



ONTARIO WATER POLO
GTA REGIONAL DEVELOPMENT CENTRE
UPDATED FOR 2019-20

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After a successful launch of the women's pilot project, the GTA Regional Development Centre will continue to collaborate with Water Polo Canada to deliver sustainable high-performance programming to athletes in the Golden Horseshoe region. This season will expand to include a full RDC for both men and women.

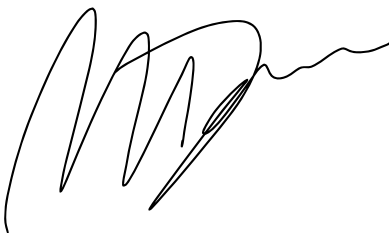
The objective of the RDC is to respond to existing gaps that relate to, but are not limited to: system alignment, daily training environments, and general fitness and technical abilities.

The long-term success of Water Polo Canada requires our National Sport Organization (NSO), Provincial Sport Organization (PSO) and domestic clubs to work in unison. The RDC is a collaborative program operated by Ontario Water Polo and Water Polo Canada.

Please note that since 2018-19, all Canadian domestic athletes who wish to be considered for Age Group National Team programming must be registered with their local Regional Development Centre.

We request that club leaders go through the enclosed information carefully to ensure your athletes are presented with appropriate opportunities.

Should you have any questions about any information contained in this document, please feel free to reach out to me at any time.

A handwritten signature in black ink, appearing to read 'Nish Damani', with a stylized flourish at the end.

Nish Damani
Technical Advisor
Ontario Water Polo

Athlete Categories

The terms development, competitive and High Performance are often used in sport. We've defined them below specifically for Ontario Water Polo:

Development Athletes: Refers to athletes who are in the process of acquiring foundation skills.

Competitive Athletes: are athletes who are competing in league play and uphold a certain training frequency during a specified period of the year (typically September to May).

High Performance Athletes: Refers to competitive athletes who have been identified by their club, PSO and NSO, that are prepared to uphold a specified, increased, training frequency.

General Roles and Responsibilities of Each Stakeholder

Club:

Club water polo is the foundation of our structure. They recruit new athletes and develop athletes through the training and competitions that they offer their membership.

Athletes will spend most their time training and competing with clubs.

Provincial Sport Organization (PSO):

The role of Ontario Water Polo (OWP) is to provide program direction and leadership. The organization serves as a liaison between clubs and the National Sport Organization. The PSO plays a role in:

- Building the competitive platform for athletes
- Identifying high performance athletes
- Operating select provincial programs
- Providing additional training opportunities to athletes of various ages
- Building a sustainable infrastructure

National Sport Organization (NSO):

Water Polo Canada provides competitive water polo opportunities for clubs (National Championship Leagues and competitions). WPC also endorses High Performance strategies that provide the platform for athletes to make various National Teams (Age Group and Senior).

Club Training Frequency Recommendations

10U: FUNdamentals:

This is the starting point for most athletes and is almost exclusively club driven. Ontario Water Polo may have some training initiatives throughout the year for athletes to engage in, however at this stage there is minimal PSO and NSO involvement.

Suggested Training Frequency: 2-3 water practices per week

12U: Technical Foundations

Athletes may be new to the sport or have been with clubs for a couple of years now.

The PSO will help facilitate a tournament circuit for these athletes to compete in, and also help clubs organize regular Game Days.

The PSO and NSO will have Regional Training Camps throughout the season to streamline the National Team curriculum and create points of contact with young athletes.

Suggested Training Frequency: 3-4 water practices, 2 Dryland sessions per week

14U: Competitive Foundations

Training frequency and competition frequency increases at this age category. Clubs should look to incorporate regular dryland into their training regimen for competitive athletes.

The PSO will organize and deliver a structured league for athletes (14U Ontario Provincial League). They will also deliver Regional Training Camps for these athletes to enhance their skills, and further familiarize themselves with the National Team curriculum.

Club Training Frequency: 4-5 water practices, 2-3 Dryland sessions per week

16U: Train to Compete

Competitive and High Performance athletes are competing in the 16U NCL.

Identified athletes will be invited to train at the RDC. Athletes who are aspiring to compete with Provincial and/or National Teams must be part of their region's RDC strategy.

Club Training Frequency: 5-6 water practices, 2-3 Dryland sessions per week

19U/Senior: Train to Perform

Athletes are competing in the 19U OPL/ 19U NCL/ Major League/ OUA

Identified athletes will be invited to train at the RDC. Athletes who are aspiring to compete with Provincial and/or National Teams must be part of their region's RDC strategy.

Club Training Frequency: 5-6 water practices, 3-4 Dryland sessions per week

The Development and Refinement of a Women's RDC Strategy (2019-21)

After the pilot season of the RDC, Ontario Water Polo is excited to expand the initiative to incorporate additional athletes. The strategy was built after assessing the current landscape (athletes, coaches, and pool space) and placing top priority on the long-term sustainability of the Women's RDC.

Year 1 (2018-19):

The inaugural season of the Women's RDC featured 11 weekend sessions that focused on delivering additional training to coach identified athletes. These sessions were strategically placed throughout the season and factor in the various competitions athletes attend (16U, 19U and Senior NCL), ensuring the ability to maximize per session attendance. Coaches nominated athletes throughout the season.

Year 2 (2019-20):

With a pool of existing athletes from Year 1, and the collaborative support of the region, we have developed a women's RDC strategy for the next 2 seasons. As a collective our goals are that:

- All clubs will try to participate in 14U OPL and 19U OPL as club teams.
- Clubs will compete in the 16U NCL as club teams.
- Clubs will nominate aspiring High Performance athletes to the RDC program.

