



Presents

Canadian Bacon 1-Day Water Polo Clinics



With Olympian Kevin Mitchell & Friends

December 27th, 28th, 29th & 30th 2008

Burning Christmas Carbs into Water Polo Excellence!!



SATURDAY DECEMBER 27th
Cadets U16 yrs, Coed

SUNDAY DECEMBER 28th
Atoms-Bantams U14 yrs, Coed

MONDAY DECEMBER 29th
Youth U18 yrs, Coed

TUESDAY DECEMBER 30th
Intro to Water Polo

Elementary School Students
Grades 4 to 7, Coed

1-DAY SKILLS CLINIC = \$40.00 per Athlete
Sibling Discount Rate!

\$30.00 For Each Additional Child Per Family

1-Day Intro to Polo {9am - 3 pm} = \$25.00
Siblings: \$15.00

Sample Canadian Bacon 1-Day Clinic
Walnut Grove Pool - 8:30 am-4:00 pm
8889 Walnut Grove Drive, Langley, BC

8:30 am Registration & Orientation
9-10 am Classroom: Micro Stretching
10am-12pm Water Polo Skills & Drills
12-1pm Nutritionist Lunch Presentation
1-3pm Water Polo Skills & Drills
3-4pm Classroom: Performance Goals

Kevin Mitchell: Canadian Olympic Water Polo Team,
Beijing August '08

Dan Stein: x-Canadian Men's National Team 2m Set

Justin Mitchell: Head Coach Fraser Valley

Athina Vazeos: University of Berkley, Cal. Varsity WP

Stuart Preston: x-Jr. National Team Goalie

AND MORE... classroom sessions with nutritionists -
dietitians, high performance physiotherapists &
strength trainers



◆ Spaces Limited! Registration Closes December 19th ◆



Ministry of Public Safety and Solicitor General

Canadian Bacon 1-Day Clinic Registration

1-DAY CLINIC RATE = \$40.00 per Athlete

SIBLING DISCOUNT = \$30.00 for Each Additional Child Per Family

Please indicate choice of clinic & complete registration form:

SATURDAY DECEMBER 27th ~ CADETS U16 years, Coed 8:30 am to 4:00 pm

Athlete Name	Age as of Dec 31/08	Parent/Guardian Name	Email	Phone #
1.				
2.				

SUN DECEMBER 28th ~ ATOMS/BANTAMS Coed 8:30 am to 4:00 pm

Athlete Name	Age as of Dec 31/08	Parent/Guardian Name	Email	Phone #
1.				
2.				

MONDAY DECEMBER 29th ~ YOUTH U18 years, Coed 8:30 am to 4:00 pm

Athlete Name	Age as of Dec 31/08	Parent/Guardian Name	Email	Phone #
1.				
2.				

TUESDAY DECEMBER 30th ~ INTRO TO WATER POLO

Elementary School Students ~ Grades 4 to 7, Coed 9:00 am - 3:00 pm

INTRO TO WATER POLO RATE = \$25.00 per student

SIBLING DISCOUNT = \$15.00 for each additional child per family

Athlete Name	Age as of Dec 31/08	Parent/Guardian Name	Email	Phone #
1.				
2.				

All Cheques Payable to: Fraser Valley Water Polo Club & Send with Completed Form To: Andrea Murphy, FVWP Secretary, PO Box 494 20800 Lougheed Hwy, Maple Ridge, BC, V2X 3P2
Andrea Murphy Email: weint@shaw.ca