



GREATER RICHMOND WATER POLO 2008 FALL INTRODUCTORY CLINIC SEPTEMBER 14, 21, 28 AND OCTOBER 5

Greater Richmond Water Polo is pleased to offer an introductory water polo clinic for boys and girls ages 10-17 who are interested in learning the sport of water polo.

In this 4 session clinic players will be shown the basics of the game. Through a combination of drills and hands-on play (i.e. scrimmaging), participants will learn:

- The concepts of the game (offense/defense)
- The rules of the game
- How to tread water (aka the 'egg-beater')
- Proper shooting technique
- How to catch and pass



WHAT: Youth Introductory Water Polo Clinic; open to boys & girls ages 10-17 who are 'strong' swimmers. Prior participation on a swim team is an advantage but not required.

WHEN: Sundays
Sept. 14, 21, 28 & Oct 5
2:00PM to 3:30PM

WHERE: St. Catherine's School - www.st.catherines.org
6001 Grove Ave. Richmond, VA 23226

COST: \$50.00

REGISTRATION: Log into www.GRWP.org/youth_clinic.htm

REGISTRATION DEADLINE: September 7, 2008

Questions ? Contact GRWP: membership@grwp.org