



Drenched February 2021 Half Term Water Polo Camp

Monday 15th, Tuesday 16th & Wednesday 17th February

8.30am – 5.00pm at Windlesham House School





Camp overview

Drenched will be running a three-day camp during February half term at the beautiful Windlesham House School sports facility. During the week, the players will benefit from top quality coaching, planned in detail to give players many learning opportunities in and out of the pool, as well as having a lot of fun.

The sessions will be coached by the Drenched team, led by Matt and supported by Mihaela and Diego. We also hope to secure some special guest coaches too, these are to be confirmed.

Who is this for?

This camp is for players of all abilities. We have a Water Polo programme to suit all ages and abilities. Details of the programmes are below. The maximum age group for these sessions is born 2007 and minimum if born 2012. We intend to have three "squads"

Mini polo shallow end

Water Polo Deep end (beginners / leisure players)

Water Polo Deep end (Competitors)

We will keep group numbers low in order to provide a high quality coaching experience and give each player a lot of attention.

Costs

Water Polo Programme

£75 per day **or** £210 for three days

December sign up Early Bird Offer **£195** for three days

Full balance payable by **January 10th 2021**

Please use the form here to sign up: <https://forms.gle/DTPtPg4rLeKngZRn9>

The provision programme overview is below, please scroll down



Water Polo - older players in deep water – beginners / Leisure & Competition – but in two separate groups.

Time	Monday	Tuesday	Wednesday
8.30am	Arrival & Registration	Arrival & Registration	Arrival & Registration
9.00am - 11.00am	Water Polo Swimming & Skills	Water Polo Swimming & Skills	Water Polo Swimming & Skills Short break
11.00am – 11.30am	Short break	Short break	Short break
11.30am - 12.15pm	Land based Games & Fitness	Land based Games & Fitness	Land based Games & Fitness
12.30pm - 1.30pm	Lunch	Lunch	Lunch
1.45pm – 2.30pm	Defending 1 v 1 workshop (Land & Theory)	Attacking 1 v 1 and 2 v 2 workshop (Land & Theory)	Position specific workshops (including GK) (Land & Theory)
2.45pm – 3.45pm	Defending 1 v 1 workshop (Pool)	Attacking 1 v 1 and 2 v 2 workshop (Pool)	Position specific workshops (including GK) (Land & Theory)
3.45pm – 4.45pm	Games	Games	Games
5.00pm	Pick up	Pick up	Pick up



Mini Polo (Younger Players in Shallow Water)

Time	Monday	Tuesday	Wednesday
8.30am	Arrival & Registration	Arrival & Registration	Arrival & Registration
9.00am - 11.00am	Swimming Lesson, Games & Free Play	Swimming Lesson, Games & Free Play	Swimming Lesson, Games & Free Play
11.00am – 11.30am	Short break	Short break	Short break
11.30am - 12.15pm	Land based Games	Land based Games	Land based Games
12.30pm - 1.30pm	Lunch	Lunch	Lunch
1.45pm – 2.30pm	Introduction to basic rules and famous players	Team quiz	Team building exercises
2.45pm – 3.45pm	Water Polo Fundamentals	Water Polo Fundamentals	Water Polo Fundamentals
3.45pm – 4.45pm	Games	Games	Games
5.00pm	Pick up	Pick up	Pick up

ENDS