

RISE

RESILIENCE.IMPROVEMENT.SPORTSMANSHIP.EMPOWERMENT



MOVE

WATER POLO CANADA

DEVELOPMENTAL PROGRAM



Andrew Muir & Katia Perin
August 2022

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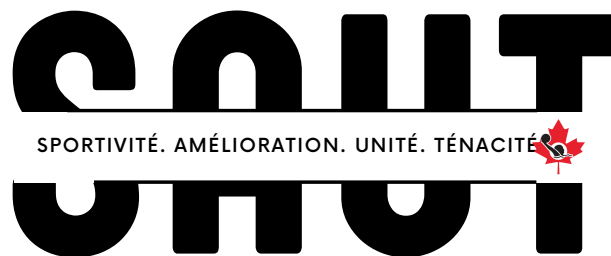
Abbreviations

WPC	Water Polo Canada
AGNT	Age Group National Teams
ADM	Athlete Development Matrix
PSO	Provincial Sporting Organisation
NSO	National Sporting Organisation
R.I.S.E	Resilience. Improvement. Sportsmanship. Empowerment
NCL	National Championship League
LTD	Long Term Athlete Development Model
RAMP	Athlete Database & Management Software
SRNT	Senior National Team



1.0 What is R.I.S.E

R.I.S.E is **Resilience. Improvement. Sportsmanship. Empowerment.** This developmental program is implemented by WPC, designed to establish technical and tactical foundations improving our competitive club athletes en route to AGNT.



1.1 Goals & Objectives

- Help athletes further develop as good people and citizens through holistic education and information sessions.
- Grow and disseminate Water Polo knowledge through the community, especially to the next generation of coaches.
- Create a technical and tactical foundations of athletes leading to stronger AGNT athletes.
- Create clear and well-structured programs that improve all pillars of our sport.
- Help support the costs of AGNT programs.
- Align and help implement the Athlete Pathway

1.2 4-year Vision

- Have **all provinces** participating in the NCL running these camps in their provinces.
- Reduce parent costs of AGNT by **100%**.
- See an **increase** in **skill** and **physical ability** in NCL teams.
- See a **wide provincial representation** on AGNT.



2.0 Opportunities

Implementing this developmental program with give athletes opportunities to grow as players, and as people. It will also help PSO's grow the talent within its province and help fund AGNT athletes. Here are opportunities that will be available through this program:

2.1 Technical Curriculum

Consolidate and unify Canadian technical abilities, streamlining expectations of athletes as they begin entering the Canadian Athlete Pathway.

2.2 Evaluation Tool

Measures progression and improvement, focuses on needs, helps to set goals, platform for communication, provides guidance and understanding, celebrates success.

2.3 Tactical Theory

Establish the foundations of a Canadian style of play, providing an initial layer of tactical knowledge prior to joining AGNT programs.



2.4 Workshop Clinics

Incorporating theoretical workshops will help create a strong foundation and raise awareness of important sport related topics.

2.4.1 Safe sport

This workshop will give athletes an understanding of Water Polo Canada's safe sport rules and its importance in modern Canadian sports.

2.4.2 Rule interpretation

As athletes are slowly entering the competitive stream, it is important for them to develop a thorough understanding of the rules. This workshop will be given to introduce basic Water Polo rules and allow developing referees to put their knowledge into practice.

2.4.3 Nutrition

Knowing how and when to fuel your body is very important for high performing athletes. This workshop will teach athletes what they should be eating and when to gain optimal energy for practices/games.

2.4.4 National Team Athlete "Keynote"

Having National Team Athletes discuss their path to become AGNT or SRNT will help motivate the younger generation to work hard and stay committed in the sport. Athletes will be encouraged to ask questions.

2.4.5 Coach development

Outline opportunities for coach education around the technical and tactical pillars of the game. Water Polo Canada strives to deliver NCCP pathway courses or quality courses that will offer PD points to certified coaches. Should the demand exist, these camps may also serve as a platform to train and certify learning facilitators in regions across Canada.




2.4.6 Referee development

Install opportunities for younger athletes to enter the referee stream and gain their initial experience in the regional referee course, the provincial referee course, and perhaps even an opportunity to deliver the National referee course.



