

PATHWAY	ACTIVE START	FUNDAMENTALS	TECHNICAL FOUNDATIONS	COMPETITIVE FOUNDATIONS	TRAIN TO COMPETE	TRAIN TO PERFORM	LIVING TO WIN	COMPETITIVE FOR LIFE	ACTIVE FOR LIFE
Male	0-6 years old	6-9 years old	9-12 years old	12-16 years old	16-19- years old	19-25- years old	25+ (20+) years old	-13 years and older	-15 years and older
Female	0-6 years old	6-8 years old	8-11 years old	11-15 years old	15-18- years old	18-23- years old	23+ (18+) years old		
Stage of Maturation	Early Childhood								
		Late Childhood							
			Early Puberty					Early Puberty	
				Late Puberty				Late Puberty	Late Puberty
					Early Adulthood			Early Adulthood	Early Adulthood
							Adulthood		
Philosophy	Getting Wet	Fun	Lay the Foundations	Build the Competitive Base	Competition	RTE (Road to Excellence)	Excellence	Training and competing	Water polo for Life
Primary Objective	Learn fundamental movements and link them together into play	Learn all fundamental movement skills and build overall motor skills	Learn overall sports skills	Build an aerobic base, develop speed and strength, and further develop and consolidate sport specific skills. Build mental capacities	Optimize the engine and learn to compete	Own the Podium	Gold Medal Performances	To create competitive water polo opportunities for all ages	A smooth transition from an athlete's competitive career to lifelong physical activity and participation in water polo
Guiding Principles	Create a love for water activities	Fun, safety, and active participation are of primary importance	Athletes must be actively engaged in the activity, motor and cognitive wise	Intensity must be gradually raised to reach competition requirements	Training intensity must always be high to optimal. Sub-maximal intensity will alter the motor coordination of the athlete	Modeling all possible aspects of training and performance	Modeling all possible aspects of training and performance	Allow athletes adequate training and competition to move into the excellence stream	New athletes, physical activity and retention of knowledge as a coach, referee, volunteer, administrator
Time Commitment (Practices and Games) Preparatory Phase	1 Love Water Polo (LWP) and swimming lessons	ILWP and other aquatic activities OR Club-based water polo 2-3 days per week - allow for participation in other sports	3 days per week: 3 x 1.5 hr water + 30 min dry land	Early: 3 days on, 1 day off, 2 days on, 1 day off: 5 full water + 2-3 dry land Late: 6 days on, 1 day off: 6-8 full water + 2-3 dry land	6 days on, 1 day off: 8-9 full water + 3-4 dry land	3 days on, 1 day off: 2 days on, 1 day off: 6-6 full water + 3-4 dry land	6 days on, 1 day off: 8-9 full water + 3-4 dry land	2-4 days per week for early adulthood and adulthood	1-2 hrs/week
Time Commitment (Practices and Games) Competition Phase	1 Love Water Polo (LWP) and swimming lessons	ILWP and other aquatic activities OR Club-based water polo 2-3 days per week - allow for participation in other sports	3 days per week: 3 x 1.5 hr water + 30 min dry land	Early: 2 days on, 1 day off, 1 day on, 2 days of games, 1 day off: 3 full water + 2 half water + 1-2 dry land Late: 4 days on, 2 days of games, 1 day off: 4-5 full water + 2 half water + 1-2 dry land	4 days on, 2 days of games, 1 day off: 6 full water + 2 half water + 2-3 dry land	4 days on, 2 days of games, 1 day off: 4 full water + 2 half water + 2-3 dry land	4 days on, 2 days of games, 1 day off: 6 full water + 2 half water + 2-3 dry land	2-4 days per week for early adulthood and adulthood	1-2 hrs/week
Types of Competition	N/A	No structured or formal competition	Seasonal-based regional competitions and festivals Gender specific recommended	Regional/Provincial club water polo gender specific National Club Championships; National/Provincial Team Programs	National Club Championships; Youth National Team Program Programs	Semi-Pro Canadian League; European Professional Leagues; Designated NCAA Institutions; Youth/Junior National Team	Senior National Team; World Championships & Olympic Games	Gender specific age group club (14U, 16U, 18U), Senior, University and Masters	Mixed or gender specific age group club (16U and 18U), middle/high school and Masters
Optimal Practice to Game Ratio	N/A	100:0	80:20	80:20	80:20	70:30	70:30	Adapt training to competition ratio to fit needs	N/A
<i>Training = physical, motor, mental, technical and tactical training and non-league games; Competition = Major competition leading to the final outcome/peak</i>									
Planning & Periodization	No periodization	No periodization	No periodization	Double periodization	Double periodization	Double or triple periodization, quadrennial planning	Quadrennial planning	No periodization	No periodization
Conditioning Objectives	Active play in a safe and challenging environment should always be fun, and part of the child's daily life	Daily participation in sport and physical activities. Fundamental movement skills; athletics, gymnastics, swimming	Fundamental motor skills: ABCs, RJT, KGBs, & PCKs	General physical fitness (balance)	General and specific physical fitness related to the demands of water polo.	Specific physical fitness related to position	Specific physical fitness related to position	General physical fitness (balance)	General physical fitness; be active on land and in the water

