

WELCOME TO



PRELIMINARY INFORMATION FOR PARENTS, COACHES, AND ATHLETES ATTENDING THE HUNGARIAN STYLE **CHRISTMAS BOOTCAMP** IN VICTORIA, BC CANADA – December 27 – 28 - 29, 2008

What is "Hungarian Style"?

Campers are in for a truly different water polo experience. Hungarian water polo instruction is comprised of a series of innovative drills, mimicking game like situations. It is also referred to as the "Complex Training Method", and is employed extensively at Saanich Water Polo School.

Hungarian / Olympic Connections:

Camp Director and Head Coach *Ferenc Vindisch* is a graduate and ex coach of the famous KSI Hungarian water polo school. Three members of the Olympic Gold Medalist Hungarian National Water Polo Team, (Attila Vári, Bulcsú Székely, and Tamás Kásás) were coached by Ferenc in KSI. Ferenc successfully transplanted the Hungarian water polo school concept to Victoria, to Saanich Water Polo School. Hence, among other things, the Island has hosted International Competitions, a camp with living water polo legend Tamás Faragó, a week long training camp for the Olympic Gold medalist Australian Women's Water Polo Team. Saanich Water Polo School is also the host of the Valentines International Tournament, and a regular organizer of the men's and women's NORAM circuit.

The Facility:

Saanich Commonwealth Place Pool is a beautiful, modern High performance aquatic facility - a legacy of the 1994 Commonwealth Games. Besides the Olympic sized pool, the facility has wave pool, hot, tub, steam room, sauna, water slide and dive tank. (The pool is an indoor facility)

Victoria, the beautiful Garden City:

The beauty of Victoria, with a climate so different from other Canadian cities, makes it a favorite tourist destination.

Typical Daily Schedule:

7:45 - 8:30 Breakfast and Orientation

9:00 - 10:00 Dryland

10:00 - 12:30 Pool Session

Lunch and rest

Class room session

Pre-practice snack

7:00pm - 9:30pm Pool Session

Dinner

10:45 PM Lights Out!

TUITION FEE IS \$230.00

(Plus room & board TBD)

What to Bring:

The motto is "less is best". Please ensure you have a light jacket, a change of shoes, two bathing suits, several towels, and goggles for swimming warm ups. Victoria is a safe city. However, please ensure that you leave valuables at home, such as expensive cameras and watches, gold jewellery, etc. The less you have to worry about the better.

Athletes' Travel Itinerary:

Please fax or email all travel itineraries if you have not yet done so to the Water Polo School contacts listed above.

**HAVE A SAFE TRIP, AND WE LOOK FORWARD TO HOSTING YOU IN VICTORIA FOR THE
HUNGARIAN STYLE CHRITSMAS BOOTCAMP**



www.waterpoloschool.com

