

Saanich Water Polo School Presents:

REBOOT CAMP 2009

August 31-September 4th – Monday to Friday, 9am-12:30pm
Commonwealth Place Pool, Victoria, BC

Components:

Strength Training, Aerobic Conditioning, Sprinting and Sport Specific Swimming and Drills,
Scrimmage each day.

What to Bring:

Goggles, Swim suits, Skip ropes (we have extras) – balls and caps provided.

Cost:

\$125 per player 10% discount for siblings - Payable to SWPS

Please note, cheques may be post dated to September 1st and sent to SWPS' new address or brought to
first practice on Monday.

(New address is 6509 Central Saanich Road, Victoria, BC, V8Z 5T9)

COACHING CLINIC- ATTENTION COACHES!!!

First **Annual Provincial Coaching Clinic** lead by Faye Antsey of BC Water Polo

Dates: August 31-September 4th in conjunction with REBOOT CAMP and Camp Tournament
Venue is the REBOOT CAMP, where future coaches get to observe and have THE OPPORTUNITY
FOR INSTANT HANDS ON TRAINING.

Coaches will receive the first step official coaching certification upon completion of clinic
EVERYONE 15 AND OVER is welcome to attend.

(Please note you will only receive your official certification once you have turned age 16)

CAMP TOURNAMENT ON THURSDAY

Camp Tournament will be held Thursday, September 3rd.

Registration Information:

Please register directly by email to Saanich Water Polo School

waterpoloschool@shaw.ca

Registrations for Coaching Clinic will be sent to Faye Antsey and BC Water Polo to monitor numbers.

Cheques for Coaching Clinic will be payable to BC Water Polo – final price will depend on number of
coaches and will range between \$140-\$160 per coach.

Please note that Faye can take a maximum of 16 coaches so confirm early to reserve your spot.

REBOOT CAMP Registration is **not** limited. All participants will be accepted from the Island and
Mainland – Novice to Advanced Level – Everyone is welcome and will be placed in appropriate
groups. Cheques are to be made out to SWPS and can be post-dated to Sept 1st.

PLEASE NOTE; WE HAVE A ROOM BLOCK RESERVED AT HOJO NEXT TO THE POOL.

PLEASE CONTACT YUKO AT HOJO DIRECTLY AT 250-704-4656 OR 1-866-300-4656

*****Future coaches! Share a room and split costs; arrive Monday AM, leave Friday PM -4 nts!**