



2009-2010 'I Love Water Polo' Program Information and Registration Form

Recreational water polo program for boys and girls ages 7-12

'I Love Water Polo' is an introductory water polo program for boys and girls ages 7-12. It allows participants to have fun while learning basic skills, tactics and rules of water polo. The focus is a positive environment that promotes fitness, teamwork and sportsmanship.

Players

- Boys and girls ages 7-12 (born in 1997-2002).
- No water polo experience is necessary, but players should be confident deep water swimmers. We recommend Red Cross Swim Kids 7 (formerly Aquaquest 8) or Lifesaving Society Swimmer 6, or equivalent swim ability, as a pre-requisite. If in doubt, try it out first at a Free Intro Clinic.

Team Practices

- One weekly practice that is 1.5 hours long. Twelve fall practices and 16 winter/spring practices.
- Practices combine water polo skills like ball handling, game tactics and scrimmages, with swimming endurance and speed.

League Games, Nepean Sportsplex

- Starting October 18, 2009 teams will meet every Sunday evening 5:30-7:30pm at the Nepean Sportsplex Pool to participate in League Games. (Winter/ Spring session league night games start Sunday, January 10, 2010). Nine fall league nights and 13 winter/ spring league nights.
- Each team will play at least two games per night.
- We don't keep score, but we do have referees to manage the games. Adapted water polo rules apply, with an emphasis on skills, teamwork, fun and participation.

Features

- We continue to improve on our recently re-designed ILWP and Academy (early competitive) programs, and will continue to strengthen the link between them.
- Optional opportunities to participate in tournaments at an appropriate level of play.

Practice (Team) Locations, Days & Times

Practices begin in September with a **Free Pre-Season/Introductory** on the dates below. Additional Free Clinics will be scheduled in August/ September

Orleans Complex (starts Sept 22)	Tuesdays, 6:45-8:15pm
Pinecrest Complex (starts Sept 23)	Wednesdays, 7-8:30pm
Walter Baker Pool (starts Sept 23)	Wednesdays, 7:30-9pm
Brewer Pool (starts Sept 26)	Saturdays, 3-4:30pm

Winter/Spring session starts week of January 4, 2010 at all practice pools. Note that specific practice details are available at www.titanswaterpolo.ca under Calendar. Families should check regularly for updates and cancellations.

Registration

Applications should be mailed to the Titans mailbox. Please e-mail INFO@titanswaterpolo.ca to notify us of your intent to register. There will also be a **Titans Open House & Registration Day on Sunday, September 13, 1-3pm**, at the Hilton Garden Inn Airport Hotel (2400 Alert Road, Ottawa), where registration forms will be accepted and families can meet the coaches.

Many teams will fill quickly. Please register early to avoid disappointment.

Registration Fees (note discount when full year registration paid in fall):

Full Year (when paid completely in fall): \$600

Fall 2009 only: \$290

Winter/Spring 2010 only: \$400

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**. Unfortunately no credit card payment option is available. Please do NOT provide cash. For details on our ILWP cancellation policy, visit our website, www.titanswaterpolo.ca.

Titans Water Polo is a not-for-profit organization. Our registration fees cover only the cost of running our program (pool rental, paying coaches and lifeguards, providing equipment, etc).

**Want to try Water Polo first?
Free Introductory Clinics Available!**

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www.titanswaterpolo.ca**

About Titans Water Polo Association

Titans Water Polo was established in 1984 and offers recreational, developmental and competitive opportunities across the greater Ottawa area that promote a healthy lifestyle for children, youth and adults.

Club Highlights:

- The Titans achieved many successes in the 2008-2009 season! Titans' teams won Gold in four categories at Provincial Club Championships, and the 16U men's team won GOLD at the National Club Championships.
- Team placing at provincial and national level events in 2008-2009 secures Titans the #3 spot within clubs in Canada in terms of performance, an outstanding achievement we are very proud of.
- Titan's competitive players continue to warrant placements on provincial and national elite teams.
- Titans Water Polo offers the largest range of water polo programs of any water polo club in Canada, with opportunities for ages 7 through adult, recreational through competitive and elite programs.
- We provide a unique opportunity for many of our 'I Love Water Polo' and other young athletes to work with an international level coach in a local Club setting.

Supervision

Titans Water Polo provides supervision once the players enter the pool area only. Parents are responsible for supervision of their children in the change rooms and lobby area. We ask that you please pick up your child promptly after practices/ games.

Volunteers

Much of our administration is done by volunteers. Please let us know what skills you can offer, even with a small job like folding or stapling. We can find a role, big or small, to fit your skills! Each team requires a parent Team Manager to facilitate communication between parents and the club.

Photographs

From time to time we require photographs of our athletes. These could be used for advertising posters and flyers, media releases, website or events hosted by Titans. The athletes' names do not usually appear with the photo. If you prefer that your child (ren) not have their photos taken, it is important that we are aware of this at the time of registration. Please e-mail us if you **do not** give permission to have photos taken of your child (ren).

Beyond 'I Love Water Polo'

Recreational House League Program

- All levels of players born 1996 and before are welcome. No water polo experience is necessary.
- One practice per week plus house league games. Focus is on skill development, fun and fitness.

Competitive Programs

- Male and female athletes ages 10-17
- Participation is based on a tryout and offer by coaches.

Adult Recreational or Semi-Competitive Programs

- Learn-to-play program for brand new players (must be comfortable deep end swimmers)
- Semi-competitive for those with some experience and wanting to get back in the pool, stay fit, and have some fun!

2009-2010 ILWP Registration Form

Practice Pool/ Team (choose one of the four listed): _____

Player's Name: _____

New Player or Returning Player

Payment enclosed for: (Cheques are payable to *Titans Water Polo*)

- Full Year \$600
- Fall only, \$290
- Winter/ Spring only, \$400

Birth date: Day: ___ Month: ___ Year: _____ Gender: Male Female

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Home Telephone Number: (____) _____

Primary E-mail Address: _____

2nd E-mail Address: _____

Mother's Name: _____

Work Number: _____

Cell Number: _____

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 & 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". My child and I have read, understood and agree to comply with the Titans 'I Love Water Polo' **Code of Conduct** (both available at www.titanswaterpolo.ca).

Parent Signature: _____ Date: _____

Athlete Signature: _____ Date: _____