

pass
 dribble
 SPRINT
 TEAM
 block
 JUMP
 CATCH
 eggbeater
 WATER POLO
 SHOOT
 FRONT CRAWL
 throw
 SCORE
 SWIM



Meet Some of the Coaches



John Csikos will be the mentor coach at the camp this year. John's influence on both Alberta Water Polo and Water Polo Canada has made him one of the most respected coaches in Canada and we are very excited for him to be at the camp this year.

Alynn Reade, Kinesiology Major, will begin her second season at Azusa Pacific University in California. Alynn is a 2m player from Calgary.

"So excited for another YSC this year! It's gonna be a lot of fun!"



Raine Paul is a driver and will begin her third season at California Baptist University this September. Raine is a Graphic Design Major from Edmonton.

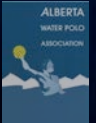
"I can't wait to coach at the YSC again! I had such a great time last year!"

Conner Christmas has been a coach at the Youth Skills Camp for the past 3 summers. Conner is a Calgarian who has played nearly every position in water polo.

"Round three! I am really excited for the camp again this year!"



More Coaches to be Announced!





Alberta Water Polo is excited to invite you to the annual Youth Skills Camps! A variety of exciting camps will offer something for everyone. Whether you have been playing water polo for years or have never touched a ball before, these camps will develop water polo skills in a fun and exciting environment. Our coaching staff made up of Alberta Athletes, many of whom are now involved with the Canadian National Program and NCAA Athletics, are excited to share their knowledge and love for the sport. With nearly 30 hours of pool time, these camps will focus on individual skill development interspersed with plenty of game play. Some of the skills the camps will focus on are:

- Swimming
- Ball Handling
- Passing
- Shooting
- Body Position
- Defensive and Offensive Tactics
- Dryland Games
- And More!

These camps will improve individual skills while having fun playing the exciting and fast-paced sport of water polo.

We hope to see you there!

**August 19 – August 23
@ The University of Calgary
Ages 16 and Under**

PICK THE CAMP BEST FOR YOU!

For players who already have water polo experience and are between the ages of 12-16 we suggest the following camps. These camps have an “over-night” option that would include over-night accommodation at the U of C:

- | | |
|-------------------------|------------------------------|
| C. YSC Session 1 | |
| Monday –Tuesday | 8:15 a.m.–5 p.m. |
| Wednesday | 8:15 a.m.–12 p.m. |
| | \$150.00 |
| | (over-night) \$380.00 |
| D. YSC Session 2 | |
| Wednesday | 1 p.m. – 5 p.m. |
| Thursday | 8:15 a.m.–5 p.m. |
| Friday | 8:15 a.m.–12 p.m. |
| | \$135.00 |
| | (over-night) \$305.00 |
| E. YSC Session 3 | |
| Monday – Thursday | 8:15 a.m.–5 p.m. |
| Friday | 8:15 a.m.–12 p.m. |
| | \$270.00 |
| | (over-night) \$670.00 |

If you have never played water polo before we would love to have you come out and give it a try. The following camps are designed for ages 11 and under as well as water polo beginners.

- | | | |
|-------------------------------|------------------------|----------------|
| A. Morning Day Camps | | |
| Monday – Friday | 9:30 a.m. – 10:30 a.m. | |
| | | \$45.00 |
| B. Afternoon Day Camps | | |
| Monday – Thursday | 4 p.m. – 5 p.m. | |
| | | \$35.00 |

All Campers will also receive a
Camp T-Shirt!

Space in all camps is limited, so
sign up soon to make sure you
get a spot!!

For any additional information or
questions please contact AWPA @
awpasummerprogram@gmail.com
(403) 281-7797