



# CAPISTRANO COMMUNITY EDUCATION

WWW.CAPOUSD.ORG/ADULT OR 949-489-7202



## Spring 2010 Water Polo at Aliso Niguel High School

### *Girls and Boys ages 7-14*

NO EXPERIENCE NEEDED!!!

This program is designed to introduce new players to the basics of water polo and to improve existing skills and swim ability. Advanced players will improve on basic fundamentals as well as learn complex team offensive/defensive strategies. In order to be able to participate, players must be members of USA Water Polo. Go to [www.usawaterpolo.com](http://www.usawaterpolo.com) in order to register for the 2010 year; club # 1631

**Dates:** 3/1/10 - 6/18/10 (no practices or games during CUSD spring break)

**Practice Times:**

- \* 14&under advanced: M/W/F= 5:30-7:00pm; Sat.= 12:30pm -2:00pm
- \* 14 & under Beginner: T/Th = 5:30-7:00pm; Sat. 11:00am-12:30pm
- \* 12&under: T/Th = 5:30-7:00pm; Sat. 11:00am-12:30pm
- \* 10&under: T/Th = 5:30-7:00pm; Sat. 11:00am-12:30pm

**Cost:** \$275.00: \$75=CUSD; \$200= ALISO AQUATICS (\$100 multiple sibling discount)

**Location:** All practices are at ANHS, games and tournaments will vary and schedules will be distributed in March.

**Registration:** Send below form and checks to:

ALISO AQUATICS  
25681 Chrisanta Dr.  
Mission Viejo, CA 92691

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Athlete name: \_\_\_\_\_ Home phone: \_\_\_\_\_

U.S Water Polo Membership # \_\_\_\_\_ Year of birth \_\_\_\_\_

Parent(s) name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Home address: \_\_\_\_\_

\* For Questions Contact Coach Lynch at: [eblynch@capousd.org](mailto:eblynch@capousd.org)