

The 2009 United States Naval Academy Water Polo Camp

July 12-17, 2009
Annapolis, Maryland



Director
Mike Schofield,
NAVY

Co-Director
Mladen Stanicic,
NAVY

Barbara Flannery, Bancroft Hall Supervisor; Gina Schofield, Camp Store Director; Kate del Solar, Camp Trainer Megan Flannery, Camp Store/Bancroft Hall, Dr. Ignacio Arroyave, Camp Doctor	
Blue Camp Staff	Gold Camp Staff
Mike Van Eaton- Riverside HS (WA) Nikola Malezanov, Navy AC	Bob DeConinck- Loomis Chafee School (CT) Nikola Malezanov, Navy AC
Goalie Coaches	Goalie Coaches
Mladen Stanicic, Navy John Todd, Washington & Jefferson Ashleigh Jobson, Navy AC/Maryland	Mladen Stanicic, Navy John Todd, Washington & Jefferson Ashleigh Jobson, Navy AC/Maryland
Camp Official: Jack Horton	Camp Official: Jack Horton
Team Coaches	Team Coaches
Brett Rajchel, Navy	Sean Barnes, Boiling Springs HS, PA
Justin Link, Troy HS (CA)	Leslie Entwistle, Navy AC
Garrett Griffin, Navy	Greg Kinzler, Pittsburgh Renegades
Jordan Carter, Navy	Blaise Stanicic, Navy AC/Maryland
Thomas Conroy, Fordham Univ/Navy AC	Elina Goldenberg, Maryland
Dr. Antonio del Valle, Puerto Rico	Amanda Bradford, Penn St. Behrend
Adam Gaffey, St. Andrews School (FL)	Shelby Reyes, Maryland
Daniel Lloyd, Wheaton College (IL)	Christen Vagts, Navy AC/Maryland
Steve Hilty, Pittsburgh Renegades	

NAVY WATER POLO CAMP Rules and Regulations

To insure a safe, productive and enjoyable time, certain rules must be brought to your attention. ALL CAMPERS MUST ADHERE TO THESE REGULATIONS:

1. No alcohol, smoking, gambling or firecrackers permitted.
2. Car keys are turned in at check-in. There is to be no driving during the camp.
3. There will be no swimming in any pool unless accompanied by a counselor. Absolutely no one is to go near the river. **No one is to leave the Academy.**
4. You must attend all clinic sessions unless excused by the camp trainer **AND** your coach.
5. Shirt, shoes and socks will be worn to all meals. No cut-off shorts will be allowed in the dining hall. Failure to adhere might cause the dining hall to require collared shirts and long trousers. **You must go to all meals. No one is to leave the dining hall until excused by the coaches.**
6. Please treat the facilities with respect. Camper's parents will be held responsible for damages done by their children to the campus or dorms.
7. Medical Treatment:
 1. All injuries must be reported to the camp trainer and your coach.
 2. Sickness of any sort must be reported immediately.
8. Attendance will be taken before all sessions and at night.
9. The screens on the windows in Bancroft Hall are not to be removed for any reason. The rooms in Bancroft Hall are to remain open- please try not to lock yourself out of your rooms. We will have a Master Key.
10. If your coach schedules a session, attendance is required.
11. The camp will not be responsible for money lost in the candy, coke, or video machines.
12. **Lights Out – Please take care of what you need to before lights out, the door should be shut, and lights turned out promptly at the lights out time.**

2009 NAVY WATER POLO CAMP PHONE NUMBERS

EMERGENCY – 3 3333 (USNA FIRE AND RESCUE ON CAMPUS)
SCHOFIELD OFFICE – 3 5558 (ON CAMPUS) 410 293 5558 (OFF CAMPUS)
SCHOFIELD HOME – 410 544 6762
SCHOFIELD CELL PHONE – 443 758 6969
STANICIC CELL – 443 758 6970
BARBARA FLANNERY (DORM SUPERVISOR) CELL PHONE – 610 301 1687
POOL NUMBERS ON CAMPUS:
MCD – 3 5558 LJ - 3 5835

Check out these water polo related websites:

CWPA: collegiatewaterpolo.org

AWP: americanwaterpolo.org

USWP: uswaterpolo.com

Water Polo Planet: waterpoloplanet.com

Northeast Water Polo: northeastwaterpolo.com

Navy Water Polo: navysports.com

Most **Collegiate teams** have their own site: find through either the USWP or CWPA sites or any internet search engine.

