

## 6-8 Sports Coach's Program



### **What It Is:**

An opportunity for local coaches to observe one of Tony's 6-8 athlete clinics, pick up new training techniques, ask questions, and learn about the 6-8 Challenge.

### **Schedule\*:**

**9 am:** Arrive at pool

**9:30 am- 12 pm:** Coaches observe (or video) all drills that Tony + team run during the morning session

**12 pm- 1 pm** Lunch break & 30 min Q & A with Tony + team

**1 pm- 2 pm:** Instructional session on how to set up the 6-8 Kit; the importance of each drill; how to run athletes through the 6-8 Challenge; using the 6-8 program as a coaching resource

**2 pm- 3:30 pm:** Observe athlete scrimmages with Tony

**4 pm - 5 pm:** Review session with Tony to learn about his vision, recap the day's activities and extra Q & A

*\*Times are subject to change based on specific clinic schedule*

### **Price:**

FREE. Participating coaches will be offered a discounted price to purchase the 6-8 Kit.

### **Learn More:**

<https://www.6-8sports.com/coaches/>

<https://www.6-8sports.com/kit/>

### **Register Now:**

Please send an email to [sara@azevedowaterpolo.com](mailto:sara@azevedowaterpolo.com) with your name, Club/Team affiliation, and any other information you would like to provide.