



EAST BAY BAT RAYS WATER POLO CLUB
HIGH SCHOOL ATHLETES CONDITIONING CAMP

SESSION DATES: **NOVEMBER 14, 2020 - DECEMBER 6, 2020**

WHERE: **CHABOT SWIM CLUB, 18839 HUBER DR. CASTRO VALLEY**

PRACTICE SCHEDULES / DATES: (LIMIT 10 ATHLETES PER GROUP)

HS GIRLS - Group 1 (COACH MANLEY): SAT 3:30 - 4:30 PM NOV 14, 21, DEC 5, SAT 1:30 - 3:30 NOV 28 (4 Days) Group 2 (COACH RYKEN): SUN 3:30 - 4:30 PM NOV 15, 22, DEC 6, SUN 1:30 - 3:30 NOV 29

**HS BOYS - Group 1 - NEW HS PLAYERS (COACH BROOKENS / COACH KUAN): SAT / SUN 4:30 - 5:30 (8 Days) PM NOV 14-15, 21-22, DEC 5-6, SAT / SUN 3:30 - 5:00 PM NOV 28-29
Group 2 - RETURNING HS PLAYERS (COACH BROOKENS / COACH KUAN): SAT / SUN 5:35 - 6:35 PM NOV 14-15, 21-22, DEC 5-6, SAT / SUN 5:05 - 6:35 PM NOV 28-29**

About Bat Rays Water Polo HS Conditioning Camp):

HS Athletes will work on swimming skills and conditioning, and water polo specific swimming skills, movement drills, leg work, and ball work, to provide athletes a conditioning base for the start of Winter HS season Dec. 7th. Participants will be COVID- screened prior to entry into swim club, and required to wear masks at entry, during any dryland stretching, and upon exiting the pool. Socially distant deck spaces to set belongings will be established. Changing into water polo suits at facility before or after session is not permitted, you need to come wearing swim / polo suits ready for session. Parents will drop off and pick up athletes from the parking lot area. All in-water activity will be planned to provide proper required 6+ feet spacing / distancing for athletes.

**COST: HS GIRLS (limit 10 per Group) = \$60.00 (4 days)
 HS BOYS (limit 10 per Group) = \$120.00 (8 days)**

REGISTRATION: **Online from Mon 11/9/2020, closing once Group sessions are full,
at: www.teamunify.com/Home.jsp?team=ebat**

QUESTIONS: Email Patrick Ryken, Club Director, at ebatwaterpolo@gmail.com

