



# WATER POLO CANADA

# Regional Development Centres

2018-2019 Season Update

Water Polo Canada is implementing a sustainable high performance development strategy focusing on the growth of Regional Development Centres to ensure long-term system alignment. WPC will continue to develop Regional Development Centres and other HP initiatives for athletes across the country to build sustained international success.

This document outlines the general strategies and requirements of the RDCs while providing an update for the 2018-2019 Season.



# Sustainable High Performance Growth

The Regional Development Centres are built on Water Polo Canada's overall High Performance Development strategy that emphasizes:

- System Alignment
- Curriculum and Education
- Enhancement of the Daily Training Environment



# Responding Performance Gaps

The objective of the RDC's is to respond to critical performance gaps of our high performance athletes in order to build sustained international success.

The following areas have been identified by Water Polo Canada's High Performance Staff as athlete performance gaps at the international level.

- Improve general levels of fitness
- Increase technical abilities
- Increase offensive creativity and efficiency

Water Polo Canada will focus on using the RDCs to address these specific gaps and support the overall development of our athletes.



# 2018-2019 Regional Development Centres



**WATER POLO**  
SASKATCHEWAN

**Saskatchewan RDC in Regina**



**National Training Centre in Montreal**



**ONTARIO**  
**WATER POLO**

**Toronto RDC**



**National Legacy Development Centre in Calgary**

**Edmonton RDC**

# RDCs are part of the National Team Pipeline

Starting in the 2018-2019 all Canadian domestic athletes who want to be considered for an Age Group National Team in 2019 must be registered with their local Regional Development Centre.

The next section explains the training requirements for all domestic athletes residing within the zone of an RDC and those zones where RDC's do not currently exist.

# Quebec and Eastern Ontario

Athletes living in Quebec and Eastern Ontario will be provided with a specific RDC schedule where training camps shall be held 1-2 times per month at the National Training Centre in Montreal.

## Alberta

Athletes must register with the Edmonton RDC or Calgary National Legacy Development Centre

## Saskatchewan

All Saskatchewan athletes must register with the Regina RDC.

## Western Ontario

Athletes living in the Golden Horseshoe area must register with the Toronto RDC.

## All other provinces

For all athletes with no access to an RDC or RDC Camps, WPC shall supply training programs to support their development. Eligible athletes must be recommended to WPC by their Club Coaches where the following information must be sent to [dparadelo@waterpolo.ca](mailto:dparadelo@waterpolo.ca): Athlete GMP, club training schedule and accessible facilities for both dry land and water training.





**For more information please access the Regional Development Centres pages under the High Performance tab on the WPC website.**