3.0 Athlete Pathway

Following the LTD, WPC aims these camps to target the FUNdamentals and Learn to Train stages of an athlete’s development. These camps will serve as an initiation to athlete identification and will bridge the train to train, train to compete and train to win stages of the LTD via Regional Development Centers. This helps to build a Canadian identity as age-appropriate programming will be delivered with clear technical and tactical objectives.

		AGE (Approximate)	COMPETITIONS 	COACHES 	OFFICIALS 
ACTIVE START		M 6-9 F 6-8	Grassroots (mixed gender)	Community Sport-Ongoing Participation	N/A
FUNDAMENTALS		M 9-12 F 8-11	Grassroots (mixed gender)	Community Sport-Ongoing Participation	Community Sport Referee
LEARN TO TRAIN		M 12-14 F 11-13	Regional/ Provincial club water polo	Community Sport-Ongoing Participation	Community Sport Referee
TRAIN TO TRAIN		M 14-16 F 13-15	Provincial League, 15U Nationals (East/West), National/ Provincial Team Programs	Competition-Introduction	Community Sport Referee & Provincial Competition Referee
TRAIN TO COMPETE		M 16-19 F 15-18	NCL, Age Group National Team Programs	Competition-Development	Provincial Competition Referee, National Competition Referee & Pan Am Aquatics Referee
LEARN TO WIN		M 19-25 F 18-23	Semi-Pro Canadian League, European Professional Leagues, NCAA	Competition-Development	National Competition Referee, Pan Am Aquatics Referee & World Aquatics Referee
TRAIN TO WIN		M 25+ F 23+	Senior National Team, World Championships & Olympic Games	Advanced Coaching Diploma	World Aquatics Referee
ACTIVE FOR LIFE	COMPETITIVE FOR LIFE	ALL AGES	Club, University club programs, Masters	Competition-Introduction	Provincial Competition Referee
	FIT FOR LIFE	ALL AGES	Club, High School, Masters	Community Sport-Ongoing Participation	Community Sport Referee



4.0 Benefits

4.1 Benefits to PSOs

- Improvement of technical aptitude of athletes in your province
- Funding for AGNT athletes
- Dissemination of National Team technical curriculum to your province
- Opportunity for coach training & certification in your province
- Opportunity for referee training & certification in your province



4.2 Benefits to clubs

- Supplementary and infrequent resource for younger athletes to learn the sport of Water Polo
- Supplementary coach education platforms to help educate your current young coaches, aspiring coaches, or older athletes
- A social platform of collaboration, helping to grow the sport of Water Polo in Developing communities.

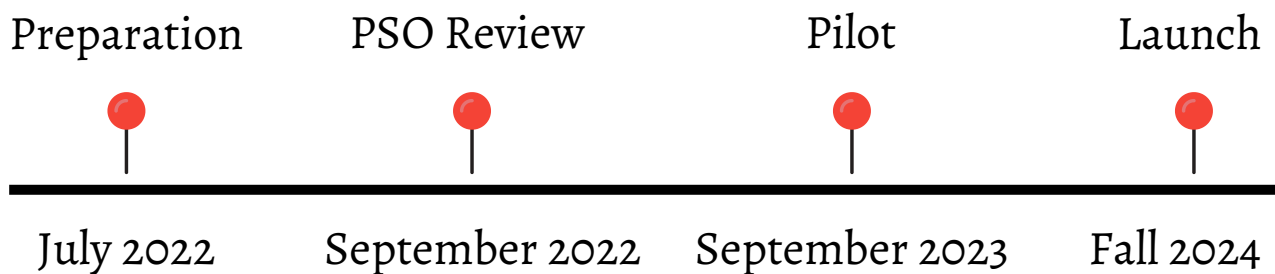
4.3 Benefits to athletes

- Fun and challenging technical aspects
- Detailed technical coaching
- A good introduction to competitive water polo
- Athlete education geared around holistic philosophies (nutrition, respect, etc)



5.0 Pilot Planning

WPC is looking to pilot this program in two locations, one Eastern and one Western. The 4-year plan is to have all NCL participating provinces active in the RISE program with potential outreach programs extending into eastern Canada and other developing regions. The program was reviewed in September 2022 and the first pilot camp will be in the fall of 2023. By 2030, we are targeting 1200 athletes country wide to participate bi-annually.



