

# BUSHIDO

## WATER POLO

*Strength, Courage, Integrity*

### Summer Camps 2018

**Who:** Anyone aged 8-14 yrs that loves the water, active games and having fun!

**What:** Water polo camps are geared towards introducing kids to the sport and to provide extra training for club players in a safe and inviting environment. Our professional club coaches run the camp with support from some of our older athletes.

**When:** Week of July 16 – July 20

**Why:** To experience the wonderful world of water polo!

**Location:** Pan Am Pool – 25 Poseidon Bay

**Cost:** \$180/week\* - Sign up with a friend and receive \$15 OFF!

**Register:** By July 1, 2018 at [information@bushidowaterpolo.ca](mailto:information@bushidowaterpolo.ca)  
Visit our website for info & updates: [www.bushidowaterpolo.ca](http://www.bushidowaterpolo.ca)



#### DAILY SCHEDULE

8:45 am: Ready on pool deck!

9:00 am - 9:30 am: Intros and warm up - get to know your coach and fellow players!

9:30 am - 10:45 am: Pool Session 1 - Introduction to Water Polo, fundamental skills

10:45 am - 11:15 am: Snack time - refresh and refuel

11:15 am - 12:30 pm: Pool Session 2 - Shooting, passing and ball control - learning the basics

12:30 pm - 1:30 pm: Lunch - time to chat and eat!

1:30 pm - 2:30 pm: Outdoor games and activities - don't forget your runners!

2:30 pm - 4:00 pm: Pool Session 3 - Game time

4:00 pm - 4:15 pm: Clean up equipment and head home for the day

***Remember to bring \*snacks, \*lunch (\*Nut –Free products), water bottle, swimsuit, towel, shorts and runners (for outdoor activities)!***