

Water Polo Saskatchewan

Excellence Enhancement Program for Clubs

Shaping the Future of Water Polo in Saskatchewan

Over the last few years, Saskatchewan water polo teams have had unprecedented success on the National scene. We have had 7 "top 4" finishes at Nationals, including 2 National Championship teams, and won several regional tournaments. Our athletes, both male and female, have been regularly selected to tournament All Star teams and Youth, Junior, and Senior National teams. Many athletes from Saskatchewan have relocated to train with the National Training Centres.

While performance on a national scale has been highlighted in the past few years, the number of athletes participating in inter-provincial tournaments has not increased. This season, Water Polo Saskatchewan is introducing a program to address the reduced numbers. The program will focus on athletes, both boys and girls, born 1988-1992. The primary short term goal of the program is to perform at the 2006 Youth Cup. Secondary goals this season is to generate excitement and interest in all aspects of water polo - playing, coaching, officiating, and volunteering. Hopefully, this program will assist clubs in attracting and retaining athletes by providing long term National level goals, and a local program to support training and competition.

The program is not intended to be an elitist model. It is intended to enhance club training. All athletes born 1988-1992 are invited to participate. I hope that all athletes will participate, thereby becoming better water polo players and enriching their life skills, enjoying some fantastic company and wonderful experiences.

The Youth Provincial Program is available to all members, but initially, WPS will focus mainly on enhancing club programming in Estevan, Weyburn, Regina, and Saskatoon. The program will train all aspects of the game, including swimming, passing and shooting, various techniques, strategies and tactics, mental training, nutrition, strength training, flexibility. Athletes will attend 7 Provincial Camps, 5 competitions, and spend 700 hours over the next 11 months preparing to achieve our goals.

Mike Mortin
Provincial Coach

Talent ID, Training and Sport Medicine & Science Camps

Dates	Training Camp	Place	# Athletes	Costs
September 10-11	1.5 Day Camp	Regina	30	Facility Coaching Snacks T-shirt Staff travel admin
Oct 22-23	2 Day Open Camp	Weyburn	30	
Dec 10-11	2 Day Open Camp	Regina	30	
January 14-15	2 Day Open Camp	Estevan	30	
March 4-5	2 Day Open Camp	Saskatoon	30	
April 15-16	2.5 Day Open Camp	Regina	30	
July 10-14	5 Day Open Camp	Regina	30	
6 Camps				\$650

Competition

Dates	Competition	Place	# Athletes	Cost
Nov 11-13	Sask Open	Regina	26	50
Jan 27-29	Bushido Inv	Winnipeg	26	350
Mar 16-19	Alberta Open	Calgary	26	500
May 4-7	Youth Nationals (F)	Eastern Canada	13	
May 11-14	Youth Nationals (M)	Eastern Canada	13	750
July or August	Youth Cup	TBD	26	1100
5 competitions				\$ 2750

Water Polo Saskatchewan Subsidy

- To contract out Coach / Technical Advisor from the Participation and Excellence funding blocks**
 - to develop and oversee a provincial training program grass roots to International level
 - to develop and mentor future provincial program coaches from grassroots to International level
 - to monitor athlete development and promote SK athletes onto the National scene
- To maintain a standard fee per camp based on a set number of participants. This means fees will not be increased if less than 30 participants register, nor will the camps be cancelled.**
- To maintain funding assistance for those athletes attending National Competitions, which includes team entry fee, officials assessment and travel assistance**

Water Polo Saskatchewan Inc
Enhanced Program Camp #1

September 10-11, 2005

Lawson Aquatic Centre & Level 10 Fitness Club
Regina, Saskatchewan

Saturday September 10, 2005 Cancelled
Sunday September 11, 2005 Cancelled

Fee: \$150 payable to Water Polo Saskatchewan

Please complete attached form and return with Fee to Water Polo Saskatchewan
before September 9, 2005

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Enhanced Program Camp #1

September 10-11, 2005 Cancelled

Club Affiliation: _____

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Birthdate: _____

Email: _____ Fax: _____

Return form and Payment to: Water Polo Saskatchewan
1860 Lorne Street,
Regina, Sask. S4P 2L7
Fax: 780-9467

Office Use Only:

Fee Received: _____ Cheque # ____ Cash ____