NAVY WATER POLO CAMP

UNITED STATES NAVAL ACADEMY

Annapolis, Maryland

July 12-17, 2009

Sunday, 12 July

- 9:00AM - 1:00PM Check-in: Macdonough Hall Water Polo office, receive room assignment to:
Bancroft Hall, 6th Wing.
Campers are assigned to **BLUE** camp or **GOLD** camp AT CHECK-IN!
All special medical needs/situations should be reviewed at check-in.
- 10:00AM – 2:00PM Camp Store OPEN (Macdonough pool deck)
- 1:00 PM Coaches meeting in Macdonough Hall, 2nd floor Conference room.
- 2:30 PM **Blue camp** meeting: Lejeune (LJ) pool deck (bring suits, goggles, etc.)
Gold camp meeting: Macdonough (MCD) pool deck (bring suits, goggles, etc.)
ALL Goalies will meet at the Macdonough Hall Instructional Pool (INST) at 2:15PM.
- 2:45 PM - 5:15PM Pool/Classroom: **Blue Camp-** LJ **Gold Camp-** MCD
All Goalies meet at MCD Inst pool.
INITIATE EVALUATIONS; SKILLS ASSESMENT: LEG SUPPORT,
MOBILITY, BODY BALANCE, BALL HANDLING.
- 5:30 PM Dinner- King Hall
- 6:30 PM- 8:30PM Pool/Classroom: **Blue Camp-** LJ **Gold Camp-** MCD **Goalies-** INST
CONTINUE EVALUATIONS; PASSING & SHOOTING SKILLS
HALF COURT OFFENSE / DEFENSE – Center Forward / Center Back
Preliminary Team Assignments
- 8:45 PM Meeting for all Campers/Staff (MCD)
- 8:00 PM - 9:30PM Camp Store OPEN (MCD)
- 9:00 PM - 9:30PM Coaches Meeting (MCD Classroom)
- 10:00PM Lights Out

Monday, 13 July

- 7:30 AM Breakfast- King Hall
- 8:10 AM - 8:20 AM Coaches Meeting: **Blue & Gold Camp-** MCD
- 8:30 AM - 11:00 AM Pool/Classroom: **Blue & Gold Camp-** MCD/INST
All Goalies meet at MCD Inst pool 8:30 for goalie training, join camp @ 9:30
CONTINUE EVALUATIONS; PASSING & SHOOTING SKILLS
HALF COURT OFFENSE / DEFENSE – Center Forward / Center Back
COUNTER-ATTACK
*Coaches note: Refine Team Assignments
- 11:30 AM Lunch- King Hall
- 12:45 AM Coaches Meeting- **Blue & Gold Camp-** MCD
- 1:00 PM- 3:45 PM Pool/Classroom: **Blue & Gold Camp-** MCD/INST
HALF COURT OFFENSE & DEFENSE, COUNTER-ATTACK , MAN UP/ MAN DOWN
- 4:00- 6:00 PM Navy AC training: MCD
- 5:00 PM Dinner- Dahlgren Hall
- 6:05 PM Late Dinner- Navy AC
- 7:15- 7:30PM Coaches Meeting: **Blue & Gold Camp-** MCD classroom.
- 7:30-7:45 PM Camp Meeting: **Blue Camp & Gold Camp-** MCD stands
- 7:45-8:00 PM Movie (Camp store open 7:00- 9:30pm) @ MCD
- 8:00-9:30PM MCD Pool open for optional training
- 10:30 PM Lights out

*After the 7:30PM meeting ends, campers may watch movie, shop at camp store, work on skills in MCD pool, or return to assigned dorm. Once you leave the pool area, you must stay in your assigned dorm.

