

CAPITAL WAVE SUMMER 2023



Ah, Summer.

Apart from Championship season, it's WAVE's favourite time of the year.

We are excited to unveil a new summer program to complement our usual top-shelf offerings.

Registration opens on **Friday May 5th, 2023 at 8:00am**. Links to register on the last page.

***Important information:** please note that we will not be pro-rating programs this summer. Like last summer, prices reflect families being away for 2-weeks during the summer months. HST is added automatically for anyone born in 2008 and older. Insurance is required for any new members.*

Questions: contact Lisa at lisa.bloom@capitalwave.ca

TINY WAVES - SWIM AND POLO CAMPS (2015-2017)

Tiny Waves introduces the fundamentals of swimming and water polo. Similar to our Summer Mini Waves 2022, athletes must be comfortable in shallow water, must be able to follow instructions in a group training environment, and cannot require one-to-one attention. Practices run for an hour which includes 15 mins of dryland/handball skills prior to hopping in the water for their 45 mins in-water skills session. Trials are not required to register for Tiny Waves this summer! And lastly, the Tiny Waves is all about FUN!

OTTAWA WATER POLO SUMMER CUP (OWPSC) League (2011-2014) ****NEW THIS SUMMER****

This year's summer program is going to bring the excitement to new levels this year with the 1st Annual - **Ottawa Water Polo Summer Cup 2023**.



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Athletes wanting to participate in the OWPSC League must be comfortable in the deep end and fundamental swimming skills are a requirement. Water polo experience is not a requirement to register. Practices run twice a week and each session includes 90 mins of a mix of swimming, water polo, and strategy for gameplay. Trials are not required to participate in the Summer Cup.

The OWPSC League has 3 teams across Ottawa's outdoor pools:



**RA CENTRE
RANGERS**



**GENERAL BURNS
GLADIATORS**



**BEARBROOK
BULLDOGS**

The OWPSC League includes 2 age categories for the 2023 Summer Cup:

- 12U Teams - athletes born in 2011 and 2012
- 10U Teams - athletes born in 2013 and 2014
(exceptional athletes born in 2015 will be considered - please email coach@capitalwave.ca)

Be sure to pledge your allegiance to the team that is closest to your home as geographical bragging rights are on the line. Be sure to recruit your friends and neighbours to join this fun and exciting, 6-week league.

Once you have registered, please ensure you complete the form for your team t-shirt. You can use this link to order your complimentary t-shirt: [OWPSC Shirt Order Form](#)

*Some say that the Summer Cup is actually as tall as Coach Rodrigo, but that would not be too difficult. Some say the Summer Cup shines like Coach Fraser's head, that would not be too hard to believe. Some say the cup is actually made of Twinkies, that's a distinct possibility. There's even some that say the cup only exists in your mind, but we ignore those people. **It's real and it's glorious.***

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The summer of 2023 will be a memorable one - **BRING ON THE CUP!**

Each team will play each other once on Tuesdays at the RA Centre during regular round robin play and only the top 2 will fight for the legendary Summer Cup!

Ottawa Water Polo Summer Cup League Schedule:

(All games are played at the RA Centre Outdoor Pool)

DATE	#	TIME	GAME
Tuesday July 11	1	7:00pm - 7:50pm	OWPSCL Game 1: 10U Bulldogs vs. 10U Rangers
	2	7:40pm - 8:30pm	OWPSCL Game 2: 12U Bulldogs vs. 12U Rangers
Tuesday July 18	3	7:00pm - 7:50pm	OWPSCL Game 3: 10U Bulldogs vs. 10U Gladiators
	4	7:40pm - 8:30pm	OWPSCL Game 4: 12U Bulldogs vs. 12U Gladiators
Tuesday July 25	5	7:00pm - 7:50pm	OWPSCL Game 5: 10U Rangers vs. 10U Gladiators
	6	7:40pm - 8:30pm	OWPSCL Game 6: 12U Rangers vs. 12U Gladiators
Tuesday August 8	7	7:00pm - 7:50pm	Summer Cup FINALS: 10U 1st Place vs. 10U 2nd Place
	8	7:40pm - 8:30pm	Summer Cup FINALS: 12U 1st Place vs. 12U 2nd Place

