




WATER POLO CANADA REGIONAL DEVELOPMENT STRATEGY

2019-20 Season

November 2019 Update





What is the Regional Development Strategy?

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

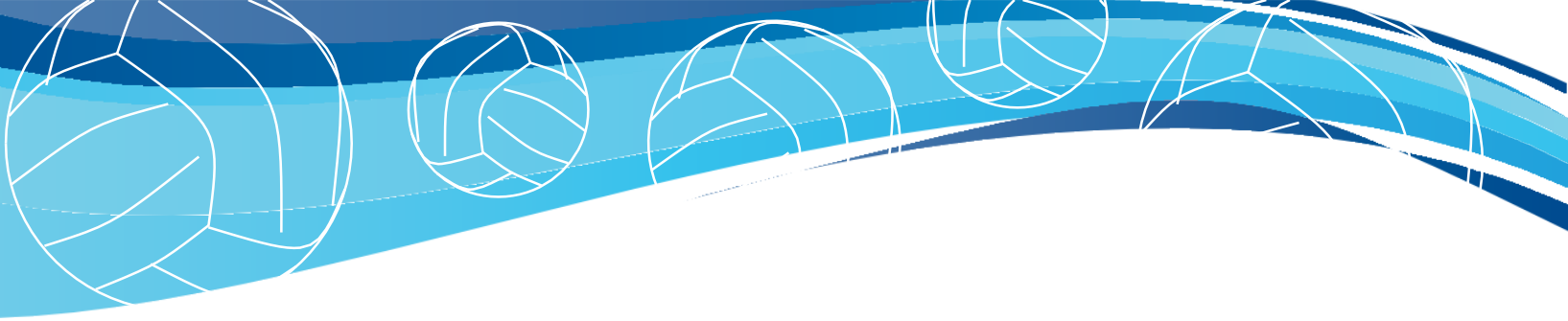
This document outlines the general Regional Development Strategies and requirements of the RDCs while providing an update for the 2019-20 Season.





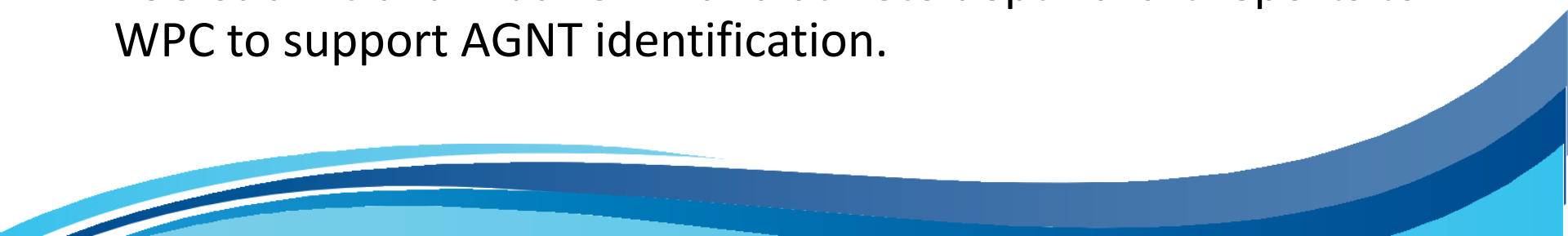
RDC's are Partnerships with the Provincial Organizations





WPC Guided Programs Operated by the PSO

- The sustainable model of the RDCs are developed in close partnership with the Provincial Sport Organizations (PSOs).
- WPC provides the overarching technical and administrative leadership while the PSO conduct the day-to-day operations as a joint representative.
- WPC conducts annual to bi-annual site visits with each RDC program
- PSO submit bi-annual GMP and athlete depth chart reports to WPC to support AGNT identification.





Sustainable High Performance Growth

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

- Total System Alignment
- Diffusion of National Team Curriculum and Education
- Enhancement of the Daily Training Environment



Responds 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 one versus one skills*
- *Ability to endure the training load associated with the "train to perform/train to compete" stages of the LTAD*

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



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Regional Development Strategy is part of the National Team Pipeline

Athletes who want to be considered for an Age Group National Team in 2020 must be registered with their local Regional Development Centre or engage in their Provincial Program Associated with WPCs Regional Development Strategy.



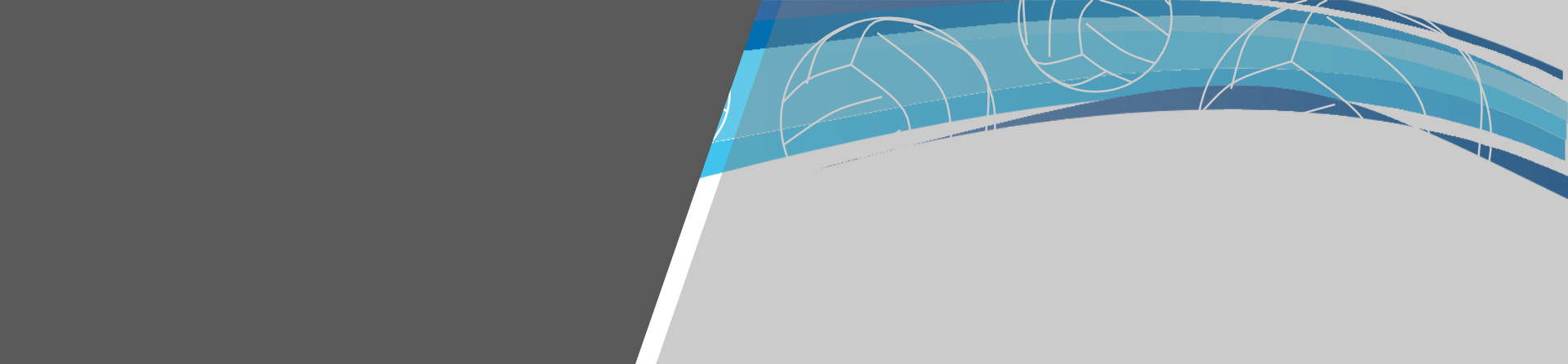
2019-2020 REGIONAL DEVELOPMENT CENTRES



Regional Development Strategy 2019-20 Information

Province/Region	Program information
Alberta – Calgary	National Legacy Development Centre
Alberta – Edmonton	Regional Development Centre
Saskatchewan	Regional Development Centre in Regina
Western Ontario	Regional Development Centre in Toronto
Eastern Ontario	Athletes living in Eastern Ontario will be provided with a specific schedule by OWPA to attend Camps in Montreal and Toronto
Quebec	Regional Development Camps associated with Team Quebec (dates to be communicated by FWPQ)
Manitoba	Regional Development Camps two or more within the year (dates to be communicated by MWPA)
British Columbia	Regional Development Centre program to be communicated by WP West

For all athletes with no access to an RDC or RD Camps. Eligible athletes must be recommended to WPC by their Club Coaches where the following information must be sent to joliveira@waterpolo.ca: Athlete GMP, club training schedule and accessible facilities for both dry land and water training prior to November 30, 2019.



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

www.waterpolo.ca

