



## Manitoba Water Polo Association Winter Sport Development Camp Pan Am Pool, Winnipeg, MB December 27<sup>th</sup> – 29<sup>th</sup> 2017



The Manitoba Water Polo Association is pleased to host a Winter Sport Development Camp. This camp will run from December 27<sup>th</sup> – 29<sup>th</sup> 2017 from 10am – 4pm daily at the Pan Am Pool in Winnipeg, Manitoba. The registration cost is \$175 per athlete, and includes a T-shirt, 9 hours of pool time, 4.5 hours of dryland training and 4.5 hours of classroom education.

**Location:** Pan Am Pool (15 Poseidon Bay, Winnipeg, MB)

<b>Dates:</b>	Tuesday December 26 <sup>th</sup> 2017	6pm – 9pm	Coaches Session
	Wednesday December 27 <sup>th</sup> 2017	10am – 4pm	Athlete Sessions
	Thursday December 28 <sup>th</sup> 2017	10am – 4pm	Athlete Sessions
	Friday December 29 <sup>th</sup> 2017	10am – 4pm	Athlete Sessions

*(Start and end times are subject to slight changes because of pool bookings. Any changes will be communicated directly with registered participants)*

**Fees:** **Athletes** - \$175 (includes a quickdry t-shirt, and all pool, dry-land and classroom sessions on Dec 27, 28 and 29)  
**Coaches** - \$75 (includes a quickdry t-shirt, Dec 26<sup>th</sup>, 2017 Coaching Session and opportunity to shadow Athlete sessions)

**Who:** The Camp is geared towards Club 14U, 16U and 19U athletes as well as MWPA School League Varsity athletes.

### Athlete Camp Highlights:

- Instruction from Water Polo Canada Coaches, Trainers and Athletes who bring expertise and experience from across the globe;
- 9 hours of water polo instruction, 4.5 hours of dry-land instruction and 4.5 hours of classroom education.
- Position specific training as well as fundamental movements, perimeter shooting, driving, and center offense / defense.

### Coaching Session Highlights include:

- Manitoba Coaches are encouraged to attend the Tuesday evening session with Brian Parillo, Robin Randall and Andrew Robinson. This is your opportunity to learn from senior level coaches and seasoned players from Water Polo Canada.
- Current coaching trends and best practices will be shared. This session will also provide you with the opportunity to ask questions and share your passion and concerns not only for water polo in Manitoba but also at a National level.

### Coaches may also Attend Athlete Sessions to:

- Learn new drills and game planning strategies from Water Polo Canada Coaches, Trainers and Athletes who bring expertise and experience from across the globe, and
- Earn NCCP Sport Specific Professional Development Points.

## **Meet the Elite Line-Up of Camp Coaches and Facilitators:**

This Camp is offered in conjunction with staff from Water Polo Canada's National Team programs and Actiforme Consultants, Inc., including:

### **Brian Parillo, Lead Coach for the Senior Men's National Team**

- Assistant Coach Men's National Team / Lead Coach National Training Centre (Calgary),
- Head and Assistant Coach multiple FISU Games,
- Head and Assistant Coach at multiple Pan Am games and Worlds Championship at the Senior, Junior and Youth level, and
- 10 National Championships as a player and coach.

### **Robin Randall, Team Manager and Assistant Coach for the Senior Men's National Team**

- Three-time Pan American Games medalist at:
  - Rio 2007, Guadalajara 2011, and Toronto 2015,
- Key Figure in Canada qualifying for Beijing Olympics (2008),
- Played for the Youth, Junior, and Senior National Teams, and
- Recipient of the Canada 150 medal to honour his commitment to water polo and his valuable contribution to our country (2017).

### **Andrew Robinson, Assistant Training Coach for the Senior Women's National Team**

- Previously the Head Coach of the Youth and Junior teams,
- 15 time national champion as player or coach ,
- Played for the Junior and Senior National Teams, and
- Played semiprofessionally in Australia.