MEN'S AND WOMEN'S WATER POLO LEAGUES (2010 and older)

We are excited to bring back our fun water polo leagues at the Nepean Sportsplex. This is for athletes with previous water polo experience. Any new athlete without water polo experience born 2010 and older, is asked to register for a free trial session on Monday, June 5th @ Nepean Sportsplex, 7:00pm-8:00pm Please fill out the form to register: [CW Trial and Waiver Form](#)

PERFORMANCE SWIM CAMP SESSIONS (suggested ages 2010 and older)

WAVE athletes and alumni interested in building their endurance and speed are encouraged to sign-up for morning swims under the guidance of Coach Fraser. Opportunities to swim in open water and in sanctioned swim meets in Ottawa will be sought by the coaching staff. The summer swim season will end with the Ottawa RiverKeeper swim.

CAPITAL WAVE SUMMER 2023 SCHEDULE

Monday July 3, 2022 to Friday August 11, 2022

MONDAY		TUESDAY		WEDNESDAY	
PERFORMANCE SWIM CAMP SESSION I RA Centre Outdoor Pool 6:00am - 7:00am	PERFORMANCE SWIM CAMP SESSION II RA Centre Outdoor Pool 7:00am - 8:00am	10U & 12U THE GLADIATORS General Burns Outdoor Pool 4:30pm - 6:00pm	8U TINY WAVES SWIM AND POLO CAMPS SESSION I General Burns Outdoor Pool 4:15pm - 5:15pm	PERFORMANCE SWIM CAMP SESSION I RA Centre Outdoor Pool 6:00am - 7:00am	PERFORMANCE SWIM CAMP SESSION II RA Centre Outdoor Pool 7:00am - 8:00am
10U & 12U THE BULLDOGS Bearbrook Outdoor Pool 6:30pm - 8:00pm		8U TINY WAVES SWIM AND POLO CAMPS SESSION II General Burns Outdoor Pool 5:00pm - 6:00pm	WOMEN'S WATER POLO LEAGUE Nepean Sportsplex Pool 7:00pm - 8:30pm	10U & 12U THE BULLDOGS Bearbrook Outdoor Pool 6:30pm - 8:00pm	10U & 12U THE RANGERS RA Centre Outdoor Pool 7:00pm - 8:30pm
		MEN'S WATER POLO LEAGUE Nepean Sportsplex Pool 8:30pm - 10:00pm		8U TINY WAVES SWIM AND POLO CAMPS SESSION III RA Centre Outdoor Pool 6:45pm - 7:45pm	8U TINY WAVES SWIM AND POLO CAMPS SESSION IV RA Centre Outdoor Pool 7:30pm - 8:30pm
THURSDAY		FRIDAY			
10U & 12U THE GLADIATORS General Burns Outdoor Pool 4:30pm - 6:00pm	8U TINY WAVES SWIM AND POLO CAMPS SESSION V General Burns Outdoor Pool 4:15pm - 5:15pm	PERFORMANCE SWIM CAMP SESSION I RA Centre Outdoor Pool 6:00am - 7:00am	PERFORMANCE SWIM CAMP SESSION II RA Centre Outdoor Pool 7:00am - 8:00am		
8U TINY WAVES SWIM AND POLO CAMPS SESSION VI General Burns Outdoor Pool 5:00pm - 6:00pm	10U & 12U THE RANGERS RA Centre Outdoor Pool 7:00pm - 8:30pm				
8U TINY WAVES SWIM AND POLO CAMPS SESSION VII RA Centre Outdoor Pool 6:45pm - 7:45pm	8U TINY WAVES SWIM AND POLO CAMPS SESSION VIII RA Centre Outdoor Pool 7:30pm - 8:30pm				
MEN'S WATER POLO LEAGUE Nepean Sportsplex Pool 7:00pm - 8:30pm	WOMEN'S WATER POLO LEAGUE Nepean Sportsplex Pool 8:30pm - 10:00pm				

