

PRINCETON UNIVERSITY

WATER POLO CAMPS

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Elite 1: June 17-20, 2023 | Elite 2: August 1-4, 2023

For day campers the fee includes instruction, meals (dinner on Day 1 and lunch on Days 2 & 3) and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.

Day 1

12:00p | Check-In (Overnight Campers)

1:00p | Check-In (Day Campers)

1:30p | Pool Session 1

5:00p | Day Campers Pick-Up at DeNunzio Pool

5:30p | Dinner

7:00p | Pool Session 2

10:00p | Lights Out

Day 2

7:30a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at DeNunzio Pool

9:00a | Pool Session 3

12:00p | Lunch and Rest

2:00p | Pool Session 4

5:00p | Day Campers Pick-Up at DeNunzio Pool

5:30p | Dinner

7:00p | Pool Session 5

10:00p | Lights Out

Day 3

7:30a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at DeNunzio Pool

9:00a | Pool Session 6

12:00p | Lunch and Rest

2:00p | Pool Session 7

5:00p | Day Campers Pick-Up at DeNunzio Pool

5:30p | Dinner

7:00p | Pool Session 8

10:00p | Lights Out

Day 4: Final Day of Camp

7:30a | Wake Up & Breakfast

8:30a | Day Campers Drop-Off at DeNunzio Pool

9:00a | Pool Session 9

12:00p | Check-Out and Pick-Up from dorms for Overnight Campers

Elite Camp

The Princeton Water Polo Elite Camps are geared to help the competitive player get that extra edge. As a teaching camp, these sessions will cover all facets of the game. The goal is to improve skills, teach cutting edge techniques and advance players' understanding of game concepts and team play. These are ideal camps for teams or individuals looking to get in shape and learn new skills in an all-deep facility. They are also designed for players with high experience levels and will feature specialized coaching on all aspects of the game including 2M offense and defense, shooting, goalie training and live game situations. The camp is designed to provide each player with a competitive environment to further develop their understanding of the game.

In camp, players are divided into beginner, intermediate and advanced groups depending on age and ability. The camp will be led by the Princeton University coaching staff in addition to other local college coaches, players and top club coaches.