



ESTANCIA EAGLES BOYS & GIRLS WATER POLO

BOOSTERS SUMMER CAMP
CONTACT COACH OLIVIA SCHWARTZ
FOR MORE INFORMATION
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PRACTICE DATES:

JUNE 23rd-JULY 17th
&
JULY 28th-AUGUST 12th

MON/WED:
8:00-10:00 AM
POOL

TUE/THUR:
7:30-8:30 AM
WEIGHT ROOM
&
8:30 AM-10:00 AM
POOL

ATHLETES WILL REST IN BETWEEN
DRY-LAND AND POOL WORKOUTS

EVERY OTHER FRI:
8:00-10:00 AM
SCRIMMAGE
OR
BEACH PRACTICE



EQUIPMENT NEEDED FOR
POOL/BEACH PRACTICE:
ATHLETIC SWIMSUIT OR SPEEDO
WATER BOTTLE
SUNSCREEN
OPTIONAL BUT HELPFUL:
GOGGLES, SWIM CAP, TOWEL

EQUIPMENT NEEDED FOR
DRY-LAND PRACTICE:
ATHLETIC CLOTHES
CLOSED TOE SHOES
WATER BOTTLE

NO PRIOR EXPERIENCE NECESSARY!

A DONATION OF \$160 TO
ESTANCIA AQUATICS BOOSTERS
IS GREATLY APPRECIATED!

PARTICIPATION IN SUMMER CAMP
IS VOLUNTARY AND DOES NOT
AFFECT TEAM SELECTION.