

ONTARIO WATER POLO
TEAM ONTARIO STRATEGY
2019-2023

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Executive Summary:

Provincial team programs have operated in a similar manner for a number of years. While analyzing the historical parameters of 'Team Ontario' we discovered a number of gaps and opportunities in our current system:

- Historically, Team Ontario was reserved for one male team and one female team
- The program took place at the start of summer, often conflicting with National Team programs, family vacation, and summer employment opportunities for athletes
- Team Ontario training was disconnected from club training and activities. Most competitions are completed by May, and clubs begin training again in early September.
- Team Ontario was not necessarily a representation of the best athletes in the province. It usually is a representation of the *best available athletes* in the province.
- Summer programs were expensive due to international travel
- Easily accessible, meaningful, international competitions typically do not take place in the summertime
- Athletes were not exposed to water polo expertise outside of the Canadian system

This summer we hope to deliver a program that addresses the above limitations while strengthening and developing more athletes in Ontario. In order to do this, we will:

- Shift the summer program to a more strategic time of the year
- Offer training opportunities to more athletes at a lower overall cost
- Create a Team Ontario program that is linked to the competitive season
- Attend meaningful competitions
- Offer exposure to international experts

Significant changes require alignment from all stakeholders. Please read the enclosed information closely, as it contains pertinent information for this summer and beyond. We would be honoured to answer any questions and offer rationale to our decisions.




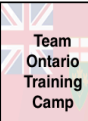


Kind Regards,



Nishant Damani
Technical Advisor
Ontario Water Polo

Team Ontario Season Plan

The goal is to strategically align Team Ontario with existing competitive programs. For the purpose of focusing on the Team Ontario cycle, we use March as our starting month, with the year-end being February.

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB
Club Season				OFF			Club Preparation Phase					
Provincial Team Season	Coach nominated athletes are scouted during major NCL weekends for Summer Training Camp selection						OFF		Coach nominated athletes are scouted during major NCL weekends for Team Ontario			
National Team Season												

Our season would now have defined activities that take the club, Provincial Team and National Team calendars into account:

Month(s)	Activity
March to May	Coach nominated athletes are scouted during major NCL weekends for the Summer Training Camp
June and July	OFF
 August	Ontario Summer Training Camp
September and October	Athletes prepare with their clubs for the competitive season
November and December	Coach nominated athletes are scouted during major NCL weekends for Team Ontario
 January	Team Ontario Training Camp
 February	Team Ontario International Tournament

Team Ontario and National Team Programs

Our objective is to maximize High Performance training opportunities for athletes in preparation for future Age Group National Team programs. The table below shows what programs are available for each age group over the next five years.

	Summer	Winter	Summer	Winter	Summer	Winter	Summer	Winter	Summer
	2019	2020		2021		2022		2023	
2001			19U Pan Ams		20U World Champs				
2002	17U Pan Ams		18U World Champs						
2003	Ontario Summer Training Camp and/ or 17U Pan Ams	Team Ontario International Tournament	18U World Champs				19U Pan Ams		20U World Champs
2004	Ontario Summer Training Camp	Team Ontario International Tournament	Ontario Summer Training Camp	Team Ontario International Tournament	17U Pan Ams		18U World Champs		
2005			Ontario Summer Training Camp	Team Ontario International Tournament	Ontario Summer Training Camp and/ or 17U Pan Ams	Team Ontario International Tournament	18U World Champs		
2006					Ontario Summer Training Camp	Team Ontario International Tournament	Ontario Summer Training Camp	Team Ontario International Tournament	17U Pan Ams
2007							Ontario Summer Training Camp	Team Ontario International Tournament	Ontario Summer Training Camp and/ or 17U Pan Ams

MAJOR WATER POLO EVENTS

Year	Youth National Team (Birth Years)	Junior National Team (Birth Years)	FISU National Team	Senior National Team		
				Major Events		Annual Events
Typical Dates	Early July	August-September	July or August	July	Late July/August	WJUC March WLSF June
2019	Pan Am Championship (2002-2005)	World Championships (1999-2002)	FISU Games	World Aquatic Championships	Pan American Games	FINA World League Intercontinental Cup & Super Final
2020	World Championship (2002-2005)	Pan Am Championship (2001-2004)			Olympic Games	
2021	Pan Am Championship (2004-2007)	World Championships (2001-2004)	FISU Games	World Aquatic Championships		
2022	World Championship (2004-2007)	Pan Am Championship (2003-2007)		FINA World Cup		
2023	Pan Am Championship (2006-2009)	World Championships (2003-2007)	FISU Games	World Aquatic Championships	Pan American Games	
2024	World Championship (2006-2009)	Pan Am Championship (2005-2008)			Olympic Games	
2025	Pan Am Championship (2008-2011)	World Championships (2005-2008)	FISU Games	World Aquatic Championships		
2026	World Championship (2008-2011)	Pan Am Championship (2007-2010)		FINA World Cup		
2027	Pan Am Championship (2010-2013)	World Championships (2007-2010)	FISU Games	World Aquatic Championships	Pan American Games	
2028	World Championship (2012-2015)	Pan Am Championship (2009-2011)			Olympic Games	

