



## High School Excellence Program Application Form 2021-2022

Water Polo Saskatchewan is pleased to announce the application process for the 2021-2022 High School Excellence (HSE) program. The program is designed to provide an increase in sport-specific training at the provincial level in preparation for the national level training center.

WPS has partnered with the Academy program at Martin Collegiate in Regina, SK to allow student-athletes an appropriate balance between their education and their training schedules. Martin Collegiate allows each student-athlete to set up their course schedules each semester to fit the required courses for graduation throughout the 4 year period. Each student would receive a ‘gap’ in their fourth period slot in order to attend water polo training at the Lawson each Monday, Wednesday, & Friday, and their weights & conditioning course on Tuesdays & Thursdays.\*\* Martin Academy students will be asked by Martin Collegiate to pay \$500 as part of the registration fees for their on-site weight training. An example schedule for our student-athletes is provided below:

Start of Day - Wednesday			Start of Day - Thursday
AM	7:20-8:21 AM		**possible weights & conditioning time @ Academy on Tuesdays & Thursdays
FIRST BELL	8:25 AM		
PERIOD 1	8:30 - 9:31 AM	Student in Class	Student in Class
PRIDE	9:35 - 9:50 AM	Student in Advisory Program	Student in Advisory Program
PERIOD 2	9:54 - 10:55 AM	Student in Class	Student in Class
PERIOD 3	10:59 - 12:00 PM	Student in Class	Student in Class
LUNCH	12:00 - 1:10 PM	Student at Lawson Aquatic Center (HSE)	Weights & Conditioning (Academy OR Level 10 after school)

PERIOD 4	1:10 - 2:11 PM	Student at Lawson Aquatic Center (HSE)	Weights & Conditioning (Academy OR Level 10 after school)
PERIOD 5	2:15 - 3:16 PM	Student in Class	Student in Class
End of Day			

\*\*Time of weights & conditioning schedule is subject to change per Martin Academy's capacity for student-athletes in each course slot time.

For those student-athletes that wish to attend a different school other than the Martin Collegiate Academy, they may still participate in the High School Excellence training with WPS. The water training session remains the same at the Lawson, 12:00 PM to 1:30 PM, and the weights & conditioning sessions will be on Tuesdays & Thursdays from approximately 4-5 PM at Level 10 Training on Grant Road. Payment for Level 10 weight training will be made to Water Polo Saskatchewan at the time of registration and is an equal \$500 payment that is made by Martin Academy students for their training at the school.

<b>High School Excellence Program</b>			
Training	Water Polo	Weights & Conditioning (2 options)	
When	Monday, Wednesday & Friday 12:00 PM – 1:30 PM	Tuesday & Thursday 12:00 PM – 1:00 PM Saturday 10 – 11 AM	Tuesday & Thursday 4:00 – 4:45 PM Saturday 10 – 11 AM
Student – Athlete Focus	All High School Excellence Student Athletes	Martin Collegiate Students	All Other HS Students in Regina
Age	Grades 9 - 12	Grades 9 - 12	Grades 9 - 12
Athlete Selection	Invite Only	Invite Only	Invite Only
Period	September to June	September to June	September to June
Event	NCL 16U and 19U		
Registration Fee & Deadline	<p><u>\$675</u> payable to Water Polo Saskatchewan (Water Polo Training)  <u>\$500</u> payable to EITHER Martin Collegiate OR Water Polo Sask for Level 10 (Weights &amp; Conditioning)</p> <p>Both fees will be payable between Sept 1, 2020 and Sept 15, 2020 (minus the \$100 deposit).</p> <p><b>Deposit to secure your child's spot: \$100 payable by July 31st, 2021.</b> Once paid the deposit is not refundable except if the vacant spot can be filled up.</p>		

	<p>Payment Options:</p> <p>By e-transfer - <a href="mailto:admin@wpsask.ca">admin@wpsask.ca</a> *Add a note with <u>athlete's name</u> &amp; "2021-2022 HSE program deposit /or registration"*</p> <p>By cheque mailed to – 300-1734 Elphinstone Street, Regina, SK S4T 1K1 with attention to Water Polo Saskatchewan</p>
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Congratulations and we are looking forward to your training at the Regional Development Centre in Regina with the High School Excellence program this upcoming 2021-2022 season.

Sincerely,



**Rachel Krieger | Elite Provincial Head Coach | Water Polo Saskatchewan**

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