



**FUTURE STARS**  
14 & UNDER CAMP  
Hosted by Alberta Water Polo

**July 8-11 2020**  
Edmonton Alberta

The AWPFA Future Stars 14U Water Polo Camp is an advanced level water polo camp for the future stars of the sport. This 4 day camp is being offered in Edmonton, Alberta during the 19U Water Polo Junior PanAms. This camp will help improve your overall skills in the sport of water polo while enjoying great coaching by Canadian Age Group National Team coaches; former NCAA athletes and coaches; Team Alberta coaches. We provide a competitive, safe, and enjoyable environment that allows players to be challenged.



Campers will train each day at various pools including the Kinsmen Sports Centre where they will feel a part of the Jr PanAms. This is not a beginner level camp and all participants are encouraged to have 2+ years of experience in water polo. During the camp we will cover all the facets of the game and advance techniques. Similar to a national or collegiate-level practice, the camp will also include 2 water sessions per day; dry-land strength and conditioning, video review, goal setting and nutrition. Additionally campers will get to go and watch some of the Jr. PanAm games with their coaches.



## A Sample Day:

Camp registrants will check in on the first day and will have 2 water sessions afternoon and evening.

8:00 - 9:00 Breakfast

9:00- 11:00 Water Session

11:30 - 12:30 Watch Canadian Junior Team

12:30 - 1:30 Lunch

2:00 - 4:00 Water Session

4:00 - 5:00 Classroom Session

5:30-6:30 Dinner

7:00-8:30 Dryland Games/movie

9:30 Lights out



## Camp Details

- Price -\$650 early registration (until May 1st) \$690.00 (registration closes June 1)
- Dates: July 8-11th 2019
- Eligibility: Coed ages 12 -14 by the start of camp
- Location: Lister Hall, University of Alberta, Edmonton

*Sibling Discount \$30*

**Camp Check-In:** 11:30 – 12:30 pm (lunch on your own)

**Camp Check-Out:** 2:00 pm

A detailed camper registration packet containing the check-in location, health release forms, emergency contact info, and a list of things to bring will be emailed to all registered campers prior to camp.

**COACHES:** We will have a detailed list who will be coaching throughout the camp. It will be a verity of National Team coaches from different programs, former NCAA coach(es), and Provincial Team Coaches. Our Canadian Junior National team coaches, who will be participating at the Jr. PanAm's, checking in at our camp to see the athletes.

Things to bring:

- |                        |               |                          |
|------------------------|---------------|--------------------------|
| *Forms                 | *Water bottle | *Goggles/cap             |
| *Dryland shoes/apparel | *Towels       | *Flip flops              |
| *Suit                  | *Sun screen   | *Sweatshirt/light jacket |
| *Notebook/pen          | *Toiletries   |                          |

Keep some room in your bag because you will be going home with:

- |                           |          |         |
|---------------------------|----------|---------|
| *Slides                   | *T-shirt | *Hoodie |
| *and a few more surprises |          |         |