CAPITAL WAVE SUMMER 2023 - PROGRAM DETAILS

Monday July 3, 2022 to Friday August 11, 2022

PROGRAM NAME	# OF WEEKS	# OF SESSIONS	HOURS/ SESSION	TOTAL HOURS	LOCATION	DAYS	DATES	TIME	PRICE
Performance Swim Camp Session I RA Centre Outdoor Pool Recommended Ages: 2008 and older	6	17	1	17	RA Centre Outdoor Pool	Mon / Wed / Fri	Jul 3 to Aug 11 Except: Mon Aug 7	6:00am - 7:00am	\$175
Performance Swim Camp Session II RA Centre Outdoor Pool Recommended Ages: 2009 and 2010	6	17	1	17	RA Centre Outdoor Pool	Mon / Wed / Fri	Jul 3 to Aug 11 Except: Mon Aug 7	7:00am - 8:00am	\$175
Women's Water Polo League Nepean Sportsplex Pool Ages: 2010 and older	6	12	1.5	18	Nepean Sportsplex Pool	Tue / Thu	July 4 to Aug 10	7:00pm - 8:30pm (Tuesdays) 8:30pm - 10:00pm (Thursdays)	\$195
Men's Water Polo League Nepean Sportsplex Pool Ages: 2010 and older	6	12	1.5	18	Nepean Sportsplex Pool	Tue / Thu	July 4 to Aug 10	8:30pm - 10:00pm (Tuesdays) 7:00pm - 8:30pm (Thursdays)	\$195
Ottawa Water Polo Summer Cup League (OWPSC League) 10U & 12U - THE BULLDOGS Bearbrook Outdoor Pool Ages: 2011-2014 (Exceptional 2015)	6	11	1.5	16.5	Bearbrook Outdoor Pool	Mon / Wed	July 3 to Aug 9 Except: Mon Aug 7	6:30pm - 8:00pm	\$195
Ottawa Water Polo Summer Cup League (OWPSC League) 10U & 12U - THE GLADIATORS General Burns Outdoor Pool Ages: 2011-2014 (Exceptional 2015)	6	12	1.5	18	General Burns Outdoor Pool	Tue / Thu	July 4 to Aug 10	4:30pm - 6:00pm	\$215
Ottawa Water Polo Summer Cup League (OWPSC League) 10U & 12U - THE RANGERS RA Centre Outdoor Pool Ages: 2011-2014 (Exceptional 2015)	6	12	1.5	18	RA Centre Outdoor Pool	Wed / Thu	July 5 to Aug 10	7:00pm - 8:30pm	\$215
8U Tiny Waves Swim and Polo Camps - Session I General Burns Outdoor Pool Ages: 2015-2017	6	6	1	6	General Burns Outdoor Pool	Tue	July 4 to Aug 8	4:15pm - 5:15pm	\$75
8U Tiny Waves Swim and Polo Camps - Session II General Burns Outdoor Pool Ages: 2015-2017	6	6	1	6	General Burns Outdoor Pool	Tue	July 4 to Aug 8	5:00pm - 6:00pm	\$75
8U Tiny Waves Swim and Polo Camps - Session III RA Centre Outdoor Pool Ages: 2015-2017	6	6	1	6	RA Centre Outdoor Pool	Wed	July 5 to Aug 9	6:45pm - 7:45pm	\$75
8U Tiny Waves Swim and Polo Camps - Session IV RA Centre Outdoor Pool Ages: 2015-2017	6	6	1	6	RA Centre Outdoor Pool	Wed	July 5 to Aug 9	7:30pm - 8:30pm	\$75
8U Tiny Waves Swim and Polo Camps - Session V General Burns Outdoor Pool Ages: 2015-2017	6	6	1	6	General Burns Outdoor Pool	Thu	July 6 to Aug 10	4:15pm - 5:15pm	\$75
8U Tiny Waves Swim and Polo Camps - Session VI General Burns Outdoor Pool Ages: 2015-2017	6	6	1	6	General Burns Outdoor Pool	Thu	July 6 to Aug 10	5:00pm - 6:00pm	\$75
8U Tiny Waves Swim and Polo Camps - Session VII RA Centre Outdoor Pool Ages: 2015-2017	6	6	1	6	RA Centre Outdoor Pool	Thu	July 6 to Aug 10	6:45pm - 7:45pm	\$75
8U Tiny Waves Swim and Polo Camps - Session VIII RA Centre Outdoor Pool Ages: 2015-2017	6	6	1	6	RA Centre Outdoor Pool	Thu	July 6 to Aug 10	7:30pm - 8:30pm	\$75

