

Hungarian Style **Water Polo** **Bootcamp**

Annual Hungarian Style Water Polo Bootcamp - for those serious about their performance.

Five days of intensive drills and scrimmage. Guaranteed to improve your game.

**Co Ed Camp for
Intermediate and
High Performance
Water Polo Players**



Victoria, BC June 29-July 3
Special Edition Celebrating Canada's 150th Birthday

www.waterpoloschool.com



What is “Hungarian Style”?

Hungarian water polo instruction is comprised of a series of innovative drills, mimicking game-like situations. It is also referred to as the “Complex Training Method”; exhausting, diverse, fun. Athletes forget how hard they are working. Scrimmages and game situations are incorporated into the training sessions as much as possible to provide game-situation training. This camp caters to the intermediate to high performance level athlete.

Senior Staff:

Ferenc Vindisch

Camp Director Ferenc is a graduate and ex coach of the famous KSI Hungarian water polo school. Ferenc is a master of innovative fast paced drills.



Vladimir Ushakov

Olympic athlete Vladimir Ushakov has recently landed in the middle of the Western Canadian Water Polo scene after an illustrious international water polo career. Coach Vlad brings high work discipline to his workouts.



Michael Van Eaton

Athlete, water polo and swim coach, science teacher, everyone's favorite Coach Mike keeps the crew working hard plus entertained with his quick sense of humour on and off the “field”.





CAMPERS WILL EXPERIENCE CANADA'S 150TH BIRTHDAY BASH IN VICTORIA'S HISTORIC INNER HARBOUR ON JULY 1ST.



SCHEDULE - Thursday June 29-Monday July 3

Thursday, June 29th

Athletes should arrive any time on Thursday. Camp staff will assist with ferry pick up and airport transfers. First practice is in the evening.

