

CBSC WATER POLO PROGRAM - SUMMER 2020

Water polo is played in deep water and players must be comfortable treading water, and have a solid swimming background. We offer competitive (three teams U12/U14/U16) and developmental (U10 and Splashes).

DEVELOPMENTAL WATER POLO (2 GROUPS)

1. U10 born 2011/2012
2. Splash Program born 2011/2012/2013

U10 WATER POLO

U10 Training Days for 2020 (once a day/4 days a week):

All developmental U10 players must be able to swim 25 meters.

Googles are mandatory this year. Googles are **mandatory** this year.

- Monday: 4:45pm to 5:30pm
- Tuesday: 4:45pm to 5:30pm
- Thursday: 4:45pm to 5:30pm
- Friday: 4:45pm to 5:30pm

The U10/U12 CBSC hosted tournament this year is cancelled.

Fee: \$70/month

SPLASH WATER POLO

Our Splash sessions for 2020 runs twice a week for 30 minutes and most of the time is spent in the shallow water pool. The program introduces swimming skills, ball handling skills, and basic water polo game knowledge.

All developmental Splash players must be able to swim 25 meters.

Googles are mandatory this year. Googles are **mandatory** this year.

- Class 1: Monday, Thursday 3:15pm to 3:45pm
- Class 2: Monday, Thursday 4:00pm to 4:30pm
- Class 3: Tuesday, Friday 3:15pm to 3:45pm
- Class 4: Tuesday, Friday 4:00pm to 4:30pm

Fee: \$45/month

Our CBSC developmental water polo coaches this summer are:

- Cameron Davies, Head Coach
- Simon Radcliffe, Assistant Head Coach
- Emmett Thomson, Coach
- James Glanville, Coach
- Roger O'Callaghan Coach

COMPETITIVE WATER POLO (3 GROUPS)

U12 WATER POLO (Born 2009/2010)

U12 Training Days for 2020 (once a day/5 days a week):

All competitive U12 players must be able to swim 200 meters unassisted.

Googles are **mandatory** this year.

- Monday: 4:45pm to 5:45pm
- Tuesday: 4:45pm to 5:45pm
- Wednesday: 1:00pm to 2:00pm
- Thursday: 4:45pm to 5:45pm
- Friday: 4:45pm to 5:45pm

Fee: \$80/month

U14 WATER POLO (Born 2007/2008)

U14 Training Days for 2020 (once a day/5 days a week):

All competitive U14/U16 players must be able to swim 200 meters unassisted.

Googles are **mandatory** this year.

- Monday: 5:30pm to 6:30pm
- Tuesday: 5:30pm to 6:30pm
- Wednesday: 1:45pm to 2:45pm
- Thursday: 5:30pm to 6:30pm
- Friday: 5:30pm to 6:30pm

Fee: \$80/month

U16 WATER POLO (Born 2005/2006)

U14/U16 Training Days for 2020 (once a day/5 days a week):

All competitive U14/U16 players must be able to swim 200 meters unassisted.

Googles are **mandatory** this year.

- Monday: 6:30pm to 7:30pm
- Tuesday: 6:30pm to 7:30pm
- Wednesday: 2:30pm to 3:30pm
- Thursday: 6:30pm to 7:30pm
- Friday: 6:30pm to 7:30pm

Fee: \$80/month

Our CBSC competitive water polo coaches this summer are:

- Cameron Davies, Head Coach
- Quinn Davies, Assistant Head Coach
- Lara Shinkaruk, Assistant Head Coach
- Thomas Gibson, Coach

Due to COVID-19 the BCSSA (British Columbia Summer Swimming Association) competitive season has been cancelled. Therefore there will be no tournaments, Regional Competition or Provincial Finals played. BCSSA registration is not required for water polo.

Our CBSC water polo competitive program for summer 2020 will look very different but still a lot of fun!