

Jovan  
Vavic  
Water Polo  
Camp

10 Time National Champions!  
Men 1998,2003,2005, 2008, 2009,  
2010 & 2011!  
Women 1999, 2004 and 2010!

Located at  
USC



**Come Learn From the Best!**

**European Style** Water Polo including many of the cutting edge techniques that are the basis for training currently being taught throughout Europe at the professional level on down to youth players.

**Athletes** work in small groups directly with Jovan and his staff.

**Counselors** Include NCAA Champions and USC's Coaching Staff

Open to All – Grades 2<sup>nd</sup> Through 12th

**Jovan Vavic Water Polo Camp Dates:**

Session I June 11-15      Session II June 18-22

Session III June 25-29

**For Additional Information**

**Call (310) 750-6180**

**[jovanvavic@yahoo.com](mailto:jovanvavic@yahoo.com)**

**[Trojanwaterpolo.com](http://Trojanwaterpolo.com)**

Place: University of Southern California campus  
Residential campers will stay in campus dorms  
Camp activities will be held in the Lyons Center,  
weight room, and the McDonalds Swim Center

Ages: Open to everyone from 2<sup>nd</sup> Grade through 12<sup>th</sup> Grade

Camp Cost: \$595.00 Residential      \$445.00 Commuter

Camp Organization: Athletes are broken down by Gender, Age and Ability and work with the Camp Counselors in small groups of 6-8 athletes as they run through the various drills and instructions throughout the day.

**Daily Schedule:**

**7:00** Breakfast

**8:30** Dry Land Work-  
Flexibility, Weight Training

**9:00** Warm Ups/  
Swimming Instruction

**9:30** Passing/Body  
Positioning Drills

**10:00** Skills Drill - Break Out Sessions

***Goalie Drills – Separate Drills for Goalies with USC's Goalie Coach Marko Pintaric***

**12:00** Lunch and Rest

**1:00** Counter Attack Drills:  
3 on 2, 5 on 4, and 6 on 5

**2:30** Break

**3:30** Video and Chalk-Talk

**4:30** Scrimmage

**6:40** Dinner