*Note all typical dates are modified in coordination with FINA & UANA Competitive Calendars

Ontario Summer Training Camp 2019

OWP will begin its new Team Ontario strategy this summer. **Full camp details will be provided by March 11th, 2019.** Our training camp will focus on delivering positive training habits to Ontario based athletes while featuring:

- International, world-class, coaches and mentors
- Training in Toronto, Ontario from **August 17-25th, 2019 (inclusive)**
- 30 male athletes born in 2003 and 2004, and 20 female athletes born in 2003, 2004 and 2005

Please note that athletes who are from outside the GTA will be billeted with host families.

For the 2019- 2020 Team Ontario program cycle the summer camp will not be mandatory for selection for the International Tournament. As OWP establishes these new programs, RDC training, training camp attendance, and Quest for Gold linkages will be further established.

Team Ontario - International Tournament

Every year, Ontario Water Polo will select the top male and female team to represent the province in an international tournament. Ontario Water Polo will strategically attend a competition during the competitive season. The purpose of this shift is to:

- Give notoriety and prestige to playing for Team Ontario
- Establish scouting and athlete monitoring channels with the National Championship League, HP Programs, and the Regional Development Centres
- Allow for the selection of the best athletes
- Attend competitions when athletes are in peak physical condition
- Minimize the chances of an overlapping competition schedule with Water Polo Canada
- Allow for a clear break in the season (summer) when athletes can rest and recover

In February of 2020, Team Ontario will attend the South Florida International Water Polo Tournament. This tournament typically features teams from across the Americas, and often is attended by multiple international teams. To ensure that we are receiving quality game experience, we will attend the eldest age category.

Tentative Team Ontario travel dates: **February 12th-17th, 2020**

Program Selection Process and Important Dates

Ontario programming will follow the timelines below over the next 12 months:

Date	Description
March 10 th , 2019	Coaches send preliminary long list of athletes to OWP for selection for Summer Training Camp
March 31 st , 2019	Athletes provide OWP with a \$250 deposit for selection consideration
April 26 th - 28 th , 2019	Athletes observed at 19U Eastern Nationals
May 2 nd - 5 th , 2019	Athletes observed at 16U Eastern Nationals
May 10 th , 2019	30 Male and 20 Female athletes named for Summer Training Camp
May 17 th , 2019	Remainder of Summer Training Camp fees due
August 17-25 th , 2019	Summer Training Camp
September 20 th , 2019	Coaches <u>modify</u> original long list of athletes for selection for International Tournament (will coincide with RDC invite submission for 2019-20)
November 1 st , 2019	Athletes provide OWP with a \$250 deposit for selection consideration for Team Ontario International travel team
Oct/ Nov/ Dec, 2019	Athletes observed and scouted during the NCL (exact events will be identified)
December 20 th , 2019	International Tournament travel rosters announced
January 3 rd , 2020	Remainder of International Tournament fees due
January, 2020	Mini weekend training camp with selected athletes (exact date and cost TBD)
February 12 th -17 th , 2019	Team Ontario competes at International Tournament in South Florida

*Please note that we collect a \$250 deposit from all athletes who wish to be considered for programming. This is to ensure that if an athlete is selected, they will attend. Any athletes who are not selected will be refunded their deposit.

Projected Program Costs

Our goal is to deliver programming to more athletes, at a lower overall cost, and with more touchpoints.

The figures below are estimates while we build the programs and establish actual costs. Our goal is to keep summer training camps at \$700-\$800 per athlete, and the International tournament at \$1200. Please note that summer program costs will not include hotel and meals.

New Program Model				
Activity	Athletes	Number of Days	Number of Games	Approximate Cost
8 Day Summer Training Camp	50	8	4	\$700-\$800
Mini Training Camp with International Travel Team		2	2	\$100
International Tournament in South Florida	24-26	5	5-6	\$1200
Totals		15	10-12	\$1800-\$2100
Old Program Model				
Activity		Number of Days	Number of Games	Approximate Cost
Summer Training Camp	24-26	10-12	Various	\$2500-\$3500