



# Pioneer Polo

## Summer Training Camp Schedule



**Training Session 1:** Mon. 6/06/2022 thru Fri. 7/1/2022  
**Training Recess:** Sat. 7/2/2022 thru Sun. 7/17/2022  
**Training Session 2:** Mon. 7/18/2022 thru Fri. 8/5/2022

**Head Coach:** Steven Chapman  
**Phone:** (559) 333-0917  
**Email:** stevenlchapman1999@gmail.com

### June 6<sup>th</sup> – July 1<sup>st</sup> Practice Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 11:30 a.m.	Weights		Weights		Weights
1:00 – 3:00 p.m.	Practice	Practice	Practice	Practice	Practice

### July 18<sup>th</sup> – July 22 Practice Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:00 a.m.		Swim Set		Swim Set	
10:00– 11:30 a.m.	Weights		Weights		Weights
1:00 – 3:00 p.m.	Practice	Practice	Practice	Practice	Practice

### July 25<sup>th</sup> - August 5<sup>th</sup> Practice Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:00 a.m.	Swim sets		Swim sets		Swim sets
10:00 – 11:30 a.m.	Weights	Weights	Weights	Weights	Weights
1:00 – 3:00 p.m.	Practice	Practice	Practice	Practice	Practice

### Summer Scrimmages:

Every Wednesday starting June 15<sup>th</sup> at El Diamante High School

### Expectations:

- Arrive to practices 10 to 15 minutes early for Dynamic Warm Up.
- Come prepared to each practice:
- Athletic clothing and shoes for weights / swimsuit and goggles for practice.
- Water bottle and sunscreen recommended.
- Be ready to work hard.