



Please join

Tony Azevedo & Kami Craig

for a Clinic/Combine Program Weekend in Chicago

presented by NWC & Cardinal Water Polo

Saturday, February 24

8 am – 3:15 pm female athletes (max 50)

Sunday, February 25

8 am – 3:15 pm male athletes (max 50)

Location

Hoffman Estates High School Pool

1100 W. Higgins Rd, Hoffman Estates, IL 60169

Program Details

Tony will introduce athletes to his personal warm-up routine, exercises, in-the-water drills and water polo fundamentals. At the end of the session, the athletes will play games in a final four format, with coaching and feedback from Tony & Kami.

In addition, Tony will introduce his new standardized athlete development system: a data-driven program that monitors an athlete's progress over time.

- Allows for individual feedback and the necessary follow-through to achieve real results
- Athletes will complete the water polo Combine (7 drills for field players and goalies). Data will be used to create profiles on Tony's new Combine App
- System allows Tony and team to test athletes, engage with them directly, and provide individualized feedback

Schedule

| | |
|-----------------|---|
| 8:00–8:15 am | Introduction by Tony Azevedo |
| 8:15–8:30 am | Carefully chosen dryland exercises |
| 8:30–11:00 am | In-the-water drills, exercises and fundamentals |
| 11:00 am – Noon | Complete the new Azevedo-Steffens Combine |
| Noon–1:00 pm | Lunch and Q&A |
| 1:00–3:00 pm | Games in a final-four format (four teams) |
| 3:15 pm | Autographs and remaining questions |

Cost: \$150 per session

Registration: <https://azevedo.sportngin.com/register/form/361152357>

Questions: sara@azevedowaterpolo.com



Tony Azevedo

5X Olympian & Silver Medalist & 5X Pan American Gold Medalist



Kami Craig

3X Olympian & 2X Gold Medalist