The 2019-20 season will include the following:

- An increased frequency of RDC practices (transition from a part-time RDC to a full-time RDC), with consistent practices times on Saturdays.
- 'Homework'—athletes will be required to bring their training frequency up to the established standards, regardless of their club training parameters. This may include extra swim workouts or gym sessions.
- Coaches will continue to nominate athletes for the RDC. RDC athletes must state their desire to compete in the 19U NCL (no RDC athlete will be forced to play 19U NCL) and **the RDC will enter a 19U NCL team— GTA clubs will not enter 19U NCL as individual club teams.**
- If the numbers merit having more than one 19U RDC team, we will strongly consider it. Having said this, the above strategy is to create a competitive environment for female athletes.

Year 3 (2020-21)

We will continue to operate the RDC with the Year 2 strategy, but will also engage in a thorough analysis of athletes per region to determine the long term RDC strategy.

Athlete Requirements (2019-20)

1. The minimum required age for the RDC are athletes born in 2005 and earlier. Female athletes born in 2006 will be considered on a special case by case basis.
2. Athletes must be able to display a minimum average of 7.5 hours of water training per week (excluding RDC practices)
3. Athletes must be willing/ able to strength train a minimum of 3 times per week
4. Athletes must attend all RDC workouts and be able to provide practice logs for club workouts
5. Athletes are permitted to miss RDC practices for OPL, NCL, or OUA events only.

Athlete Identification Process/ Selection Process

1. Information regarding the RDC will be sent to all clubs (September 18th, 2019)
2. Coaches will nominate athletes to the RDC. Athletes who were RDC athletes in the last season must still be nominated for the upcoming season. Please note that coaches can only nominate players who have accepted to join the RDC for the full season (deadline for nominations October 3rd, 2019)
3. Nominated athletes will attend the open weekend, where they will be assessed by the RDC staff (October 5th, 2019)
4. Ontario Water Polo and Water Polo Canada will confirm athlete acceptance to the RDC with the coaches, clubs, and families (October 8th, 2019)

Women's Program Outline

Location: Toronto Pan Am Sports Centre Scarborough
Typical Water Session: 12:30-3:30 pm
Lead Coach: Rae Lekness
Full Season Cost: \$950

Men's Program Outline

Location: Toronto Pan Am Sports Centre Scarborough
Typical Water Session: 3:30-6:30 pm
Lead Coach: Bogdan Dubrovskiy
Full Season Cost: \$950

Strength training will begin later in the season, and will include giving the athletes programs that are expected to be completed outside of the RDC. Testing will become a regular part of the RDC dryland sessions.

Fee Structure and Collection

Collection of fees for athletes at the RDC will be done through the clubs. Clubs will be invoiced for athletes who have been selected to join the RDC.

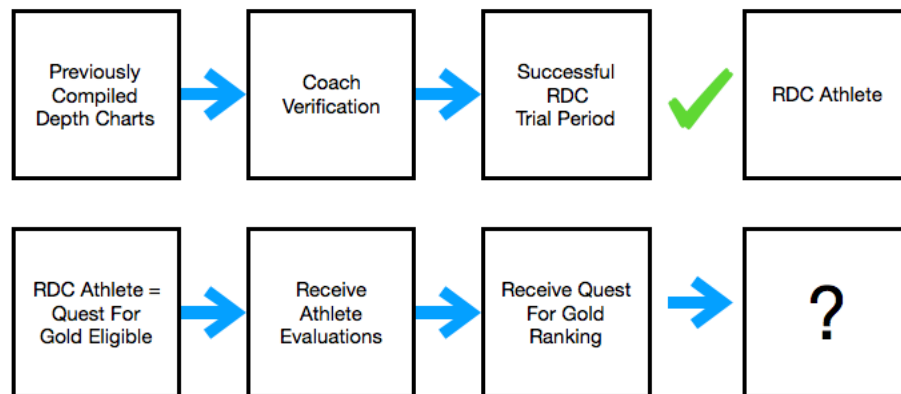
Coach and Referee 'Open Door' Procedure

All coaches and referees who would like to attend sessions to observe or participate are welcome to do so. If you would like to attend a session or get involved, please contact Nish Damani at techadvisor@ontariowaterpolo.ca

Scouting, Quest For Gold, and the RDC

Quest for Gold is Ontario's financial athlete assistance program for athletes who aspire to one day represent Canada on the international stage. The exact funding model is in constant review with the Ministry, however Ontario Water Polo is required to provide a ranking of eligible candidates.

As per Water Polo Canada policy, all aspiring Age Group National Team athletes must be members of their respective RDC. There will be a direct relationship between the RDC, Water Polo Canada scouting, and Quest For Gold. Athletes who are not members of the RDC will not be considered for Quest For Gold funding. The diagram below shows this process (while also showing we don't know what the exact outcome of a QFG ranking will mean!)



Weekly Training Calendar

This year we will be providing the weekly training calendar online. Please refer to the Ontario Water Polo website for the updates, OR you can subscribe to the calendar:

5qabl7s808jfrfaj0dfbgcfsuc@group.calendar.google.com

Important Dates

Date	Event
September 18th, 2019	GTA RDC document release
October 3rd, 2019	Coaches submit RDC nomination list (listed athletes are expected to have accepted the nomination)
October 5th, 2019	First RDC practice
October 8th, 2019	RDC confirmed list

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