

PATHWAY	ACTIVE START	I LOVE WATER POLO		COMPETITIVE FOUNDATIONS	TRAINING TO COMPETE	TRAINING TO PERFORM	LIVING TO WIN	ACTIVE FOR LIFE
		FUNDAMENTALS	TECHNICAL FOUNDATIONS					
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	Enter at any age
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+ (20+) years old	Enter at any age
Stage of Maturation	Early Childhood		Late Childhood		Early Puberty		Late Puberty	
					Early Adulthood		Adulthood	
Philosophy	Getting Wet	Fun	Lay the Foundations	Build the Competitive Base	Competition	RTE (Road to Excellence)	Excellence	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	Optimize the engine and learn to compete	Own the Podium	Gold Medal Performances	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	Create water polo opportunities for all ages- player, coach, administrator, volunteer, and official
Time Commitment	Progressive participation in aquatic activities	Regular participation in aquatic activities	2-4 hrs/week; 1-2 water polo sessions	3-6 hrs/week; 1-3 water polo sessions	3-6 hrs/week; 1-3 water polo sessions	12-15 hrs/week; 5-6 water polo sessions- including dry land	20-25 hrs/week; 8-11 water polo sessions- including dry land	3-6 hrs/week; 1-3 water polo sessions
				10-12 hrs/week; 5-6 water polo sessions- including dry land	12-15 hrs/week; 5-6 water polo sessions- including dry land			
				12-15 hrs/week; 6-8 water polo sessions- including dry land	15-18 hrs/week; 6-8 water polo sessions- including dry land			
Conditioning Time Commitment	N/A	N/A	1.5 hrs/week; 3 dry land sessions Extra dry land above and beyond is highly recommended	1 hr/week; 2 dry land sessions	1 hr/week; 2 dry land sessions	4.5 hrs/week; 3 dry land sessions	6 hrs/week; 4 dry land sessions	Optional Recommended: 30 mins/day
				3 hrs/week; 3 dry land sessions	3 hrs/week; 3 dry land sessions			
				3 hrs/week; 3 dry land sessions	4 hrs/week; 3 dry land sessions			
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; be active on land and in the water

<p>Growth &amp; 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 speed window- agility &amp; quickness: girls 6-8 yrs old; boys 7-9 yrs old</p> <p>Suppleness window- 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>Suppleness window- flexibility: 6-10 yrs old</p> <p>2nd speed window (alactic): 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 speed window (alactic): girls 11-13 yrs old; boys 13-16 yrs old</p> <p>Optimal strength window: 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>Optimal strength window: 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>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>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>Provide playing opportunities for people of all ages</p> <p>Participation</p> <p>Modified game rules</p>

Types of Competition	N/A	No structured or formal competition	No formal competition structure	Community and high school leagues	Community and high school leagues	Regional club leagues, Provincial Championships, National Club Championships, & CIS	Semi-pro or professional league play, & National Team (Sen A & Dev)	Community, high school, regional club, and masters leagues
			Modified games	Regional club leagues, Provincial Championships, & Regional Club Championships	Regional club leagues, Provincial Championships, & National Club Championships			
			Incorporate skill development within competitions	National Development Centres, National Championships, and Provincial Programs.	National Development Centres, Canada Games, and FINA Junior World Championships	Semi-pro or professional league play, & National Team (Sen A, Dev, & FISU)		
Planning & Periodization	No periodization	No periodization	No periodization	Single or double periodization	Single or double periodization	Double or triple periodization	Double or triple preperiodization	No periodization
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	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	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
Optimal Practice to Game Ratio	N/A	70:30	60:40	50:50	40:60	30:70	25:75	20:80

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
Coaches Certification	N/A	Community Sport-Initiation	Community Sport-Initiation	Community Sport-Initiation  Competition - Introduction  Competition - Introduction  Competition Introduction Advanced Gradation	Competition - Introduction  Competition -Introduction Advanced Gradation  Competition-Development	Competition - Introduction Advanced Gradation  Competition-Development	Competition- High-Performance	Community Sport-Initiation or Competition-Introduction
Referee Certification	N/A	N/A	Community Sport Initiation	Community Sport Initiation  Regional  Provincial	Regional Provincial  National C National B National A	National C National B National A  National A UANA FINA FINA-R	UANA FINA FINA-R	Community Sport Initiation  Regional  Provincial
Facilities	Any water basin	Any pool 1-2 meters deep	20-25 metres all deep or combination shallow-deep	25 metres all deep	25-30 metres all deep	25-30 metres all deep	25-30 metres all deep	20-25 metres all deep or combination shallow-deep

**Legend (streams of competition):**

Physical Literacy
Active for Life Stream and Pathway
Competitive Stream
Excellence Stream

*An athlete can move in and out of a stream of competition at any point in the Competitive Foundations and Training to Compete pathways.  
At the Training to Perform pathway, the Active for Life stream of competition is eliminated, and a recreational athlete will be part of the Active for Life pathway. Living to Win is strictly for the Excellence stream of competitive athletes (i.e. National Team athletes).*