

Fraser Valley Water Polo 2009 – 2010 Season HIGH PERFORMANCE TRAINING PROGRAMS U16 Years ~ U18 Years ~ U18 & ↑ Years

Athlete Registration Rates & Payment Schedule

Dear Parent/Athlete,

Welcome to the 2009-10 Fraser Valley Water Polo Season! Please read the updated registration information, payment schedule changes & program options available for the upcoming season and follow directions as provided!

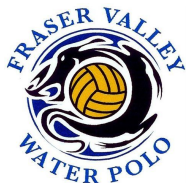
Thank You!

Karen M. Schaefer

FVWP President

IMPORTANT REGISTRATION INFORMATION For All 2009-10 High Performance FVWP Athletes:

1. \$100.00 Registration Deposit DUE August 15/09 Includes:
 - FVWP T-Shirt & Water Polo Ball
 - \$20.00 Athlete Entry to Saturday September 18/09 Team Building Activity Day & BBQ @ Meadows Corn Maze, Pitt Meadows, BC
2. **NEW** "Sibling Savings"- 3rd Sibling in Family Receives 30% Discount Off the Youngest Child's Registration Fees
3. Fundraising Opportunities will be made available throughout the 2009-10 FVWP Season & ALL funds raised will be applied to individual Athlete Accounts for Travel/Tournament Costs.



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FVWP HIGH PERFORMANCE {U16 & U18} COMPETITIVE PROGRAM (ELITE)

REGISTRATION = \$1475.00

September 2009 - May 2010 Program Consists of 15hrs/week of Training Time:

10-12hrs of Pool Sessions

2+hrs of Dryland Sessions (30min prior to practice)

2hrs of Classroom Session (1 Team-building & 1 Video)

3hrs of Weight Training (3 x 1hr of Weight Training Program – Work out plans determined & distributed by FVWP Coaches. Athlete then has to maintain 1hr 3x/week in the gym).

2009-10 FVWP SEASON PAYMENT SCHEDULE HIGH PERFORMANCE {U16 & U18} PROGRAM:

An Additional \$50.00 BCWPA Athlete Registration Fee Is Required for Athletes Not Registered with LMWP Club

Fee	Due Date	Purpose
\$100.00 Registration Deposit	August 15/09	Registration Deposit Secures Athlete Placement in 09-10 FVWP Club Program & Indicates Parental Commitment to Pay Registration Fees in Full by November 15/09
\$500.00	September 15/09	1 st Registration Fee Payment
\$450.00	October 15/09	2 nd Registration Fee Payment
\$425.00	November 15/09	Final Registration Fee Payment

An Additional \$50.00 BCWPA Athlete Registration Fee Is Required for Athletes Not Registered with LMWP Club

New!

FVWP PROGRAM FOR 18 YEARS & ↑ REGISTRATION = \$390.00

September 2009 - May 2010 Program Consists of 6hrs/week of Training Time:

2 hrs Training Per Week September 2009 - May 2010

3hrs of Weight Training (3 x 1hr of Weight Training Program – Work out plans determined & distributed by FVWP Coaches. Athlete then has to maintain 1hr 3x/week in the gym).

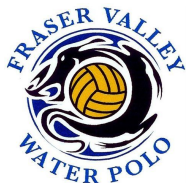
1hr of Classroom Session (1 Team Building & Video)

2009-10 FVWP SEASON PAYMENT SCHEDULE U18 & ↑:

An Additional \$50.00 BCWPA Athlete Registration Fee Is Required for Athletes Not Registered with LMWP Club

Fee	Due Date	Purpose
\$100.00 Registration Deposit	August 15/09	Registration Deposit Secures Athlete Placement in 09-10 FVWP Club Program & Indicates Parental Commitment to Pay Registration Fees in Full by November 15/09
\$145.00	September 15/09	1 st Registration Fee Payment
\$145.00	October 15/09	Final Registration Fee Payment

An Additional \$50.00 BCWPA Athlete Registration Fee Is Required for Athletes Not Registered with LMWP Club



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Athlete Registration Deposit Due by August 15/09

Send \$100.00 Cheque (Payable to Fraser Valley Water Polo Club) with Completed Form to:
09-10 REGISTRATION, %FVWP Club, Box 494, 20800 Lougheed Hwy, Maple Ridge, BC, V2X 3P2

ATHLETE NAME: _____

BIRTHDATE: (D/M/Y): _____ AGE: _____

PARENT/GUARDIAN NAME: _____
[Athlete Name if 19 yrs & ↑]

PARENT/GUARDIAN EMAIL: _____
[Athlete Email if 19 yrs & ↑]

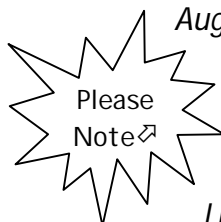
PARENT/GUARDIAN HOME PHONE #: [_____] _____ CELL #: [_____] _____
[Athlete Phone #'s if 19 yrs & ↑]

FRASER VALLEY WATER POLO CLUB 2009 - 10 SEASON

Apply \$100.00 Deposit to: (please indicate ☒ applicable program for athlete below)

- ☐ **High Performance U16 Program** = 15 Hours Training = \$1475.00 Registration
(Registration Payments Must Be Completed by November 15/09)
- ☐ **High Performance U18 Program** = 15 Hours Training = \$1475.00 Registration
(Registration Payments Must Be Completed by November 15/09)
- ☐ **18 Years & ↑** = 6 Hours Training = \$390.00 Registration
(Registration Payments Must Be Completed by October 15/09)

Parent/Guardian Signature: _____ Date: _____



August 15th /09 ⇨ \$100.00 Deposit Secures Athlete Placement in 09-10 FVWP Club Program & Indicates Parental Commitment to Pay Registration Fees in Full by Above Dates. If Registration Payments Have Not Been Received in Full by these Dates Athletes will NOT be Permitted to Continue FVWP Training. An Additional \$50.00 BCWPA Athlete Registration Fee Required for Athletes Not Registered with LMWP Club.