

# High Performance Christmas Camp

Hosted by Alberta Water Polo

This ground breaking Christmas camp will be for athletes 14 and older. During this 4 day camp the participants will have water sessions, classroom video sessions and dryland training. There will be a session for parents and athletes to discuss and explain the different opportunities post high school with water polo in both countries. You will be taught and exposed to different kinds of training by top Canadian and USA NCAA coaches. There will also be NCAA and Canadian national team athletes at the camp to help. Spaces are limited and registration will fill up quickly.

Location: Calgary Talisman Centre

Dates: Dec. 27-30<sup>th</sup> 2016

Hours: Dec. 27<sup>th</sup> 12pm – 6pm                      Dec. 28<sup>th</sup> 8:30am-4pm  
Dec. 29<sup>th</sup> 9am-5pm                                  Dec. 30<sup>th</sup> 8:30am-2pm

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

## HIGHLIGHTS INCLUDE

- Top instruction from Canadian senior coaches and USA NCAA coaches
- Canadian NCAA/National team athletes help with pool sessions in the water
- 12+ hours of water instruction per athlete
- Cap on camp participates so coaches can work with each athlete
- Position specific training as well as fundamental movements, perimeter shooting, driving, centre play
- Video analysis/classroom sessions

## Meet the Camp Coaches



Natalie Benson is the Head Coach at Fresno State University. She was a player who reached the pinnacle of the sport in college at UCLA and then for Team USA, where she competed in two Olympics. More recently she's becoming one of the top up-and-coming coaches in the U.S. Last month, it was announced that Benson, who also serves as the head coach for the USA Women's Cadet National Team, has been appointed to the NCAA Division I Water Polo Committee. Natalie's [bio](#) is very impressive and what she will bring to this camp will be of great worth.



James Graham – University of the Pacific Head Coach for the men and women. 2013 Men's National Coach of the Year. On the men's side, Graham has built the Tigers into one of the nation's elite programs. In 2013 the team had a record of 23-5 and at the NCAA finals lost to USC 12-11. James is the CEO of Water Polo Analytics which he uses in his coaching to get the best from each of his players; changing how the game is played. Water Polo Analytics have also been hired by USA WP to help with their overall game play. We are lucky to have James take the time to come to Calgary and be a part of this camp.



Justin Oliveira is Water Polo Canada's High Performance Director. In 2010 he became a part-time assistant coach at the National Training Center, 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 senior 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 two silver medal winning Pan American Games teams, three World Aquatics Championship teams, along with numerous international competitions.



David Paradelo is the current head coach of the senior women's Canadian national team. He was honored to receive the Coach of the Year Award by the Aquatic Federation of Canada in 2014. Since he graduated from McGill University (Chemical Engineering, 2008) he has continually challenged himself to achieve several important milestones in his Coaching career. Paradelo obtained his Level 4 certification with the National Coaching Certification Program (NCCP) and the Advanced Diploma. As a head coach he has taken WPC age group female teams to top medal finishes. In his new role, Paradelo has a goal to take the team to a podium finish in the Tokyo 2020 Olympics.

### Calgary Athlete/Guest Coaches



Oliver Vikalo-  
Sr National Team.  
Position: hole set. He  
has represented  
Canada on several  
junior & sr teams.  
Graduated from  
University of Calgary



Bryant Joudrie-  
Junior National  
Team. Position:  
attacker.  
Currently  
attending UC  
Irvine Division 1  
NCAA



Devon Thumwood-  
Junior National  
Teams. Position:  
attacker.  
Currently attending  
the University of the  
Pacific Division 1  
NCAA



Kyra Christmas –  
Junior and Senior  
National Teams.  
Position: attacker.  
Currently  
attending  
University of the  
Pacific Division 1  
NCAA

Stay tuned for others to confirm attendance in participating in this camp. We will have at least 2 more athlete/coaches with one being a goalie.

Parent meeting will be announced with the camp details. During this parent meeting there will be information on the different opportunities there are post-secondary education in Canada and the USA.

### CAMP DETAILS

Alberta Water Polo will be coordinating the camp and registration so that the coaches participating can focus on the athletes. Once you have sent in your registration form and payment an email will come to you confirming your registration.

### THINGS TO BRING

- Dryland training gear
- Snacks and lunch
- Swim suit
- Goggles
- Towel
- Note book

---

High Performance Christmas Camp –Dec. 27-30<sup>th</sup> 2016

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

DATE OF BIRTH: \_\_\_\_\_ CLUB REGISTRATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

EMAIL PARENT: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL ATHLETE: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMERGENCY CONTACT:

NAME: \_\_\_\_\_ NUMBER: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_

MEDICAL CONCERNS: \_\_\_\_\_

---

---

Mailing address: 2225 Macleod Trail S. Box 54 Calgary AB. T2G 5B6

Cost:	Earlybird new date <b>Nov. 15<sup>th</sup></b>	\$350.00
	Regular camp cost	\$425.00

This camp is for 14 and older athletes male and female. If you are an athlete from outside of Alberta Water Polo there will be a quick process to confirm your registration with your NSO. Those athletes who would like to participate that are not 14 will be put on the waiting list and will contact those if there are any openings in order of receiving the complete registration. Athletes who are 14 and older will have priority on the waiting list.