

Presents

**Annual "Canadian Bacon"  
Pre-Christmas Coed Camp  
for  
Boys & Girls  
Atom [U11 yrs] & Bantam [U14 yrs] Divisions  
Saturday December 19<sup>th</sup> 2009  
Vancouver Aquatic Centre  
10 am – 2pm  
*Burning Pre-Christmas Carbs into Water Polo Excellence!!!***

With Canadian  
Olympian Kevin  
Mitchell & Friends



**Canadian Bacon 1-Day Pre-Christmas Camp**

**Registration Fee: \$35 per Athlete**

4-Hour Clinic Includes:

9:30 am > Registration & Dryland Stretching

10am -1pm > Water Polo Skills & Drills

1pm - 2pm > Classroom Session:

Muscle Strengthening & Injury Prevention  
with Nutrition Break

**Justin Mitchell:** FVWP Club Head Coach, 2009 CSL Coach, Women's Canadian National Team Staff

**Kevin Mitchell:** Beijing Olympian, FVWP Club Assistant Coach, Assistant Coach Men's U16 National Team Program

**Ian Mitchell:** 2008-09 Team BC Coach, 2007/08 Youth Men's National Team Head Coach

**Brandon Jung:** Beijing Olympian, FVWP Club Assistant Coach

**Stuart Preston:** Former Junior National Team Goalie, FVWP Club Goalie Coach

**Chris Toy:** FVWP Club Alumni, Cal Baptist Water Polo Team, California

**Chris Vanjoff:** FVWP Club Alumni, Cal Baptist Water Polo Team, California

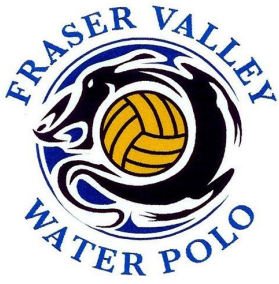
**Filip Juristovski:** Member of the Junior Men's National Water Polo Team

**Guest Speaker: Dr. Sarah Jung, Chiropractor** - Muscle Strengthening & Injury Prevention

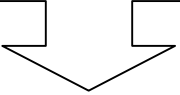
**These & Many More Special Guest Appearances...**

Our 2009 *Canadian Bacon Camp* Brings All Aspects Of Water Polo To Life Through Progressive Hands-On Learning. FVWP Club's Structured Lesson Plan Incorporates International Team Tactics through Basic Skills with an Overview of All Positions: Goaltending, 2m Guard, The Centre Forward & Perimeter Shooters & Drivers.

**Please Note: NO WATER POLO EXPERIENCE NECESSARY MUST BE ABLE TO SWIM 25M COMFORTABLY IN DEEP WATER.**



**REGISTRATION  
PAYMENT  
DEADLINE  
DECEMBER 12<sup>TH</sup>**



# Canadian Bacon Pre-Christmas Camp Registration

**1-DAY Camp Rate = \$35.00 per Athlete**

**Sibling Discount > \$30.00 for Each Additional Child per Family**

**Complete Registration Form & Email to FVWP Secretary, Andrea Murphy:  
weint@shaw.ca**

ATHLETE NAME	AGE	PARENT/GUARDIAN	EMAIL	PHONE #

TOTAL PAYMENT ENCLOSED: \$ \_\_\_\_\_

4-Hour Clinic Registration Fee Includes:

- 3-Hour Pool Session with Canadian Olympian Kevin Mitchell & Friends
- 1-Hour Classroom: Muscle Strengthening & Injury Prevention, Dr. S. Jung
- Nutritious Snacks Provided during Classroom Session

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

Special Guest Appearance  
@ 2009 Canadian Bacon Camp:  
World Renowned  
"North Pole Polo Expert"  
[If his schedule permits.....!]

