



Water Polo

WESTERN AUSTRALIA

WPWAI Underpinning Program 2017

Water Polo Western Australia

WA Sports Lotteries House
Stephenson Ave, Mt Claremont
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Selection of Underpinning Players 2017

Identified player age group for the underpinning programs are:

Boys - 16-18 years old athletes

Girls - 15-17 years old athletes

Based on previous testing and or performance on state and national championships, selection of players would be made by WPWAI in consultation with Institute coaches and clubs. The best 15 athletes will be invited to train in the program.

The selected athletes will be in the program during the winter unless it is changed by Water Polo WA.

All athletes will undertake a review at the end of the 1st year to ensure that they are committing to the program and undertaking their responsibilities of being part of the squad.

There will be a reserve list of players as part of the selection policy, who will be called upon in the event of withdrawals from the program.

A report form is designed for the Underpinning coaches to update Water Polo WA and the club coaches monthly during the winter on the strength and weakness, improvement and commitment of the players throughout the trainings.



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What will the program look like?

The program would include 2 sessions per a week from May until the 16&U National Championships with a break in the July school holiday.

4 minicamps/mini tournaments (on weekends) with all club teams are proposed to be run

These sessions will focus on

- Skill Development (individual & team)
- Match practice

Athletes will be advised to complete 2 swimming sessions outside of these sessions and will also be involved in the DSR Developing Champions program which is compulsory for all underpinning squad members.

This program allows WPWAI and WAIS to jointly pick a topic of interest to help enhance athlete development out of the water. These training sessions will be structured around club sessions already in place and will be complementary to the club programs.