



2019 LCC Boys Water Polo Summer Camp

LCC Campus – Weight Room and Campus

WHAT

- Weight training, team building, endurance conditioning, and water polo training.

WHEN

- 6/4 – 6/16 Weight lifting - Tuesdays & Thursday 6-7pm. LCC Weight Room
- 6/18 -7/16 Team Training - Tuesdays & Thursdays 6-7pm
- Week of July 4th, only Tuesday 7/2

COST

- \$100/player, make checks payable to LCC Foundation and mail to Suzanne von Thaden 855 La Mirada Ave Encinitas CA 92024 or Venmo to @Suzanne-vonThaden

HOW

- Sign up using the Google Form link on the www.lccaquatics.com website.
- Fill out and bring the LCC Workout Liability Release Form to the first session your player attends.
- Send your camp payment

