

**Azevedo Technology Water Polo Camp**  
Harvard Westlake High School  
Saturday, December 8, 2019  
*Limited to 20 Field Players; High School only*  
\$325



8:45 - 9:00 am

**Warm Up & Cord Strengthening**

- learn how to protect your shoulders and strengthen your shot with a Tony's new cord program
- this technique is currently used by MLB Pitchers, NFL Quarterbacks and Olympic swimmers

9:00 - 11:00 am

**Fundamentals & Shooting**

- review the basics and shoot in the water with 5X Olympian & Silver Medalist Tony Azevedo and 3X Olympian & Silver Medalist Peter Hudnut

11:00 am -12:30 pm

**Filming & Personalized Video Review**

Move between 3 stations:

**1) Shooting drills with Brian Flacks and the 6-8 Game**

**2) Watlicam Filming & Feedback**

- get filmed (with the state-of-the-art Watlicam waterline camera) performing 10 drills
- each athlete will receive their video footage along with personalized written feedback/critique from Tony & Peter following the clinic

**3) Personal Video Review**

- all athletes will be asked to send in a 5 min video of them playing prior to the clinic
- each athlete will have a 10-min private video review session with either Tony or Peter to review technique and discuss specific methods for improvement

Example of Watlicam Video/Written Feedback:

<https://vimeo.com/276533962/10c759f0f3>

When driving, make sure to start by swimming in place. Usually your defender will drop their hips which makes it easier for you to bypass them. Always start with a big breaststroke kick to initiate the drive and try not to swim straight down. By swimming at an angle, like a V, you give yourself more room to receive the pass and more of a chance the defender will grab you and get ejected.

**REGISTER NOW:**

<https://azevedo.sportngin.com/register/form/601260979>