



Provincial Centres 2025-2026 (DC, HC and HSE) Policy

- INTRODUCTION -

Water Polo Saskatchewan is committed to offering quality training programs with the objective of fostering growth in the number of participating teams. By so doing, we are helping our sport to grow, and providing the participants with a positive and rewarding experiences.

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1. General Principle

Water Polo Saskatchewan has developed a Provincial Elite Pathway that is providing its athletes access to a high-quality training allowing each of them to develop their skills toward the highest national and international levels. The Provincial Elite Pathway is optimizing capacities of Clubs, Provincial Teams and National Teams to offer three levels of training through the athletes development: The Development Centre (DC), the High Performance Centre (HC) and the High School Excellence (HSE). All three levels are critical programs offered and run by Water Polo Saskatchewan as identification of our [high performance athlete pathway](#).

To be eligible to participate, athletes must be registered in their club level at the highest competitive program offered for their age group. Provincial Centres are not a substitute program to clubs' programs. Only Team Sask Alumni can be invited under specific conditions to attend those practices without being part of the highest competitive program of their club.

Every year Water Polo Saskatchewan is evaluating its athletes using the operation policies you can find at <http://www.wpsask.ca/about/policies/>. Identified athletes are then invited to join the DC, HC or HSE. However, any athlete who hasn't been invited at the beginning of the season can ask for a skills assessment to be accepted in the DC, HC or HSE program. The following document outlines the WPS programs and goals, as well as the tests performed for each level and the evaluation criterion.

2. Definition

A. Development Centre (DC)

Step 1 on our elite pathway. The WPS Development Centre is an inclusive program that will lead athletes into our more competitive programs (HC and HSE), where the standards are elevated to create the best high-performance training environment possible for our athletes. This program is offered in Regina, Weyburn/Estevan, and Saskatoon. WPS will be facilitating this program for targeted athletes to grow and develop into future provincial team members to represent the province on a national scale. Provincial team coaches will be given the opportunity to train, develop and monitor these athletes for future Team Sask competition selection opportunities.

B. High Performance Centre (HC)

This is the step 2 of our competitive programs that will lead athletes into our High School Excellence program. The standards are elevated to create the best high performance training environment as possible for our athletes. HC has the goal of offering an additional high-quality practice every week with a Provincial Team Coach and a weekly Strength and Conditioning practice with a professional trainer. This program is offered in Regina, Weyburn/Estevan, and Saskatoon.

WPS will be facilitating this program for targeted athletes to participate in the provincial team program. The privilege to be a part of this program will give athletes an opportunity to be one of those considered in a selection process to be a member of WPS provincial team in Water Polo Canada's 16U, 18U or Senior Leagues, in addition to any other Team Sask invitational tournaments.

C. High School Excellence (HSE)

This program is step 3 on our elite pathway and is centralized in Regina, SK. This program is designed to provide an increase in sport-specific training at the provincial level in preparation for the national level training center. This program has been recognized by Water Polo Canada and has been designated as a Regional Development Centre (RDC). Athletes selected to participate in this program are selected on an invitational basis; there are a maximum number of spots available, so a depth chart of athletes is additionally created by the WPS coaching staff to select athletes.

These athletes will be provided with a training environment to best achieve their goals in high-performance sport. The privilege to be a part of this program will give athletes an opportunity to be one of those considered in a selection process to be a member of WPS provincial team in Water Polo Canada's 16U, 18U or Senior Leagues, in addition to any other Team Sask invitational tournaments.. These athletes will also be eligible for Water Polo Canada's Age Group National Team programming (AGNT).

D. Regional Development Centre (RDC)

Water Polo Canada has labeled our HSE program as one of six Regional Development Centres for Age Group National Team. Athletes must be part of this RDC to be eligible for Age Group National Teams. As well, WPS is receiving a financial contribution from WPC to help subsidize the overall cost of this program.