6.0 Marketing to club

WPC will provide marketing materials that can be used to promote the program (see Annex A). Having a unified marketing strategy will allow consistency across the country and ensure the growth of this camp structure in the following years.



7.0 Camp Structure

It is clear to WPC that utilizing the same camp template for each region is unreasonable. Camps will be tailored to the geography and needs of the region while still aiming to accomplish its intended goals. As such, you may see changes in schedule, locations, costs, and resource allocation. Discussing each PSO's need is part of WPC's intentions when building this camp structure.

The goal is to make these camps affordable, so avoiding hotel and flight costs is a must to make it sustainable. The camp cost may vary from provinces.

The approximate cost per athlete per camp is \$250. If parents sign their children up during early registration, the camp will cost \$200.



12-15-year-old boys and girls



2 time per year/region
(May & September)



In regions across
Canadian provinces



Create sustainable infrastructure that helps educate coaches & athletes across Canada while simultaneously creating a revenue stream that supports AGNT programs



7.1 Schedule of Camp

Depending on each region and its unique geographical challenges, Water Polo Canada would utilize either single day camps or camps that extend through the weekend. Coach and referee clinics will also be offered on the evening prior to the start of the event.

Please find below examples of a weekend format and single day format. (Maximum 40 athletes/age group)

Each camp will include:

- Technical practices
- Tactical drills
- Physical testing
- Evaluations
- Workshops
- Games
- Coach Mentoring
- Referee Mentoring
- Awards / Prizes

****Please note that these schedules are not finalized and will be adapted to each provinces needs and realities.**

	Weekend Format			Single Day Format			
	Friday	Saturday	Sunday		Friday	Saturday	Sunday
800		13U Skills Comp	13U Drills & Games	800		13U Skills Comp & Skill Development Session	15U Skills Comp & Skill Development Session
830				830			
900				900			
930				930			
1000		15U Skills Comp	15U Drills & Games	1000			
1030				1030			
1100		Lunch & Workshop	15U Drills & Games	1100			
1130				1130			
1200				1200			
1230				1230			
1300		13U Skill Development		1300		Lunch & Workshop	Lunch & Workshop
1330				1330			
1400		15U Skill Development		1400		13U Drills & Games	15U Drills & Games
1430				1430			
1500				1500			
1530				1530			
1600		Coaching Clinic	Referee Clinic	1600			
1630				1630			
1700				1700			
1730				1730			
1800				1800			
1830				1830			
1900				1900			
1930				1930			
2000		2000					
2030		2030					
2100		2100					
2130		2130					
2200		2200					



8.0 Awards

To highlight the athlete's hard work and commitment, athletes who participate in both camps will be eligible for awards. The winners will be picked based on results and coach consultation.

Additionally, upon completion of both camps, athletes will receive a certificate outlining their participation in one or both camps (see Annex B).

8.1 Top overall score

This award will be presented to the athlete, male or female, who has had the best results throughout the two camps. This award will be determined based on test scores and coach discussion.

8.2 Most Improved

This award will be presented to the athlete, male or female, who has showed the most improvement during physical testing, water drills, and scrimmages. This award will be determined based on test scores and coach discussion.

8.3 Academic Stars

During workshops, athletes can collect points based on their participation, once they receive 10 points, they will be awarded with WPC merchandise (stickers, pins, lanyards, water bottles, etc.). At the end of both camps, an award will be presented for the best academic performance.



Frédéric Thomas - Waterpolo Québec

9.0 Merchandise

WPC is looking to have t-shirt for sale during the registration process. Athletes will be able to pre-pay and order their t-shirt to then receive them during the first camp. They will be sold for \$25 each. WPC is committed to donate a portion of every shirt sold to AGNT funding and RISE program costs.

Example of t-shirt



10.0 Resources

To ensure these camps run successfully, we will need the following resources. Depending on the realities of each PSO, these might change from province to province.

10.1 Physical Resources

These resources include anything from pools, balls, nets, clocks, whistles, caps, etc. Ideally, the local clubs and PSO would ensure all these items are available in the given location before starting the camp. If any PSO is missing equipment, please contact Andrew Muir (ahmuir@waterpolo.ca) for further discussion.

*Please note WPC will not be providing any food or beverages for participants.

