



BUILDING WATER POLO IN BCSSA

In an effort to increase awareness and support the growth of water polo in BCSSA, the North Delta Sunfish Swim Club is offering free trials and a 50% (\$100) rate to Fraser South Clubs for their **U12-U15 Winter 2021 Water Polo Program**. Sunfish still remains to be limited with a maximum capacity of 24 children in the pool at any given time, so there are limited spots reserved for Fraser South swim clubs.

Since we are in phase 2 of viaSport BC's safety plan, this is a good time to introduce children to the sport as the program will consist of water polo / swimming conditioning drills, low intensity technique drills and modified 2 on 2 drills (non-contact and 3m distance - merely to give children an idea of what to expect with a team-mate or opposition). The program will adjust depending on any updates to the Provincial Health Orders.

Winter 2021 session opens January 18, 2021. The first water polo session under this offer starts January 23rd.

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SUNFISH WATER POLO

JUNIOR WATER POLO

Does your child want to improve their swimming in a way that is not a traditional swim session?

This program is for children aged 9-11 years old who want to build their swimming stamina and learn a new and fun sport at the same time. The program consists of both conditioning and fundamental drills.

INTERMEDIATE WATER POLO

Does your child want to improve their swimming in a way that is not a traditional swim session?

This program is for children aged 12-14 years old and is a higher intensity level training program than our junior program. The program aims to build stamina and further develop fundamental skills.

FRASER SOUTH OUTREACH OFFER

If interested to try, register your child into the 4 Week Free Trial and then if your child wants to continue, register into the 8 Session Fee program.

The program consists of 12 Saturday practices 4:00-6:15pm.

4 Week Free Trial (\$0 + BCSSA fee if applicable)

<https://cui.active.com/sports-reg/login?a=baf4d5d4-d1ad-4048-a4dd-d365596cf486>

8 Session Fee (\$100)

<https://cui.active.com/sports-reg/login?a=e3d64899-4d33-409b-88a8-0a90418bc4d4>

HELPFUL LINKS

We recognize we are all still navigating the safety protocols, but here are some resources to support questions you may have when participating in our water polo programs.

Section D and G of the current PHO

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

Travel to Home Club

<https://www.viasport.ca/news/december-28-2020-updates-province-wide-restrictions-sport>

Sunfish Safety Plans & Announcements

<https://www.ndsunfish.com/return-to-sportcovid-19-safety-plan--announcements.html>

SF Water Polo Program

<https://www.ndsunfish.com/water-polo.html>

viaSport Activity Chart

https://www.viasport.ca/sites/default/files/SPORT_ACTIVITY_CHART_12-03.pdf