Tuesday, 14 July

7:30 AM Breakfast- King Hall
8:10 AM - 8:20 AM Coaches Meeting *Blue Camp- LJ Gold Camp- MCD*
8:30 AM - 11:30 AM Pool/Classroom: *Blue & Gold Camp- MCD/Inst Pool*
All Goalies meet at MCD Inst pool 8:30 for goalie training, join camp @ 9:30
COUNTER-ATTACK, MAN UP/ MAN DOWN
TEAM DEFENSES, GAME SITUATIONS
11:30 AM- 1:15 PM *ALL CAMPERS- LUNCH IN ANNAPOLIS (must wear camp shirts)*
1:15 PM Coaches Meeting- *Blue & Gold Camp- MCD*
1:30 PM- 3:45 PM Pool/Classroom: *Blue & Gold Camp- MCD/Inst Pool*
ANNOUNCE TEAMS FOR WOOSTER CUP
HALF COURT SCRIMMAGES - *ATTACKING DIFFERENT DEFENSES*
4:00- 6:00 PM Navy AC training- MCD
5:00 PM Dinner- King Hall
6:05 PM Late Dinner- Navy AC
7:15- 7:30PM Coaches Meeting: Blue & Gold Camp- MCD classroom
7:30 PM Camp Meeting: *Blue Camp & Gold Camp- MCD stands*
7:45- 8:00 PM Movie (Camp store open 7:00- 9:15pm) @ MCD
8:00-9:30PM MCD Pool open for optional training
10:30 PM Lights out

* After the 7:30PM meeting ends, campers may watch movie, shop at camp store, work on skills in MCD pool, or return to assigned dorm. Once you leave the pool area, you must stay in your assigned dorm.

Wednesday, 15 July

7:30 AM Breakfast- King Hall
8:10 AM - 8:20 AM Coaches Meeting: *Blue & Gold Camp- MCD*
8:30 AM - 11:15 AM Pool – *Wooster Cup Begins!*
Blue & Gold Camp- MCD/Inst Pool
11:30AM Lunch- King Hall
12:45AM Coaches Meeting: *Blue & Gold- MCD*
1:00 PM- 3:45 PM Pool – *Wooster Cup Continues!*
Blue & Gold Camp- MCD/Inst Pool
4:00- 6:00 PM Navy AC training: Senior Men- LJ Women / Jr. Men - MCD
5:00 PM Dinner- King Hall
6:05 PM Late Dinner- Northeast Zone
7:00- 9:30PM Pool – *Wooster Cup Continues!* – MCD/Inst pools only
Camp store open 7:00- 9:15pm
10:30 PM Lights out

Thursday, 16 July

7:30 AM Breakfast- King Hall
8:00 AM Coaches meeting *Blue Camp- LJ Gold Camp- MCD*
8:15 AM – 11:45AM LJ/MCD/Inst Pools – *Wooster Cup Continues!*
12:00- 1:30PM *ALL CAMPERS- LUNCH IN ANNAPOLIS (must wear camp shirts)*
1:30PM - 4:00PM Pool – *Wooster Cup Continues!*
Blue & Gold Camp- MCD/Inst Pool
4:00- 6:00PM Navy AC training- MCD
5:00 PM Dinner- King Hall
6:05 PM Late dinner- Navy AC
6:45 PM- 9:00PM MEDAL ROUND- *Wooster Cup*
ALL GAMES IN MACDONOUGH, ALL CAMPERS IN MACDONOUGH
9:00- 9:15 Coaches meeting- MCD pool deck

9:30-10:00 PM Room Cleanup
6 PM - 9:30 PM Camp store open- Macdonough
10:30 PM Lights out

Friday, 17 July

7:30 AM Breakfast- King Hall
8:15 – 9:45 AM Room cleanup and inspection
8:30 AM Camp Store open- sale on Camp balls!
9:45 – 10:15 AM Pool: ***Gold Camp & Blue Camp*** – MCD stands
Final Meeting and Awards

Immediately following Final Meeting, Camp departure will be from Macdonough Hall. Please instruct parents to enter Gate 8 for pick up.

