

NORTHBAY**AQUATICS**



2005 Winter & Spring Swimming & Water Polo Programs

*North Bay Aquatics Swimming
Marin Water Polo*

www.northbayaquatics.org

USA WATER POLO – Marin Water Polo Club

Marin Water Polo is a program of the North Bay Aquatics Club. This year we are combining the winter and spring programs. The change in the program comes as a result of our interest in laying the ground work for the summer season. Realistically, the summer season is a short season; therefore we are going to begin building our teams for the summer season this winter and spring. One new requirement for the winter/spring water polo program is that each participant needs to be swimming in one of the swim programs listed in this brochure, or in an approved swim program.

AGE GROUPS

Please use the table below to appropriately age your son/ daughter for the upcoming season of water polo. The age groups listed are for the 2005 calendar year.

Age Group	Born in Years
Senior/Masters	1986 & older
18 & under	1987 & 1988
16 & under	1989 & 1990
14 & under	1991 & 1992
12 & under	1993, 1994, 1995, etc.

PARENTS MEETING - 'NEW'

The Marin Water Polo Club is going to begin holding quarterly informational meetings/discussions about upcoming programs and events. The next meeting is going to be held on Wednesday November 17. Please look for the specifics of the meeting on e-mail in the weeks leading up to November 17.

USA WATER POLO MEMBERSHIP

Membership to USA Water Polo is required to participate with Marin Water Polo. To register for USA Water Polo, please log onto www.usawaterpolo.com, click on 'Join USA Water Polo' and follow the directions to register. For first time athletes only, we suggest that you consider the Trial Membership (4 months, \$25) for those signing up again you should sign up for the Basic Athlete Membership (1 year, \$50). At some point during your registration process you may be asked for the following information:

Club Name: Marin Water Polo Club
Zone Name: Pacific Zone

Club Number: 473
Zone Number: Six

Once your registration process is complete, please print verification of your membership for your records.

IVC PARKING

Parking on the IVC Campus is by permit only Mondays through Fridays. Permits are not required on Saturdays or Sundays. The College Police have asked us to notify our participants that parking close to the pool is reserved only for the handicapped. Please do not pull across the bridge close to the pool and wait for your son/daughter. Please arrange for a specific pick-up place prior to practice.

USA WATER POLO – Marin Water Polo Club (continued)

Practice Schedule/Location:

Boy's	18/16u	Wednesdays, 7-9pm, IVC Pool Saturdays, 9-11am, IVC Pool
	14u	Wednesdays, 7-9pm, IVC Pool Fridays 4-6pm, Terra Linda High School Saturdays, 9-11am, IVC Pool
Girl's	18/16u	Mondays, 7-9pm, IVC Pool Saturdays, 11am-1pm, IVC Pool
	14u	Mondays, 7-9pm, IVC Pool Fridays 4-6pm, Terra Linda High School Saturdays, 11am-1pm, IVC Pool

Coaches:

Below you will find a list of the coaches who are planning to coach the upcoming winter, spring and summer seasons for the club. Some coaches will be coaching in the water, while others will be coaching from the deck. In addition, we are striving to add new coaches to our ranks. As new coaches are secured, they will be announced to the club.

Andrew Morris	Peter Urmini	David Stasiowski	Bob Kustel
Clarke Weatherspoon	Ellie Marcus	Paul Stasiowski	Kim Feig

Competition Schedule:

January 8-9	Winter League
January 22-23	Winter League
February 5-6	Winter League
March 17-20	Alberta Open, Calgary

Spring Competitions TBA

Cost:

Payment Options: One Payment: \$460 (includes \$10 processing fee)
Five Payments: \$100 ea. month (Dec.-April, includes \$10 processing fee per payment)

The above fees cover pool rent (\$66-\$72 per hour), coaches fees, local tournament entry fees and equipment fees.



?QUESTIONS?

If you have any questions concerning the water polo or swimming programs please contact Andrew Morris at (415) 320-6222 or by e-mail at mwp90@aol.com.



Marin Water Polo Availability Form - Winter 2005

NAME: _____

TELEPHONE: _____

Please complete both sections of the availability form.

SECTION I - LOCAL TOURNAMENT AVAILABILITY

Please indicate which days you will **NOT** be available to participate.
By leaving a section blank you are telling us that you are available for the entire day.

January 2005

8	
9	
22	
23	

February 2005

5	
6	

SECTION II - TRAVEL TOURNAMENT AVAILABILITY

Please indicate which events you are **NOT** available (physically or financially) to participate in.
The approximate fee for each event is listed.

