurance purposes.

Gender: Male Female

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Primary E-mail Address: _____

Secondary E-mail Address: _____

Home Telephone Number: _____

If under 18: Mother's Name: _____

Work Number: _____

Cell Number: _____

If under 18: Father's Name: _____

Work Number: _____

Cell Number: _____

Allergies/ Medical Conditions (Please Print): _____

Notice of Warning: There is a potential risk of injury involved in training or 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 should be followed. Some hazards which may lead to catastrophic situations are: slips on the pool deck or surrounding area, chlorine leaks, ball injuries and personal body contact injuries, etc. As per the *Personal Information Protection and Electronic Documents Act*, I give permission to Titans Water Polo to enter the required personal information on the Water Polo Canada database which is managed by "Ottawa Online" (in order to register for liability insurance, a condition of the Titans contracts with area pools). My child and **I have read, understood and agree to comply with the Titans Code of Conduct** (available at www.titanswaterpolo.ca).

Parent Signature (if under 18 years of age): _____ Date: _____

Athlete Signature: _____ Date: _____