### **Shae Fornier, Current Member of the Senior Women's National Team**

- Pan American Games Silver medalist (2011),
- FINA World Water Polo Championships (2017)
  - 4<sup>th</sup> Place Finish,
- Scholarship to attend Indiana University and play water polo in the NCAA
  - Top Scorer
  - NCAA All American
  - Academic All American,
- Played for the Youth, Junior, and Senior National Teams, and
- Hometown Winnipeg wonder!

### **Frédéric Leberge, Strength and Conditioning Coach, Actiforme Consultants, Inc.**

- Strength and Conditioning Coach, specializing in high performance sports.
- Specializes in training for:
  - professional boxers,
  - alpine ski athletes,
  - snowboard athletes and
  - water polo athletes.

## Camp Details:

MWPA is coordinating the Camp and Registration. Once you have sent in your registration form and payment an email will be sent confirming your registration, and t-shirt size. Athletes will receive a camp information package and their t-shirt on the first day of camp – please arrive early to ensure that you have time to line up to receive your gear, get changed and make your way to your training session.

## Things to Bring:

- Dry-land training gear,
- Running Shoes,
- Snacks and lunch,
- Water Bottle,
- Swim Suit,
- Goggles,
- Towel, and
- Notebook/pencil or pen.



**MWPA appreciates the invaluable support from Water Polo Canada, Actiforme Consultants, Inc., and Sport Manitoba, including the generous financial support of the Grey Cup Legacy Grant Program.**



ACTIFORME

## Tentative Camp Schedule

Time	Tuesday	Wednesday		Thursday		Friday	
	<i>December 26th</i>	<i>December 27th</i>		<i>December 28th</i>		<i>December 29th</i>	
9:30am		Pool	Classroom	Pool	Classroom	Pool	Classroom
10:00am		14U	16U/ 19U	14U*	16U/ 19U	14U	16U/ 19U
10:30am							
11:00am							
		Pool	Classroom	Pool	Classroom	Pool	Classroom
11:30am		16U/ 19U	14U	16U/ 19U	14U	16U/ 19U	14U
12:00pm							
12:30pm							
1:00pm		Lunch		Lunch		Lunch	
1:30pm							
		Pool	Classroom	Pool	Classroom	Pool	Classroom
2:00pm		14U	16U/ 19U	14U	16U/ 19U	Scrimmage 14U	16U/ 19U
2:30pm							
3:00pm							
		Pool	Classroom	Pool	Classroom	Pool	Classroom
3:30pm		16U/ 19U	14U	16U/ 19U	14U	Scrimmage 16U/ 19U	14U
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	NCCP Coaches Prof Dev Session						
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							

## Manitoba Water Polo Association

### Winter Sport Development Camp

#### Registration Form



✓ Please sign me up for the MWPA Water Polo Camp

Athlete     Coach

Name (first and last): \_\_\_\_\_

Date of Birth (M/D/Y): \_\_\_\_\_ Club Registration: \_\_\_\_\_ MWPA School League: \_\_\_\_\_

Address: \_\_\_\_\_

Participant Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Concerns, Allergies or Injuries: \_\_\_\_\_

#### T-Shirt Size

Men's     Women's     Youth     XS     S     M     L     XL     2XL     3XL     4XL

#### Emergency Contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

#### Fee Payment Information:

Fee: \$175 Athlete \$75 Coach

Payment options:     Cheque payable to MWPA  
 Visa # \_\_\_\_\_ Expiry (m/y): \_\_\_\_\_  
 MasterCard # \_\_\_\_\_ Expiry: (m/y) \_\_\_\_\_

Payments can be sent to:



#### MWPA

145 Pacific Avenue  
Winnipeg, Manitoba  
R3B 2Z6

**Fax:** 204-925-5703

**Email:** manitobawaterpolo01@gmail.com

**Phone:** 204.290.2800

**Registration deadline is December 15<sup>th</sup>, 2017**