

WATER POLO CANADA & ALBERTA WATER POLO

ALBERTA DEVELOPMENT CENTRES PROGRAM UPDATE - AUGUST 2018

PROGRAM DETAILS

National Legacy Development Centre in Calgary

Implementation of National Legacy Development Centre (NLDC) in Calgary to support the growth of our athletes in the province of Alberta & Western Canada.

Partnership with two local high schools to support the athlete development

Billeting/athlete housing arrangements offered

Enhanced training with Age Group National Team Athletes and Senior Men's National Team Athletes Scott Robinson, David Lapins and others.

Training times: Monday-Wednesday Friday 8:00-9:30AM & Wednesday night 8:30-10:00PM



NLDC PROGRAM UPDATE - August 2018

Start Date: September 17th, 2018 - Two Week Trial/Selection

End Date: Mid-June 2019

Coaches: to be confirmed mid-September 2019

Cost: \$100 per month

Target Age Group: born in 2004 or earlier

For more information or to register please going to the WPC Website: <http://www.waterpolo.ca/nldc.aspx>.



Edmonton Regional Development Centre

As Edmonton continues to develop into secondary water polo hub in Alberta, a Regional Development centre will be establish to support the continual growth of athletes within the region.

Enhanced training with Age Group National Team Athletes.

Training times: Tuesday & Thursday 7:30-9:00AM



E-RDC PROGRAM UPDATE - August 2018

Start Date: September 17th, 2018 - Two Week Trial/Selection

End Date: Mid-June 2019

Coaches: to be confirmed mid-September 2019

Cost: \$75 per month

Target Age Group: born in 2004 and earlier

For more information or to register please going to the WPC Website: <http://www.waterpolo.ca/rdc.aspx>



BENEFITS OF ATTENDING THE DEVELOPMENT CENTRES IN CALGARY AND EDMONTON

- Centres will be used to help identify and train athletes for Age Group National Teams
- Centres will aid in the provincial depth chart compilation as athletes will be assessed throughout the year during the training to ensure that their progress and strengths are identified to Water Polo Canada
- Water Polo Canada programming and identified skills will be incorporated into the Centre training which will give athletes an edge when attending High Performance and National Team Camps
- Programming at the Legacy Centre includes the ability to train and scrimmage with senior national team athletes
- Athletes will benefit from the training/knowledge of NextGen Lead Coach, David Paradelo, who will be visiting the Centres to supervise/mentor coaches and work with the athletes
- Athletes aiming to make national teams will receive more exposure to the NextGen Lead Coach, David Paradelo, than those who are simply playing in the NCL
- Given their increased exposure to Centre athletes, Centre coaches and AWPA will have a greater ability to advocate for these athletes
- Given the difficulty of acquiring available pool time, the extra pool practices through the Centres enhance what the clubs are doing and get athletes closer to the suggested LTAD high performance hours

INTERESTED??

- Athletes interested in attending the NLDC or Edmonton RDC should ensure that a spare in their course schedule is blocked off for each of the morning training sessions.
- Athletes attending Lord Beaverbrook or Crescent Heights will have this automatically built into their school schedule.
- For more information contact Alberta Water Polo - office@albertawaterpolo.ca



For more information and resources, please visit the Water Polo Canada website

www.waterpolo.ca