E. Team Sask Alumni

1. Team Sask Alumni

All athletes who competed on the national stage (NCL 15U, 16U, 17U, 18U or Senior, and/or NPC 19U) for Team Sask. Team Sask Alumni may be invited to train at a Provincial Centre if there is available capacity, even if they are not currently participating at the highest competitive level within their local club's training programs. These athletes will still be required to pay the Provincial Training Centre fees.

2. Team Sask Alumni "HS Graduate"

Team Sask Alumni who have graduated high school. These individuals will be exempt of the Provincial Training Centre fee when invited to train in DC, HC or HSE.

3. Locations

WPS will re-evaluate the location of each Provincial Centre every year, depending on the potential number of athletes, facility design and availability, and coaches' availability.

For 2025-2026, Provincials Centres will be located as follows:

- Development Centres: Estevan, Regina and Saskatoon
- High Performance Centres: Estevan, Regina and Saskatoon
- High School Excellence: Regina

4. Athlete Eligibility

A. Criterion

Athletes must be in the DC, HC and HSE age group range.

Athletes must be registered in their local club's most competitive program for their age group.

Athletes must have the skills required as per the evaluation tool.

B. Invitations

Provincial coaches will send invitations to identified athletes before each season for the 3 level of Provincial Centres (DC, HC and HSE).

C. Try-Outs

Non-invited athletes can request a try-out session. Provincial coaches will use the evaluation tool kit available.

5. Annual Fees for 2025-2026

- A. DC: \$475
- B. HC: \$675 (includes 1 weekly strength and conditioning session)
- C. HSE/RDC: \$675 (includes 1 weekly strength and conditioning session) + \$500 for 2 additional strength and conditioning sessions weekly (Level 10 or Martin HS)

6. Training Behavior and Strike Policy

WPS operates practices on a “**three-strike policy**” by staff to ensure the training environment is conducive to all athletes’ development. The procedures will be as follows:

- **Strike 1** – Athlete will be given a verbal warning if behavior shown does not create an environment conducive to learning. The athlete will be asked to sit out for the remainder of the training period and an email will be sent to parents and/or guardians to inform them of the behaviour.
- **Strike 2** – Athlete will be asked to sit out for the remainder of the practice and a formal meeting will be set up between the coaches and athlete’s family (either in person or through a Zoom call).
- **Strike 3** – Athlete will be dismissed from the program and be ineligible for consideration for selection to Team Sask rosters for the remainder of the season.

7. Team Selection Policy

WPS staff retain the right to follow the selection policy criteria outlined on our website. The full policy is detailed under Operational Policies; “**8.0 National and Provincial Competitions**”.

8. Attendance

Athletes must maintain a **75% attendance** (training, camps, and competitions) in both their club and provincial training to remain in consideration for Team Sask rosters. Attendance will be maintained and monitored by the WPS office.

9. Refund Policy/Program Withdrawal

A. Reimbursement of WPS Training Programs

In the instance where an athlete withdraws from a Water Polo Saskatchewan training program (Development Centre, High Performance Centre or High School Excellence), WPS will reimburse the athlete using a pro-rate that calculates the length of the program left in months, beginning in the first day of the month following the date the withdrawal was made.

Withdrawals made after December 31st will NOT be reimbursed.

B. Reimbursement of WPS Competition Program

WPS will NOT reimburse athletes who withdraw from a competition after they have been invoiced and after the first date where a payment is required has passed. This is hereafter known as the first payment date.

Athletes are invoiced for the full amount but may select to pay in a payment plan; however, once the athlete is registered to program, they are responsible for making the full payment.

Athletes may request a reimbursement if they feel their withdrawal is a result of exceptional circumstances. Athletes requesting reimbursement under the “exceptional circumstances clause”, must submit their request, in writing to WPS, post-haste:

1. Prior to the 1st day of consecutive day, single events
2. Prior to the last weekend of league events.

Their request will be considered by an Exceptional Circumstances Reimbursement Committee.