

Ulster Water Polo Skills Camp U11 and U13 Boys and Girls

Sun 29th July, Bangor Aurora

CHILD'S NAME: _____ D.O.B. _____

CLUB: _____

EMAIL ADDRESS _____

CONTACT TELEPHONE NUMBER I.C.E. _____

Sun 29th July u11 and u13 Boys and Girls, Bangor Aurora

- U11**, registration **3.30pm**, pool session **4-6pm** (skills and mini polo games)
Athlete criteria – proficient mini/maxi polo player
- U13**, registration **4.45pm**, classroom/warm-up session **5-6pm**, pool session **6-7.45pm**
Athlete criteria – able to swim 4 lengths without stopping and proficient in deep water.

COST: £10

Please tick the session your child will be attending and give the form and registration fee to your club's Ulster water polo representative before **Fri 8th June**.

Medical Information

Name :

Relationship:.....

Please advise of any additional information which you feel should be brought to our attention:

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EMERGENCY PERMISSION

I authorise a doctor to undertake whatever treatment is considered necessary.

Signed: Date:



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Parent/Guardian of Participant (if under 18) Permission

I confirm that I give permission for my child to be filmed and/or photographed during or as part of the Swim Ulster Water Polo Skills Camp.

Signature: _____

Parent/Guardian's Name: _____ Date: _____

Rules for the Water Polo Skills Camp

To ensure you get the most benefit from attending the Skills Camp and you are safe you should read the following rules. If you do understand or have any queries ask your parent or speak with your team manager.

- The club representatives are responsible for your well-being whilst you are attending the Skills Camp, you should listen and follow their instructions.
- You must stay in the grounds of Bangor Aurora; you must always let your team manager know where you are
- The pool staff should be treated with respect and courtesy at all times
- Be on time for planned activities; you should always be dressed appropriately e.g. for meals you should wear at least a top and shorts
- Take the opportunity to rest - you will need to rest and eat well to make the most of the sessions
- You are not allowed to enter Aurora Splash.
- Respect members of the public and pool attendants when using the changing areas
- You are responsible for preparing for your training sessions, be on time, warm up properly, and remember all your gear, snacks and drinks
- Respect and follow the instructions of the coaches and team managers or other leaders that may be involved in the Skills Camp; talk to your team manager, coach or someone you trust if you have any difficulties

The Skills Camp is an opportunity for you to improve your water polo skills – you need to be prepared to work hard and have fun whilst learning and practicing. You will meet other coaches and people from different clubs, use this time to get to know them and learn what you can – you may be playing against them one day!

