

Waterpolo groups, Promotions Criteria and type of training required to succeed.

Splash Ball.

A fun 30 min's per week introduction into waterpolo. This group's main aim is to start developing the **fundamental** skills for water polo. Entry level is swim stage 5. Once the session is full a waiting list will be used for new players.

Type of training – 20% water polo, 20% swimming, 60% dry land including other sports.

Link.

This group will continue on the **fundamentals** and developing the child's ability to **learn to play**. This is the first club group and the entry level into the group is a minimum of swim stage 7. Waterpolo basic skills are also taken into account for promotion into the group.

Type of training – 25% water polo, 25% swimming, 50% dry land including other sports.

Junior Development.

JD will work to **Train to train** and develop more water polo specific skills, drills and tactics. Players should be working towards inclusion into regional training centres. Entry level into the group will be a minimum of a 4:05:00 200 IM time along with assessments by the head coach/s.

Type of training – 30% water polo, 50% swimming, 20% dry land including other sports.

Team.

The top junior group for the club. The same as JD, Team will work to **Train to Train** and also **Train to compete**. Players will be developing more water polo specific skills, drills and tactics along with preparing them for inclusion into the senior water polo sections. Entry level into the group will be a minimum of a 3:30:00 200 IM time along with assessments by the head coach/s.

Type of training – 30% water polo, 50% swimming, 20% dry land including other sports.

Senior Water Polo.

Promotion to the senior water polo sections will be made by assessment in the player's overall swimming and waterpolo ability. This will be carried out by the head coach of the relevant mens/womens sections. **REMEMBER – Not every athlete develops at the rate. It's the end goal that matters.**

Continued swim assessments.

Swimming is a major part of any water polo player's development. To succeed you have to swim fast and with lots of stamina to swim fast, time and time again. If you look at the types of training required for each section above you'll notice that by the time the player reaches junior development the swim sessions is almost double that of the water polo sessions. Swimming doesn't only develop the speed of a player but also develops the awareness and agility in the water, along with sharpness and the twitch required to react to any water polo situation.

The clubs swimming and water polo sections will continue to push the importance of being able to swim fast and continuous during a water polo match, that's why we lay down the rules regarding attending the swimming sessions.

The swimming criteria set in place to develop both swimmers and water polo players alike.

- Splashball – 1 water polo to 1 swim session
- Link – 1 water polo to 1 swim session
- JD – 1 water polo to 2 swim sessions
- Team – 1 water polo to 2 swim sessions

When the Team water polo player develops and also trains with the senior teams then 2 swimming sessions is an **absolute** minimum requirement per week. Players may need to start thinking about extra self swimming sessions like the STORM session on a Saturday or swim fit on a Monday/Wednesday put on at The Pelican Centre.

To monitor players swimming ability the junior water section will hold compulsory 200 IM time trials every 3 months starting in October 2016. Initially players that don't make the required times for their group will be given a further 3 months to train and trial again. After the second failure to achieve the qualifying time the head coaches may temporarily suspend the player or demote the player until the qualifying time has been achieved.

A copy of a LTAD program example can be found on the club website.

Regards,

Lee Toone.