

California Baptist University Aquatics  
8432 Magnolia Avenue  
Riverside, CA 92504



**Rick  
Rowland**

Rick's experience at all levels of coaching is extensive. Rick is in his eleventh year as the Head Men's Water Polo and Men's and Women's Swim Coach at California Baptist University in Riverside, CA. Previously, he held the same position at Santa Margarita Catholic H.S. in Orange County. He also has over 25 years age group water polo and swim coaching experience.

Rick has a Masters of Education in Physical Education from Azusa Pacific University and a Bachelors of Science in Physical Education and Kinesiology from Pepperdine University, where he also competed on their nationally ranked water polo and swim teams.

#### **Camp Features**

- Experienced CBU Coaching Staff and athletes
- 7 to 1 Coach to athlete ratio with water coaching
- Camp T-shirt
- Personal profile and skills analysis provided to each field player. Passing, shooting, offensive and defensive skills are evaluated.
- Goalies received goalie-oriented instruction. Goalies skills analysis provided to each goalie camper.
- Water polo campers receive free water polo ball.
- Personal profile and video analysis given to swim campers. Strokes, starts, turns and finishes are evaluated
- Swim campers receive a free swim snorkel

# Lancers

Water Polo Camp

Swim Camp

**2 0 1 0**

Water Polo Camps

June 21-25, June 28-July 2

July 12-16

Swim Camps

June 28-July 2

July 12-16



California Baptist University

# Aquatics

8432 Magnolia Avenue

Riverside, CA 92504

**Registration:** Between 7 a.m. and 8:30 a.m. on the first day of each session at Lancers Aquatic Center.

**Pick-up:** Parents are invited to a closing ceremony at 1 p.m. on the last day of each session. (Camp ends at 1:30 p.m.)

**Water Polo Camps:** Friday, June 25, July 2 & July 16

**Swim Camp:** Friday, July 2, July 16

**Transportation:** Arrangements can be made between the Ontario Airport and Cal Baptist University. There will be a \$25 round trip fee. Please provide complete flight information. Fee due at pick-up. No half-trip fees available.

**Ages:** 10 – 17 (grades 4<sup>th</sup> – 11<sup>th</sup> only).

**Medical:** All camp personnel are trained in first aid and CPR.

**Room and Board:** CBU features comfortable living accommodations in attractive dormitories with staff members on duty at all times. Be sure to bring a towel and bedding (sheets, blanket and pillow), or a sleeping bag. Delicious and nutritional buffet style meals will be served in the CBU cafeteria.

**Tuition: \$490 per session:** Resident Campers (includes breakfast, lunch & dinner); **\$390 per session:** Extended Day Campers (includes lunch & dinner); **\$290 per session:** Day Campers (Lunch only). Tuition includes instruction, T-shirts, awards.

**Family/Team Discounts:** Subtract \$25 per session, per camper. In order for a team discount to apply, at least 6 applications must be sent together. **(\$40 per person). Maximum discount: \$50 per person.**

**Cancellation Policy:** If for any reason you need to cancel your reservation, you will receive a refund minus \$100 administration fee. However, no refunds will be granted to campers who leave voluntarily or are sent home for disciplinary reasons.

**Please call Rick Rowland if you have any questions at 951.343.4522 or e-mail rrowland@calbaptist.edu**



### Typical Daily Camp Schedule

<b>7:00–7:30</b>	Wake up, clean up, make beds, depart for breakfast.
<b>7:30–8:00</b>	Breakfast @ CBU cafeteria (Resident Campers).
<b>8:15</b>	Day and Extended Day campers arrival
<b>8:30–9:30</b>	Classroom talk or video, polo systems or swim drills for morning workout.
<b>11:30–12:30</b>	Breakfast @ CBU cafeteria (Resident Campers).
<b>12:30–1:00</b>	Classroom talk, systems & drills for workout/same place.
<b>1:00–3:00</b>	Warm-up, stretching, polo systems or swim drills, emphasis for the day.
<b>3:00–4:00</b>	Rest time @ Lancer Arms.
<b>4:00–5:00</b>	Dry land recreation: front lawn, ultimate bombardment, soccer, capture the flag.
<b>5:00</b>	Day campers depart
<b>5:00–6:00</b>	Dinner @ CBU Cafeteria
<b>6:00–6:45</b>	Weight training instruction, or water polo or swim video
<b>6:45–8:45</b>	Water polo scrimmaging/games or swim competitions
<b>8:45</b>	Extended day campers depart, residents recreation time until 9:45.
<b>10:00</b>	Lights out!!!

Send check or money order payable to:  
**CBU Aquatics Camps**  
c/o California Baptist University Athletics  
8432 Magnolia Avenue  
Riverside, CA 92504

Name \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Age  M or  F     Field Player or  Goalie

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_ Cell \_\_\_\_\_

Experience Level \_\_\_\_\_

**Water Polo Session**     June 21-25     June 28-July 2  
 July 12-16

**Swim Session**     June 28-July 2     July 12-16

**T-Shirt Size** (Adult sizes only)  S  M  L  XL

How did you hear about us?:

Friend  Skip Shot Ad  Coach  Other

Will you need transportation to or from airport?

Yes  No If yes, please provide flight info:

Arrival Flight # \_\_\_\_\_ Date/Time \_\_\_\_\_

Departing Flight # \_\_\_\_\_ Date/Time \_\_\_\_\_

**Cost:**  \$290 Day Camper  \$390 Extended Day Camper  
 \$490 Resident Camper

**Deposit:** \$100 per session

**Discounts:**  \$40 Team or  \$25 Family (Max \$50)

**Transportation:**  \$25 Fee

**Total Enclosed:** \_\_\_\_\_

I hereby authorize the directors of the Lancer Water Polo & Swim Camp to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release the Lancer Water Polo & Swim Camp. I know of no medical, mental or physical problem that might affect my child's ability to safely participate in this camp. I will be responsible for any medical or other charges in connection with his or her attendance at camp.

Parent or Guardian Signature \_\_\_\_\_

Insurance Co & Policy Number \_\_\_\_\_