<p>Growth & Development Considerations- PHV</p>	<p>Lay the foundation for future success in skills development, by helping children enjoy being active, learning to move efficiently, and improving coordination and balance</p> <p>Build strong bones and muscles, improve flexibility, develop good posture, improve fitness, promote a healthy body weight, reduce stress, and improve sleep</p>	<p>Emphasis on development of generic sport skills</p> <p>1st sensitive period: agility & quickness: girls 6-8 yrs old, boys 7-9 yrs old</p> <p>Sensitive period for suppleness/flexibility: 6-10 yrs old</p>	<p>Emphasis on skill development</p> <p>Peak motor coordination (PMCV): girls 11 yrs old; boys 12 yrs old</p> <p>Sensitive period for suppleness/flexibility: 6-10 yrs old</p> <p>2nd sensitive period for speed training (elastic): girls 11-13 yrs old</p> <p>Special attention to suppleness during PHV. Aerobic capacity training is recommended before athletes reach PHV. Aerobic power should be introduced progressively after growth rate declines.</p>	<p>Emphasis on stamina (endurance) at the onset of PHV</p> <p>Onset of PHV: girls 12-13 yrs old; boys 14-15 yrs old</p> <p>2nd sensitive period for speed training (elastic): girls 11-13 yrs old; boys 13-16 yrs old</p> <p>Sensitive periods for strength training: girls immediately after PHV or at the onset of the menarche- roughly 13-17 yrs old</p>	<p>Emphasis on peak strength development</p> <p>Make use of ancillary capacities</p> <p>Sensitive periods for strength training: boys 12-18 months after PHV- roughly 15-19 yrs old</p>	<p>Further development of stamina, speed, strength, skill, and suppleness</p> <p>Make use of ancillary capacities</p>	<p>Further development of stamina, speed, strength, skill, and suppleness</p> <p>Make use of ancillary capacities</p>	<p>At younger ages pay attention to the onset of puberty and PHV - see Competitive Foundations for more details</p>	<p>No specific growth and development considerations</p> <p>Understand where athlete lies on the player pathway</p> <p>Make use of ancillary capacities</p>
<p>Mental and Cognitive Development</p>	<p>Create neural connections across multiple pathways in the brain particularly when rhythmic activities are involved</p> <p>Enhance development of brain function, coordination, social skills, gross motor skills, emotional development, leadership, and imagination</p> <p>Help children to build confidence and develop self-esteem</p>	<p>Use imagination to develop visualization skills</p> <p>Introduction to team development</p> <p>Make use of elementary language to guide decision making</p> <p>Team building activities</p> <p>Communication- working with others</p>	<p>Introduce and reinforce positive visualization</p> <p>Elements of team cohesion</p> <p>Make use of elementary language to guide decision making</p> <p>Team building activities</p> <p>Develop communication skills and understanding</p>	<p>Reinforce positive visualization</p> <p>Introduction to goal setting: individual and team; shared leadership</p> <p>Mental rehearsal: game situations- individual and team; greater independence</p> <p>Develop decision making abilities: game situation and out of pool responsibilities</p> <p>Team building activities</p>	<p>Attention and emotional control (consolidate)</p> <p>Stress management and coping strategies (consolidate)</p> <p>Pre-game, game, and post-game routines (refinement)</p> <p>Visualization and decision making (refinement)</p> <p>Leadership, team dynamics, and independence (consolidate)</p>	<p>Self identification- what kind of player am I and what is my role within the team</p> <p>Attention and emotional control and stress management (consolidate)</p> <p>Pre-game, game, and post-game routines (refine and consolidate)</p> <p>Visualization, goal setting, and decision making (refine)</p> <p>Communication skills with media, sponsors, and VIPs</p>	<p>Self identification- what kind of player am I and what is my role within the team</p> <p>Attention and emotional control and stress management (consolidate)</p> <p>Pre-game, game, and post-game routines (refine and consolidate)</p> <p>Visualization, goal setting, and decision making (refine)</p> <p>Communication skills with media, sponsors, and VIPs</p>	<p>Positive, fun, and stress free environment</p> <p>Team building activities</p> <p>Self-esteem and confidence building</p> <p>Communication- working with others</p>	<p>Positive, fun, and stress free environment</p> <p>Team building activities</p> <p>Self-esteem and confidence building</p> <p>Communication- working with others</p>