Boys _____

- Alberta Open, Calgary
March 17-20 (~450)

Girls _____

- Alberta Open, Calgary
March 17-20 (~450)



North Bay Aquatics (NBA) - Winter Swim Clinic

- Coaches: High School Group - Gary Ross, Phil DiGirolamo & Andrew Morris
Pre-High School Group - Luiz Rigney
- Location: Terra Linda High School
- Program Dates: November 15-December 17 & January 3-February 3
- Practice Times: **November 15-December 17 & January 4-28**
High School Group - Tuesdays & Thursdays 3:45-5:45pm
Pre-High School Group -
Mondays & Wednesdays 3:45-4:45pm (11 & under), 4:45-6:15pm (12 & up)
Tuesdays & Thursdays 5:45-7pm (all ages)
- January 31-February 4**
High School Group - Tuesdays & Thursdays, 4:30-5:45pm
Pre-High School Group -
Mondays & Wednesdays 4:30-5:30pm (11 & under), 4-6:15pm (12 & up)
- Cost: High School Group - \$95
Pre-High School Group - \$185
Membership to USA Swimming is required. Once your registration form is received, a membership form for USA Swimming will be mailed to you.

Program Description: This U.S. Swimming Winter Swim Clinic is for competitive "rec" swimmers who want to continue physical and technical development in the sport of swimming. It is our hope to include swimmers from all of the Marin Swim League summer recreational teams and each of the Marin County Athletic League High School Swim Teams. Our objective is to run an aggressive, stroke work oriented program emphasizing effective drills and teaching techniques designed to properly develop the age-group and high school swimmer. We do this in a disciplined environment with personal hands on instruction thus allowing the swimmer to learn and improve as quickly as possible. This program is also intended to introduce swimmers to USA Swimming. If swimmers wish to continue swimming year round at the conclusion of the winter program, they are encouraged to check out the North Bay Aquatics Year Round USA Swimming Program. For competition, two or three U.S. Swimming meets will be available during the winter season.



NORTHBAY**AQUATICS**

North Bay Aquatics (NBA) - Year Round Swim Team

Coaches: Ken DeMont & Mike McDonald

Location: College of Marin, Kentfield Pool

Contact: Ken DeMont, krdm2@comcast.net

Program Description: Due to time constraints on accessing the COM pool, we run an efficient 90 minute workout. We do our best to eliminate any and all "garbage yardage" that can sometime occur when swimming for an extended period of time. The program's emphasis is on both speed and endurance in order to hopefully develop the ability to still swim fast in a tired state. We mainly train for swims that are 100 or 200 yards in length, but will touch on both the sprints and the more distance oriented events especially for individuals who lean in those directions.

Attendance is encouraged, but there is no set amount of times any one person is required to show up at practice. Self motivation is needed to attain success in any endeavor and is what drives the finest most successful swimmers on our team. Our only requirement is proper attitude when you do show up. Anyone who does attend should be willing to concentrate and perform at his or her best ability that day. Our goal as coaches is to match the levels of motivation that each swimmer brings to our program and help our swimmers stay on their chosen path whatever that may be.



?QUESTIONS?

If you have any questions concerning the water polo or swimming programs please contact Andrew Morris at (415) 320-6222 or by e-mail at mwp90@aol.com.



NORTH BAY AQUATICS - REGISTRATION FORM

(Please Print)

ADULT INFORMATION:

Last Name: _____ First Name: _____ Home Phone: _____

Address: _____ City: _____ Zip Code: _____ Work Phone: _____

E-mail address: _____ Emergency Contact: _____ Phone: _____

Participant Name	Gender (M/F)	Birth date	Class/Program Title	Location	Fee
TOTAL					

Please check this box if you do not want your information shared with other members of NBAC. (Information is shared for carpool lists, phone lists, team rosters, etc.)

Please check this box if you do not want your child's picture posted on the NBAC web site.

BE SURE TO READ AND SIGN BELOW

In consideration of the payment of fees and the resulting granting of team membership privileges and, due to my knowledge and experience around swimming facilities, I hereby waive, release and discharge any and all claims and causes of action for damages due to my death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my team membership and the use of any swimming pools and associated facilities. This waiver and release is intended to discharge in advance the team as well as its officers, agents, employees and all related persons and/or entities, from and against any and all liability, injury, loss or damage arising out of and connected in any way with my participation with said entity and/or any facilities or in any event or activity associated with said entity and/or any facilities even though that liability might arise out of the active and/or passive negligence or carelessness on the part of the entity or persons mentioned above.

I understand that incidents, even of a serious and life threatening nature occasionally occur during the utilization of swimming pools and related facilities and participation in water related activities, due to, not by way of limitation, slips, falls, collisions and other water related hazards. Knowing the risks attendant with the use of swimming pools and related facilities and the participation in water related activities, nevertheless, I hereby agree to assume those risks and to release, indemnify and hold harmless all the persons or entities mentioned above, who, even through, not by way of limitation, active and/or passive negligence or carelessness, might otherwise be liable to me or my heirs or assigns for damages by reason of any and all accidents, illness, injury or death or other consequences related to such utilization, whether reasonably foreseen or not reasonably foreseen. This waiver, release, assumption of risk, indemnification and hold harmless agreement is to be binding upon my heirs and assigns.

I agree to accept and abide by the rules and regulations of the team All adults covered by this application have signed and all minors subject to it have been covered through the execution of this Release by their parents and/or guardians.

Signature: _____ Date: _____

Mail registration to: North Bay Aquatics Club, 940 Via Escondida, Novato, CA 94949