

# Titans Water Polo



## 2008 Summer Water Polo Camp

Register early, as space is limited (capacity has been reduced from 120 to 95 athletes for this year). Note that because of the limited space, registration is available on a first-come, first-served basis, as completed registration forms and payment are received.

The Titans' 2008 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. This weeklong camp takes place at Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa.

**'I Love Water Polo' Day Camp (born 1996-1999)** offers 15 hours of recreational/introductory water polo skill development and water polo scrimmages. Other games, open swims, sports and activities round out five full days of jam-packed fun. This session is designed to complement our recreational 'I Love Water Polo' program, which runs during September- May. Players without previous water polo experience must be confident deep water swimmers. Camp athletes are required to bring a bathing suit, towel, healthy lunch/snacks, water bottle and running shoes/hat/appropriate attire/sunscreen for afternoons outside. Maximum 15 participants. *Focus on water polo basics while having good wet fun.*

**Dates: August 18-22, 2008**

**Hours: 9am-4pm daily (supervision available 8:15am to 4:30pm daily upon request)**

**Fee: \$195 (\$175 if registration received by May 15 earlybird deadline)**

**Competitive Training Camp (target age born 1994-1998)** Minimum 3 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 60% on individual skill training/tactics and 40% on teamwork/play. All competitive players will arrive on Sunday evening 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 80 participants. *A comprehensive training camp for the serious water polo player who is not already participating in provincial or national summer programs.*

**Dates: August 17 (evening) to August 22, 2008**

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

**Fee: \$260 (\$235 if registration received by May 15 earlybird deadline).**

NOTE: Registration is reserved until April 30 for Titans Water Polo athletes. Out-of-town players should submit forms and payment and they will be held until April 30, in the order they are received, at which time the remaining spaces will be allotted. If we do not have space, your form and payment will be returned to you by mail.

**Once again, we are pleased to have four-time Olympian David Hart as Head Coach for Camp.** 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](mailto:INFO@titanswaterpolo.ca)**

**[www.titanswaterpolo.ca](http://www.titanswaterpolo.ca)**



## 2008 Titans Water Polo Summer Camp Registration Form

*SAVE when signed registration form and full payment are received by May 15, 2008*

Program	Regular Fee	Early Bird Fee (must be received by May 15)	Amount Enclosed	Office Use
'I Love Water Polo'	\$175	\$195		
Competitive	\$270	\$245		

*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:		
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><b>Are you an out-of-town athlete requiring billeting?</b> 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><b>Are you a Titans family who can host an out-of-town player in your home for the week of camp?</b> 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: <a href="http://titanswp.hypermart.net/Titans200304/files/Code_of_conduct_competitive.html">http://titanswp.hypermart.net/Titans200304/files/Code_of_conduct_competitive.html</a>. 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: _____		
Athlete Signature: _____		

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**



## 2008 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](mailto:INFO@titanswaterpolo.ca) for updates on space availability for camp and/or billeting.
- ❑ Registration is not final until a completed registration form (including medical information) with athlete/parent signatures and payment are received.
- ❑ Tax receipts for week long 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 doctor certificate.

For details on the Long Term Athlete Development and Canadian Sport for Life Model, go to [www.ltad.ca](http://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](http://www.titanswaterpolo.ca)