10.2 Digital Resources

These resources include the RAMP and 68 Evaluation platform, as well as WIFI and laptops/iPad. Ensuring that on site coaches / staff are familiar with these platforms before the start of the camp will avoid logistical issues. Water Polo Canada is considering the use and installation of the 68 sports platform, where we would be able to evaluate athletes, create individual profiles, observe trends and progressions, and prepare well recognized athlete profiles to help with AGNT, SRNT, college and professional recruitment opportunities.

10.3 Human Resources

These resources include master coaches, alumni coaches, learning coaches, master referees, learning referees, workshop presenters, non-participating athletes. WPC encourages PSO's and clubs to put forward athletes who need to complete volunteer hours with their respective clubs to help with these camps. Ensuring a good coach to athlete ratio is important to make this camp run smoothly.

Coach : athlete = 1: 8

Referee : athlete = 1 : 20

Volunteer : Testing Station = 1 : 5



11.0 Coach Education

Water Polo Canada aims to utilize RISE as a platform for coach education across Canada by delivering NCCP sport specific courses to local coaches. Focusing primarily on delivering Competition-Introduction and Competition-Development sport specific modules.

Upon taking the sport specific course, coaches will have the opportunity to join in running the camp and delivering Water Polo Canada curriculum to the participation athletes. Opportunities for coach evaluators to be present to evaluate and certify coaches will also be present.

Furthermore, the RISE program will be the platform for Water Polo Canada to bridge the gaps in coach evaluator and coach developers across Canada.

12.0 Referee Education

Similar to the coaching stream, Water Polo Canada aims to utilize RISE as a platform for referee education and evaluation. Focusing primarily on delivering regional and provincial training to referees across Canada.

Upon becoming trained through their course, referees will have the opportunity to officiate the scrimmages to be held during the final session of a RISE camp receiving feedback from their local instructor.

While evaluations will not be possible at these events, Water Polo Canada can mobilize referee training nationwide.



13.0 Timelines

Time	What	Who
July 2022	Preparation of the Proposition Document	WPC
August 2022	Preparation of the required materials & presentation to PSO's	WPC
November 2022- August 2023	Preparation with pilot PSO's to host 1st camp	WPC & PSO
September 2023	Western & Eastern Pilot Camps	WPC & PSO
October 2023	Collection of athletes, coaches, & PSO feedback	PSO, athletes, clubs
November 2023	Adjustment of camps based on recommendations	WPC
Summer 2024	Official Launch	WPC



Annex A

Participation Certificate

CERTIFICATE OF RECOGNITION

PROUDLY PRESENTED TO

Katia Perin

For participating in the R.I.S.E Developmental Program
during the 2022-2023 season



Andrew Muir

Andrew Muir

Senior League & Pathway Manager

Olivier Pineau

Olivier Pineau

High Performance Director

NAME

NAME

Head Coach - Men AGNT

CERTIFICATE OF RECOGNITION

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Andrew Muir

Andrew Muir

Senior League & Pathway Manager

Olivier Pineau

Olivier Pineau

High Performance Director

Name

Name

Head Coach - Women AGNT

CERTIFICAT DE RECONNAISSANCE

FIÈREMENT PRÉSENTÉ À

Katia Perin

Pour avoir participé au programme de développement
S.A.U.T pendant la saison 2022-2023



Andrew Muir

Andrew Muir

Gestionnaire de Cheminement

Olivier Pineau

Olivier Pineau

Directeur de Haute-Performance

NAME

NAME

Entraîneur en chef - Femme AGNT

CERTIFICAT DE RECONNAISSANCE

FIÈREMENT PRÉSENTÉ À

Katia Perin

Pour avoir participé au programme de développement
S.A.U.T pendant la saison 2022-2023



Andrew Muir

Andrew Muir

Gestionnaire de Cheminement

Olivier Pineau

Olivier Pineau

Directeur de Haute-Performance

NAME

NAME

Entraîneur en chef - Homme AGNT

Annex B

Logos

RISE

RESILIENCE.IMPROVEMENT.SPORTSMANSHIP.EMPOWERMENT



RISE

UNIT

SPORTIVITÉ. AMÉLIORATION. UNITÉ. TÉNACITÉ



UNIT