

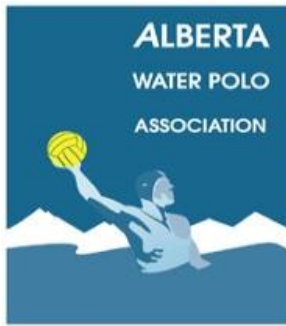
2010 AWPAA Provincial Team Program Update

We are pleased to confirm that both the boys and girls program will be travelling to San Francisco for Joint Training with top clubs in the Bay Area, as well as participation in an age group tournament hosted by Stanford, as part of their 2010 Provincial Team Program.

The exact cost of the program will be confirmed shortly. The cost per athlete is estimated at 1000\$, and will include all coaching fees, June/July training in Alberta, airfare and accommodations in San Francisco, as well as some meals during the trip (breakfast daily at the minimum). The Alberta Water Polo Association is proudly contributing a large amount of funding to each program, greatly reducing the total cost per athlete for 6 weeks of high level training!

In order to secure the cheapest possible airfare, **tickets must be confirmed by MAY 26th 2010**. Given the short notice and the time it will take for deposit cheques to be mailed in, we will require **WRITTEN CONFIRMATION (via Email) from all athletes (and confirmed by their parents) of their intention to participate, NO LATER THAN WENSEDAY MAY 26th**. A deposit of 500\$ from all athletes must be received by Monday May 31st* (can be in the form of post-dated cheque(s), dated no later than July 1st).

* Athletes being considered for National Teams are exempt from this deadline however must confirm their participation with the Provincial Program within 2 days of the announcement of the National Team.



Athletes are expected to attend all scheduled workouts, as well as commit to the extra individual training (2x/week in June) required by the program. Athletes who fail to meet the training requirement run the risk of being cut from the program. Excused workouts will only be granted due to medical issues (with Dr. note) or at the discretion of the Head Coach. All exact dates and times for training will be posted shortly.

Athletes selected as alternates are invited to attend all Alberta based training (June 4th - July 5th). The cost for participation in the program is 250\$. Athletes on the alternate list must confirm their participation and submit a 150\$ deposit to AWPA, no later than May 31st, 2010.

*** This year we are asking that parents DO NOT plan their family vacation to coincide with the team trip. During their stay in San Francisco, athletes will be with the team at all times, and will not be permitted to attend separate functions.

If you have any questions or concerns, please do not hesitate to contact me directly.

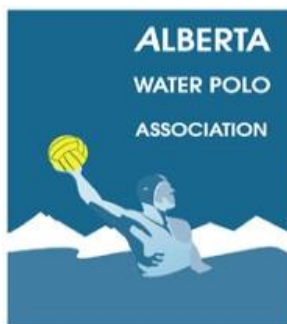
Thank You

Nathaniel Miller

Technical Director, AWPA

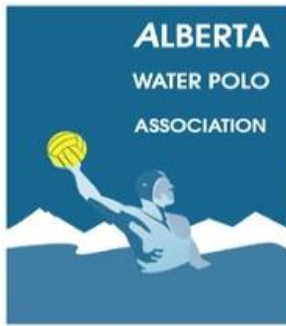
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Please find below an update to the 2010 Provincial Team Important Dates.



Important Dates

- **June 4-5-6:** Mandatory Boot Camp for all athletes in Calgary. Athletes must arrive in Calgary on Friday June 4th, no later than 730pm). Training sessions Friday evening, 2x Saturday, and Sunday morning. Sunday the athletes will be finished at 10am.
- **Weeks of June 7-13, 14-20, 21-27:** 3x per week Provincial Team Training.
In Calgary: wed/fri/sat @ Talisman Centre, times to be posted shortly.
In Edmonton: days/time/location to be posted shortly.
Athletes will also be expected to train 2 extra times/week on their own (workouts provided by coaches).
- **June 30 - July 5(girls), 6(boys):** Centralization of both teams (including alternates) in Calgary. Training schedule will be posted shortly.
- **July 5-13 (girls), 6-14 (boys):** Provincial Team Summer Program-
Girls: July 5th Travel to San Francisco, daily joint training with various Bay Area Clubs and participation in small age group tournament at Stanford. Return to Alberta July 13th.
Boys: July 6th Travel to San Francisco daily joint training with various Bay Area Clubs and participation in small age group tournament at Stanford. Return to Alberta July 14th.
- **July 13 (girls)/14 (boys):** Summer Program Ends, athletes selected for Summer Games Teams are released.



- **July 31:** Provincial Team Program Evaluation and Athlete Evaluations to be submitted by Coaches to the Technical Director.
- **August 13:** Athlete Evaluations to be privately distributed to individual athletes.
- **August 31:** Provincial Team Program Report Submitted to the Board by the Technical Director, along with recommendations on continued athlete development to be forwarded to Alberta Clubs/Head Coaches.