

CRESCENT BEACH SWIMMING CLUB | DEVELOPMENTAL WATER POLO | SUMMER 2019

The Crescent Beach Developmental Water Polo Program is designed for the young players who are new to the sport of water polo and would like to develop their skills in hopes of playing on the competitive teams in years to come.

The Developmental Program has smaller class sizes which enables more one-on-one coaching than the competitive program with a focus on basic skill development.

IMPORTANT: All developmental players must be able to swim 25 meters in deep water.

SPLASH PROGRAM

The Splash program is for players ages 7 to 9 as of December 31st 2019 (born 2010/2011/2012). The program 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.

- Class 1: Monday, Thursday 2:45 – 3:15pm
- Class 2: Tuesday, Friday 2:45 – 3:15pm
- Class 3: Monday, Thursday 3:15 – 3:45pm
- Class 4: Tuesday, Friday 3:15 – 3:45pm

U10 PROGRAM

The U10 Program is for players ages 8 and 9 as of December 31st 2019 (born in 2010/2011).

The program runs four days a week, Monday, Tuesday, Thursday, and Friday, for 45 minutes. The first part of the class is spent on dry land which includes stretching and running. The second part of the class is spent in both the deep water and shallow water pools working on developing swimming skills, ball handling skills, and water polo game knowledge.

- Monday, Tuesday, Thursday and Friday - 3:45 – 4:30pm

THE CBSC U10/U12 TOURNAMENT

Crescent Beach will be hosting the fifth annual U10/U12 water polo tournament on Wednesday, July 24, 2019. This event is all about fun and learning. and all U12, U10 and capable Splash players are encouraged to participate.

REGISTRATION FEES

The registration fee for Splash program is \$45.00/month.

The registration fee for U10 program is \$70.00/month.

The Splash and U10 fees will cover the cost of the Wednesday, July 24 U10/U12 tournament.

WATER POLO DEVELOPMENTAL COACHES

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

Welcome back to summer water polo!

CAMERON DAVIES AND SPENCE THOMSON
CBSC Water Polo Co-Head Coaches

JANE GIBSON
CBSC Water Polo Rep