

FIRST ANNUAL HOLIDAY WATER POLO CLINIC

WHEN: Three choices

Session One – Friday, 12/28/07 at 10 am until Saturday, 12/29/07 2pm

Session Two – Saturday, 12/29/07 3pm until Sunday 12/30/07 5:30pm

Session Three – Just pick them both. The player is dropped off on Fri and picked up Sun.

The material will be different, so those staying will get maximum experience.

WHERE: Carthage College and Best Western in Kenosha, Wisconsin on Lake Michigan
Feel free to check out facility at carthage.edu to see one of the best polo pools in the nation.

WHO: Participants need to be in seventh grade to senior year high school - both boys and girls.
Anyone younger needs to contact Coach Payette.

REGISTRATION: Email Luke Payette at lpayette@carthage.edu indicating which session. He will respond back with any forms and additional information necessary. You are welcome to call (630) 308-4808 as well, but try email first if possible ☺

COST: Includes quality national team instruction from USWP and NCAA coach with All-American athlete assistants, almost 12 hours of pool time per session, supervision, hotel, breakfast, lunch, dinner, shuttle service, a social life experience –
Check to Reds Water Polo \$175 for session one or two, \$300 for session three

Itinerary:

Session One

Fri 10am - 12:30 – pool (video feedback for each)

12:30 - 1:30 – Lunch (subway)

1:30 - 4 – pool (position – goalie, 2m O&D)

4:15 - 5:45 Hotel check in and dinner

6 - 8:30 – pool (counter attack), then hotel

Sat 8am – Breakfast (at hotel)

9 – Pool (man up and man down)

11:15 – snack (PB&J w fruit)

12-2 – pool (scrimmage)

Session Two

Sat 3pm - 5:45 – pool (individual video feedback)

6 - 7 – Hotel check in and dinner

7:15 - 9:30 – pool (position), then hotel

Sun 8am – Breakfast (at hotel)

9 – pool (1on0, 2on1, 3on2, 4on3, 5on4)

11 – snack (PB&J w fruit)

12 – pool (6on5 and 5on6)

2:30 – Lunch (subway)

3:30-5:45 – pool (scrimmage)

Things to Bring: suit, cap, goggles, towel, personal items for overnight stay, sweats and pj's, healthy snacks (examples: Gatorade, pretzels, fruit, power bars, granola bars, etc). Players will have their own bed, so no sleeping bags necessary.