

WATER POLO CAMP

SERIOUS TRAINING....
SERIOUS FUN!

Hosted by



Location: Pan Am Pool, Winnipeg, Manitoba

Dates:	Thursday May 18, 2017	6pm to 9pm –	Coaches Session
	Friday May 19, 2017	6pm to 9pm –	Athlete Session
	Saturday May 20, 2017	10am to 5pm –	Athlete Session
	Sunday May 21, 2017	9am to 12 noon –	Athlete Session

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

Who: Camp is geared towards Club 12U, 14U, 16U and 19U athletes as well as MWPA School League athletes

Fee: **Athletes - \$150** (includes all pool and dry-land sessions on May 19, 20 and 21)

Coaches - \$50 (includes May 18, 2017 Coaching Session and opportunity to shadow/audit Athlete sessions)

Athlete Camp Highlights include:

- *Top instruction from Canadian Senior Water Polo Coach*
- *Top instruction from Canadian Senior Dry-land Coach*
- *Top instruction from WPC High Performance Director*
- *6+ hours of water polo instruction and 2+ hours of dry-land instruction*
- *Position specific training as well as fundamental movements, perimeter shooting, driving and centre play*

Coaching Session Highlights include:

Manitoba Coaches are encouraged to attend this Thursday evening session with Justin Oliveira, Robin Randall and Alain Delorme. Here is your opportunity to learn from 3 senior level coaches 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.

Meet the Camp Coaches:

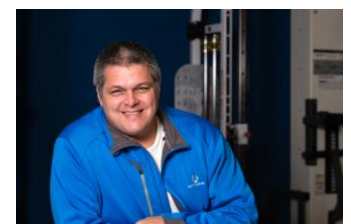
Justin Oliveira – Justin Oliveira is Water Polo Canada’s High Performance Director. In 2010, he became a part time assistant coach at the National Training Centre, while head coaching the women’s youth National Team. By the end of 2010, he quickly moved up the ranks becoming a full time assistant coach with the women’s National Team. In 2015, he was named as the Lead Coach & Team Leader for the final year of the Olympic Quadrennial. He has participated as an assistant in 2 silver medal winning Pan Am Games teams, three World Aquatic Championships, along with numerous international competitions.



Robin Randall - Robin Randall has been around the men’s national team program longer than anyone. He joined the youth national team in 1995 before advancing to the junior national team in 1997. He was part of the senior national team for the first time from 1999 to 2003 before leaving for two years to teach English in South Korea. While there, he went to see former teammates competing at the Universiade, reigniting his passion for the game. With a new head coach in place, he returned to the national team in 2005 and never looked back. He was a key figure in Canada qualifying for Beijing 2008, the first time the men’s water polo team had officially qualified for the Olympic Games after being substitutes at the boycotted Los Angeles 1984 and being given host nation entry at Montreal 1976. Robin is also a three-time Pan American Games medallist from Rio 2007, Guadalajara 2011, and Toronto 2015. Robin is currently the Team Manager/Assistant Coach for the Senior Men’s National Team.



Alain Delorme – Alain Delorme is currently the Strength & Conditioning Coach for the Women’s National Team. Delorme is the co-owner of Actiforme Consultants and has provided strength and conditioning advice to Canadian athletes competing in boxing, diving, handball, rowing, short-track speed skating, swimming, synchronized swimming, taekwondo and water polo.



Tentative Schedule:

May 18 Pan Am Pool	6:00 pm to 9:00 pm - session with local coaches – professional development
May 19 Pan Am Pool	6:00 pm to 7:00 pm - dry land session (16U and 19U athletes) 6:00 pm to 7:30 pm - pool session (12U and 14U athletes) 8:00 pm to 9:00 pm - dry land session (12U and 14U athletes) 7:30 pm to 9:00 pm - pool session (16U and 19U athletes)
May 20 Pan Am Pool	8:00 am to 10:00 am – Pancake breakfast (community greet and meet) 10:00 am to 11:00 am – dry land session (16U and 19U athletes) 10:00 am to 11:30 am – pool session (12U and 14U athletes) 11:30 am to 1:00 pm – pool session (16U and 19U athletes) 12:00 noon to 1:00 pm – dry land session (12U and 14U athletes) 1:00 pm to 2:00 pm – break (lunch) 2:00 pm to 3:30 pm – pool session (12U and 14U athletes) 3:30 pm to 5:00 pm – pool session (16U and 19U athletes)
May 21 Pan Am Pool	9:00 am to 10:30 am - pool session (12U and 14U athletes) 10:30 am to 12 noon - pool session (16U and 19U athletes)

Camp Details:

MWPA will be co-ordinating the camp and registration. Once you have sent in your registration form and payment an email will come to you confirming your registration.

Things to Bring:

- Dry-land training gear
- Snacks and lunch (Saturday only)
- Swim Suit
- Goggles
- Towel
- Notebook/pencil or pen

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: _____

Email parent: _____ Phone: _____

Email athlete: _____ Phone: _____

Email Coach: _____ Phone: _____

Emergency contact:

Name: _____ Phone: _____ Relationship: _____

Medical concerns:

Fee: \$150 Athlete
\$50 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 May 8, 2017.



MWPA appreciates the invaluable support from Water Polo Canada!