AZEVEDO

POWERED BY 6

THANKSGIVING WEEK · FOUNTAIN VALLEY, CA

6-8 ACADEMY THANKSGIVING CAMP

Train like a 6-8 Academy athlete with Head Coach **Ricardo Azevedo**

WHEN
NOV 23–25, 2026
Monday – Wednesday

TIME
8:00 AM – 12:10 PM
Daily

WHERE
LOS CAB SPORTS VILLAGE
Fountain Valley, CA

WHO
High school & high-level 14U
Girls: 12 field, 4 goalies
Boys: 12 field, 4 goalies

ABOUT THE CAMP

This small-group camp shows athletes what it's like to train at the 6-8 Academy, water polo's first high-performance program in the world. Athletes experience most parts of the regular Academy: detailed video breakdown, water polo–specific strength, conditioning and flexibility, and the highest level of in-water technical training.

COACHES

- **Ricardo Azevedo**, world-renowned coach & 6-8 Academy Head Coach
- **Jahmea Bent**, UCLA star, professional athlete & 6-8 Academy goalie coach
- **Ryan Spratt**, 6-8 Academy Strength & Conditioning Coach
- **Cassie Azevedo**, All-American, professional athlete & coach
- **Jimmy Heard**, 6-8 Academy Coach & Organizer

DAILY SCHEDULE

MONDAY

7:45 Check-in

8:00 Intro by staff

8:10 **Strength & mobility** with Coach Ryan

9:30–12:00 **Water training**
Posture, blocking, passing, shooting & 6-8 Challenge

12:10 Athletes ready for pickup

TUESDAY

7:50 Arrival

8:00 **Tactical breakdown & film** with Coach Rico

9:00 **Dryland activation** with Coach Ryan

9:30–12:00 **Water training**
Front-court fundamentals, 6v5 & 5v6, lots of shooting, then 3-way 6v5

12:10 Athletes ready for pickup

WEDNESDAY

7:50 Arrival

8:00 **Strength & mobility** with Coach Ryan

9:15 **Meet your team**

9:30–12:00 **Mini tournament**
Game warm-up, then tournament play

12:10 Athletes ready for pickup

REGISTER NOW

Small-group camp with limited spots for each group. Scan the code to register through Azevedo Water Polo.