<p>Purpose of Competition</p>	<p>N/A</p>	<p>Participation</p> <p>Short games</p> <p>Few rules</p>	<p>Concentration on skill development</p> <p>Very simple game play</p> <p>Adapted rules and equipment</p> <p>Introduction of base tactics</p>	<p>Concentration on skill development</p> <p>Tryouts within competition context</p> <p>Progression of base tactics</p> <p>Introduction to elite level domestic competition</p>	<p>Development of tactical game play</p> <p>Application of techniques within competition context</p> <p>Individual and team targets relevant to long-term goals</p> <p>Introduction to International competition</p>	<p>Individual and team targets relevant to long-term goals</p> <p>Building domestic competitive system through exposure to highest level of water polo available in Canada</p> <p>Promotion of water polo through CIS</p>	<p>Individual and team targets relevant to long-term goals</p> <p>Building domestic competitive system through exposure to highest level of water polo available in Canada</p>	<p>At younger ages (teenagers) provide adequate competition that aligns with the Excellence stream so that athletes may transition into the Excellence stream</p> <p>At older ages (early adulthood and adulthood) match skills and abilities</p>	<p>Provide playing opportunities for people of all ages</p> <p>Participation</p> <p>Modified game rules</p>

Technical Skills	N/A	Aquatics and ball sport fundamental skills Swim skills Kicking skills Introduction to basic ball control skills	Learning and development of water polo specific body movement skills Refine swim and kicking skills Change in body position Refine and improve ball control skills Basic goaltending skills	Maintenance and improvement of all skills Development of secondary skills Development of positional skills	Skill perfection and situational adaptation Specialization of position Refinement of positional skill set	Skill perfection and situational adaptation	Skill perfection and situational adaptation	Assess the stage of skill acquisition for basic, advanced, specific and individual tactics	Maintenance and improvement of all skills Development of secondary skills
Tactical and Game Strategies Skills	N/A	N/A	Basic water polo decision making skills Learn and play all positions	Introduction and development of base tactical skills 1 on 1 tactics Understanding of all positions (general ability to play anywhere in the pool) Applied decision making (creativity) Introduction and development of special teams and transition	Introduction and development of advanced tactical skills Solutions to a wide variety of defences Introduction to individual and team performance analysis Continue to emphasize creativity Development and refinement of special teams and transition	Refinement and perfection of advanced tactical skills Increase sophistication of performance analysis Scouting to exploit your team strengths and opponents weaknesses Perfection of special teams and transition	Refinement and perfection of advanced tactical skills Increase sophistication of performance analysis Scouting to exploit your team strengths and opponents weaknesses Perfection of special teams and transition	Assess the stage of development of the athlete's knowledge and understanding of the principles of the various phases of the game	Basic water polo decision making skills Introduction and development of base tactical skills Understanding of all positions (general ability to play anywhere in the pool) Introduction and development of special teams
Supplementary Knowledge	N/A	Development of social skills: cooperation; working within a team; following directions; self-control; group interaction; and listening skills Introduction to simple safety guidelines Introduction to fair play philosophy Introduction to simple safety guidelines	Enhancement of social skills Understanding and adherence to fair play Simple work ethic and commitment expectations Introduction to ancillary capacities Injury prevention and management	Development of ancillary capacities Adherence of fair play Understanding of the benefits of sport specific training Injury prevention and management	Understanding the added-value of the ancillary capacities Development of weightlifting techniques Knowledge of competition structures and programs Development of performance analysis	Understanding the added-value of the ancillary capacities Refine mental training skills Consolidate recovery and regeneration skills Communication skills with media, sponsors, and VIPs	Understanding the added-value of the ancillary capacities Refine mental training skills Consolidate recovery and regeneration skills Communication skills with media, sponsors, and VIPs	Development and understanding of ancillary capacities Adherence of fair play Injury prevention and management Education on healthy eating habits Education on coaching, official, and administrative/ volunteering opportunities	Development and understanding of ancillary capacities Adherence of fair play Injury prevention and management Education on healthy eating habits Education on coaching, official, and administrative/ volunteering opportunities
Coach Certification (NCCP)	N/A	Aquatic facility: CSp - Initiation "ILWP Instructor" Club: CSp - Initiation "Community Club Coach"	Aquatic facility: CSp - Initiation "ILWP Instructor" Club: CSp - Initiation "Community Club Coach"	Competition - Introduction "The Competitive Coach" Competition - Introduction "The Advanced Competitive Coach"	Competition - Development "The Professional Coach"	Competition - Development Advanced Graduation & NCI Diplomas	Competition - High-Performance & NCI Diplomas	Competition - Introduction "The Competitive Coach"	Community Sport- Ongoing Participation
Referee Certification (OTCP)	N/A	N/A	Regional	Regional Provincial	National & UANA	National, UANA & FINA	FINA	Provincial	Regional