Evening: 7:00pm - 9:30pm - Pool Session

Friday, June 30th

Morning: 9:30am - 12:30pm- Dry Land Warmup and Pool Session

Lunch/Hike/Rest

Evening: 6:30pm - 7:30pm - Core Body Strength Training

7:30pm-9:30pm - Pool Session

Saturday, July 1st

Morning: 9:30am - 12:30 pm - Dry Land Warmup and Pool Session

Lunch - Site Seeing Downtown

CANADA DAY CELEBRATIONS - DOWNTOWN VICTORIA

Sunday, July 2nd

Morning: 10:00am - 12:00 Noon - Pool Session

Lunch/Classroom Session/Rest

Evening: 5:30PM - 7:30PM

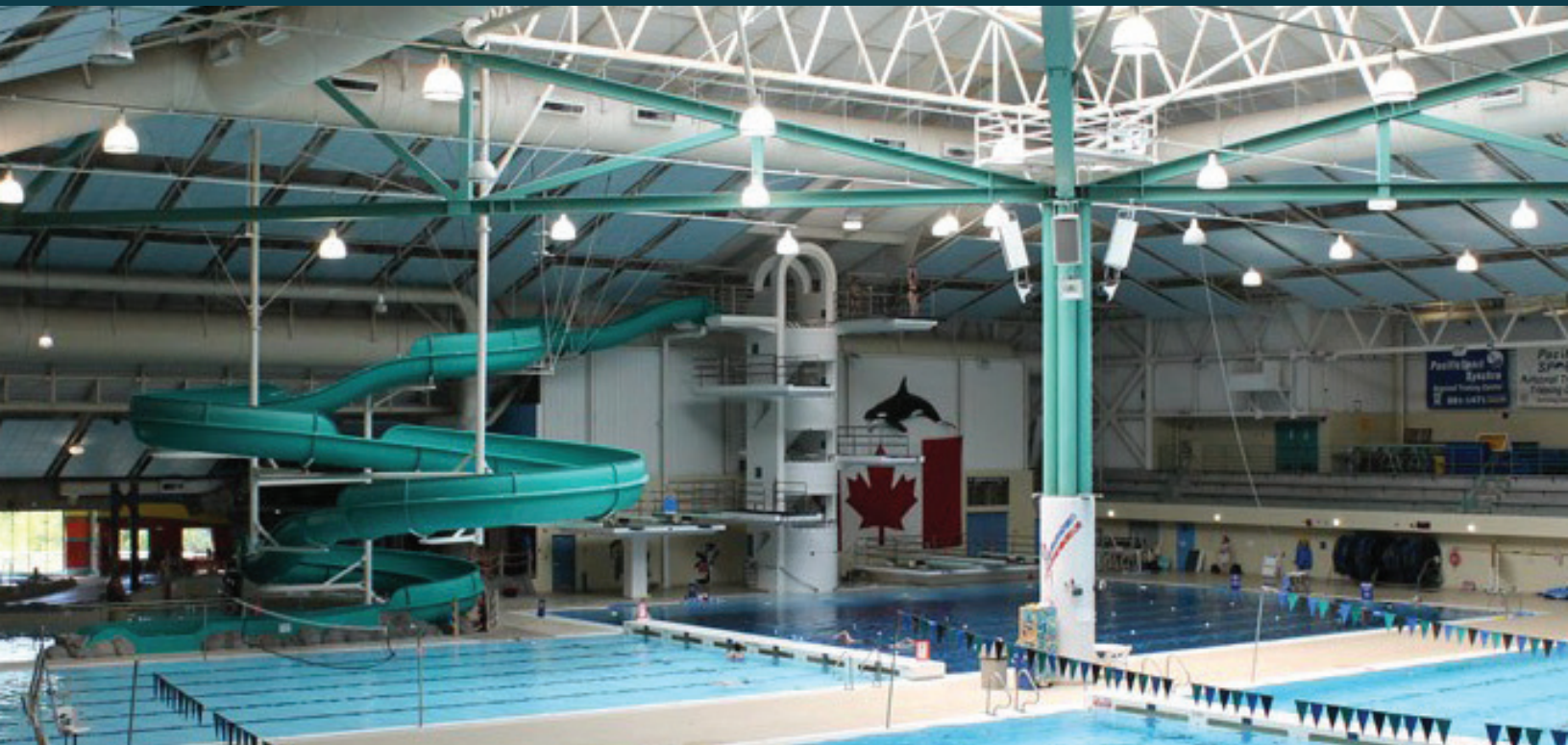
Movie Night

Monday, July 3rd

Morning: 9:30am-12:00pm - Dry Land Warm Up and Pool Session

Farewell Lunch / T-shirts / Photos

It is suggested that athletes slate their departure for the 3 pm ferry and or 3 pm or later flights out of Victoria. Camp staff will assist with transportation to Ferries/Airport.



Training Venue

Players will train at Saanich Commonwealth Place Pool, a High Performance aquatic facility - a legacy of the 1994 Commonwealth Games. Besides the Olympic sized pool, the facility has wave pool, hot, tub, steam room, sauna, water slide, and a state of the art weight room overlooking the aquatic arena. This pool is home base to great athletes such as Simon Whitfield and Ryan Cochran. A short walk/run leads to beautiful Elk/Beaver Lake, favorite summer spot for families, visitors. Athletes will get to run, hike, do dry land training outdoors.

Accommodations

Athletes stay at the hotel adjacent to the pool, the Howard Johnson Hotel at Elk Lake Drive.

Hotel Contact Information

4670 Elk Lake Drive, Victoria, BC V8Z 5M2
250-704-4656
suites@hojovictoria.ca

Group and Individual Travel and Accommodations - Ask Us To Help You!

Please contact Gabi Vindisch at waterpoloschool@shaw.ca or by phone at 250-514-9237 if you require help with any aspect of your travel and/or accommodations.

CAMP FEES

Individual Players

- Tuition fee is \$350 US for individual players (not including accommodations).
- Greek Lunches Included!
- Camp staff takes care of athlete and coach transportation to and from the ferries/airport.

Teams

- Team discount of 10% per player applies to teams of 6 or more players.
- Coaches accompanying teams receive Greek Lunches free.



WATER POLO BOOTCAMP ALL YOU CAN EAT LUNCH MEAL PLAN

Provided by the Victoria & Vancouver Island Greek Community Society for hungry water polo players.

Full Tournament Meal Package, Fresh locally sourced ingredients - included in camp price.

Note: For adults or siblings accompanying athletes, and wishing to access these lunches please get in touch with the organisers directly at waterpoloschool@shaw.ca. We can arrange these meals for you and your family.

Lunch - June 30

Caesar salad
Garlic bread

BBQ chicken tenders
Fettuccini Alfredo
Juices (orange, apple, cranberry)
Coffee and Tea

Lunch July 1

Mediterranean salad
Deluxe jumbo-size cheese burger with fries
Lasagna
Homemade bread
CANADA DAY CHOCOLATE CAKE

Juices (orange, apple, cranberry)
Coffee and Tea

Lunch July 2

Greek salad
Pita bread wrapped Gyros

Spaghetti alla Greca in rustic tomato sauce
Selection of fresh fruits and deserts
Juices (orange, apple, cranberry)
Coffee and Tea

Lunch July 3

Mixed greens salad
Garlic bread
Spaghetti with meatballs

Selection of fresh fruits and deserts
Juices (orange, apple, cranberry)
Coffee and Tea



HUNGARIAN STYLE WATER POLO BOOTCAMP REGISTRATION FORM

Athlete's Name: _____ Date of Birth: _____

USWP Athlete # _____ Medical Insurance # _____

Address _____ Postal Code _____

Home Telephone _____ Email: _____

Parent(s) or Guardian(s) Name(s) _____

Daytime Phone other than home number _____

Emergency Contact other than Parent(s) _____

Emergency contact daytime phone number (s) _____

Please provide any medical information that may be relevant, ex: asthma, diabetes, allergies, chronic conditions; medications carried, etc:

We request a phone call to discuss athlete's condition more fully: YES N/A

Team name: _____ Roommate request: _____

Athlete's Coach _____

Favorite position: _____

Waiver:

I, the undersigned, as the parent or legal guardian of a minor child _____, hereby authorize the designated camp physician to perform such diagnostic, medical and/or surgical treatment on my child as may be deemed necessary in order to assure the safety of my child. It is distinctly agreed and understood, that the medical personnel participating in the care of my child shall not be responsible in any way for any consequences resulting from said diagnostic, medical and/or surgical treatment and are fully released from any and all consequences of such treatment, provided that these duties are performed with ordinary care and to the best of their ability.

Signature of Parent/Guardian

Date

Print Parent/Guardian's name

I hereby acknowledge that the aforementioned minor child is covered by medical insurance as follows:

Insured

Company

Policy #

Company Tel #

Signature of Parent/Guardian

Date