REGISTRATION LINKS:

Please select the correct product you wish to purchase and register for:

TINY WAVES (2015-2017):

8U Tiny Waves Swim and Polo Camps - Session I

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...-camps-session-i/>

8U Tiny Waves Swim and Polo Camps - Session II

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...camps-session-ii/>

8U Tiny Waves Swim and Polo Camps - Session III

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...amps-session-iii/>

8U Tiny Waves Swim and Polo Camps - Session IV

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...camps-session-iv/>

8U Tiny Waves Swim and Polo Camps - Session V

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...-camps-session-v/>

8U Tiny Waves Swim and Polo Camps - Session VI

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...camps-session-vi/>

8U Tiny Waves Swim and Polo Camps - Session VII

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...amps-session-vii/>

8U Tiny Waves Swim and Polo Camps - Session VIII

<https://ottawawaterpolo.com/product/8u-tiny-waves-sw...mps-session-viii/>

OWPSC LEAGUE (2011-2015):

Ottawa Water Polo Summer Cup League (OWPSC League) 10U - THE BULLDOGS

<https://ottawawaterpolo.com/product/ottawa-water-pol...10u-the-bulldogs/>

Ottawa Water Polo Summer Cup League (OWPSC League) 12U - THE BULLDOGS

<https://ottawawaterpolo.com/product/ottawa-water-pol...12u-the-bulldogs/>

Ottawa Water Polo Summer Cup League (OWPSC League) 10U - THE GLADIATORS

<https://ottawawaterpolo.com/product/ottawa-water-pol...u-the-gladiators/>

Ottawa Water Polo Summer Cup League (OWPSC League) 12U - THE GLADIATORS

<https://ottawawaterpolo.com/product/ottawa-water-pol...u-the-gladiators/>

Ottawa Water Polo Summer Cup League (OWPSC League) 10U - THE RANGERS

<https://ottawawaterpolo.com/product/ottawa-water-pol...-10u-the-rangers/>

Ottawa Water Polo Summer Cup League (OWPSC League) 12U - THE RANGERS

<https://ottawawaterpolo.com/product/ottawa-water-pol...-12u-the-rangers/>

PERFORMANCE SWIM CAMPS (2010 and older):

Performance Swim Camp Session I (2008 and older)

<https://ottawawaterpolo.com/product/performance-swim...i-2008-and-older/>

Performance Swim Camp Session I (2009-2010)

<https://ottawawaterpolo.com/product/performance-swim...sion-i-2009-2010/>

Performance Swim Camp Session II (2008 and older)

<https://ottawawaterpolo.com/product/performance-swim...i-2008-and-older/>

Performance Swim Camp Session II (2009-2010)

<https://ottawawaterpolo.com/product/performance-swim...ion-ii-2009-2010/>

WOMEN'S WATER POLO LEAGUE (2010 and older):

Women's Water Polo League (2009-2010)

<https://ottawawaterpolo.com/product/womens-water-polo-league-2009-2010/>

Women's Water Polo League (2008 and older)

<https://ottawawaterpolo.com/product/womens-water-pol...e-2008-and-older/>

MEN'S WATER POLO LEAGUE (2010 and older):

Men's Water Polo League (2009-2010)

<https://ottawawaterpolo.com/product/mens-water-polo-league-2009-2010/>

Men's Water Polo League (2008 and older)

<https://ottawawaterpolo.com/product/mens-water-polo-...e-2008-and-older/>