



PACIFIC STORM WATER POLO CLUB

Presents...

Girls' 2nd Annual Christmas Camp 2009

For Girls born in 1996-1998

Saturday Dec. 19th 8-10am - Pool Session @ CCAC
10-12pm - Classroom Session @ CCAC
Sunday Dec. 20th 8-10am - Pool Session @ VAC
10-12pm - Classroom Session @ VAC
6 - 8pm - Pool Session @ CCAC
8-9pm - Prizes @ CCAC

Includes sessions with dietician Ali Boyle who will focus on athlete nutrition specifically for female athletes in addition to a session with physiotherapist Anne Harris who will focus on injury prevention for girls

Total of 6 hours of pool training which are within BCSSA allowances

Cost: Only \$75/athlete - Cost includes an athlete T-Shirt

This camp is suitable for girls of all skill levels and swimming abilities, from beginners to players who are already participating in the Lower Mainland Water Polo League.

In addition to learning new skills, athletes will have an opportunity to meet some of BC's top female athletes, coaches and referees who will share stories, medals, pictures and more about their water polo experiences.

The Camp will be run by experienced & professional coaches, assisted by Storm alumni including but not limited to the following:

Susan Gardiner- Storm U16/U18 Girls' Head Coach; and 2-time Olympian with over 10 years on the Canadian National Team

John Stockdale - Storm U16/U18 Girls' Assistant Coach

Kelsey Campbell - Current University of Indiana (NCAA) water polo athlete & Storm alumni

Allison Campbell- Current University of Maryland (NCAA) water polo athlete & Storm alumni

Saara Majuri-Current University of Hawaii (NCAA) water polo athlete & Storm alumni

Athina Vazeos - U14 Storm Girls' Assistant Coach; Univ. of California - Berkeley (NCAA) athlete; Storm alumni

Jacki Kohli - Current University of Indiana (NCAA) water polo athlete & Storm alumni

Kelly Stewart - Current University of San Jose State University (NCAA) water polo athlete & Storm alumni

Carmen Eggers - Current University of Hawaii (NCAA) water polo athlete & Storm alumni

Monika Eggers - Current University of Hawaii (NCAA) water polo athlete & Storm alumni

Kirstn Mase - Current University of California - Berkeley (NCAA) athlete & Storm alumni

Candace Philippe - Current University of Arizona (NCAA) athlete & Storm alumni

Registration is limited to the first 40 athletes so don't delay!

Deadline to register is Friday, December 11th



CAMP REGISTRATION FORM

Athlete Name: _____

Athlete Home Phone #: _____

Parent Cell #: _____

Parent e-mail: _____

Athlete Birth Year: _____

Athlete Address Including Postal
Code: _____

Is athlete currently registered with the Lower Mainland League? If so,
name of club: _____

Is athlete currently registered with a High Performance Club? If so,
name of club: _____

Care Card #: _____

Doctor Name & Phone#: _____

Emergency Contact Name & Phone #: _____

A description of any medical concerns that should be made aware to the
coaches: _____

Please mail cheque for \$75.00 payable to Pacific Storm Water Polo Club
by registration deadline of December 11, 2009 to:

Suite 180-7231 - 120th Street, Delta, B.C. V4C-6P5

Registration is first come first served so don't delay!