

8th ANNUAL HUNGARIAN STYLE BOOT CAMP

In Beautiful Victoria BC Canada



Athletes return to Hungarian Style Bootcamp from year to year to enjoy the energy that this training is famous for. Hungarian Style simply means the use of the "Complex Training Method" in drills instruction; the exercises mimic game situations, making workouts fun and diversified. This year the Hungarian Style Bootcamp hosts two age group teams from Kaposvar, Hungary in the 1992-1994 age division in July and the 1995/1997 age division in August. These camps promise to be more fun than ever offering constant scrimmage opportunity against some of the most diligently trained young athletes in the world of water polo.

SESSION DATES:

SESSION ONE: JUNE 26-30, 2009 – Born in 1992-1994 – Boys Only

SESSION TWO: AUGUST 24-28 – Born in 1995-1997 – CO-ED

FOR ONLINE APPLICATION FORM PLEASE VISIT

www.waterpoloschool.com OR CALL 1 250 472- 6319

Participation is limited to ensure personalized, detailed instruction.

Minimum two years of competitive water polo experience recommended
Athletes must be in competitive shape to derive the utmost benefit from this ambitious program.

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