

YELLOW
Physical
Literacy

RED
Active
for Life

ORANGE
Competitive
for Life

BLUE
Excellence

FUNdamentals



Approximate age
M 6-9 | **F** 6-8

Technical Foundations



Approximate age
M 9-12 | **F** 8-11

Early Competitive Foundations



Approximate age
M 12-14 | **M** 14-16
F 11-13 | **F** 13-15

LIFE-LONG PARTICIPATION IN SPORT

Competitive for Life (Enter at any age, approximately ~13+)
Active for Life (Enter at any age, approximately age ~15+)

Train to Compete



Approximate age
M 16-19~ | **F** 15-18~

Train to Perform



Approximate age
M 19-25~ | **F** 18-23~

Living to Win



Approximate age
M 25+ | **F** 23+

Competitive/ Active for Life



Enter at any age

COMPETITIONS

Long-Term Athlete
Development

I Love
Water Polo
mixed gender

Seasonal-based
regional
competitions
and festivals
Gender specific
recommended

Regional/
Provincial
club water
polo
gender
specific

National
League;
National/
Provincial
Team
Programs

National Club
Championships;
Age Group
National Team
Programs

Semi-Pro Canadian
League; European
Professional
Leagues;
Varsity programs;
Youth/Junior
National Team

Senior National
Team; World
Championships
& Olympic Games

Competitive
(gender specific):
Club; University club
programs; Masters

Active (mixed or
gender specific) : Club,
High School, Masters

COACHES



The ILWP
Instructor

The Community
Club Coach

The
Competitive
Coach

The
Advanced
Competitive
Coach

The
Professional
Coach

Competition -
Development
Advanced;
NCI Diplomas

Competition -
High Performance;
NCI Diplomas

The Competitive
Coach

Community
Sport Ongoing
Participation

OFFICIALS



N/A

Regional Referee

Regional
Referee

Provincial
Referee

Provincial,
National &
UANA Referee

National,
UANA &
FINA Referee

FINA Referee

Provincial Referee
Regional Referee