



UWA / City Beach Water Polo Club Inc Junior Water Polo Program 2017-18 U14 (Born 2004, 2005, 2006) Teams

City Beach WPC is now one of the largest clubs in Australia with over 800 playing members comprising both male and female players aged from 7 to 65 years old.

The management structure of the club provides for a committee delegate for each player group (14U, 16U etc) to ensure every member has equal representation to play and enjoy water polo.

UWA / City Beach WPC provides significant financial and human resources into its junior programs with our main priority being to ensure that players entering State Junior League competitions, 14U Teams, are still playing the sport at a competitive level in future 16U & 18U teams. In the past, junior players have dropped out in the older junior ranks to pursue other interests and it is hoped our “cohort policy” by selecting players of the same age, who want to play water polo as their first choice sport will limit future player losses.

With the recent increase in the number of juniors playing water polo at UWA / CBWPC, it has become necessary to outline a guide as to how our junior program operates which will allow both the aspirations of a player wishing to reach elite playing levels as well as those players who are more interested in the fun and excitement the sport provides.

Recent results both at state and national level, particularly in the boys division indicate that this program is the best in Australia. This past Easter the boys won gold at both the State and National Championships. The girls won Silver in the State Championship and was placed 13th (25 Teams) in the National Championships.

Introduction to Water Polo

UWA / City Beach WPC introduces water polo to young boys and girls through a modified game called Flippa Ball in partnership with Flippa Swim.

Flippa Swim

Flippa Swim is a great way to improve swimming skills as well as basic water polo movements. It is just fun and widely enjoyed by young players aged 7 – 10 years of age. It forms the skill development for young boys and girls playing Flippa Ball.

Flippa Ball

Flippa Ball is water polo played with no contact and has modified rules to teach young players the basics of water polo. It is just fun and widely enjoyed by young players aged 7 – 10 years of age or school grades 2 - 5.

Young players progressing beyond Flippa Ball will then be ready to play with their school mates in UWA / City Beach's District School Competition.

District School Competition

UWA / City Beach WPC has a strong school based competition played on Saturday mornings at HBF Stadium. The rules of the game, as determined by FINA, are now played in this competition. There are separate competitions based on school grade cohorts for both boys and girls.

The competitions are generally as follows:-

- Grade 5 & 6
- Grade 7, 8 & 9

The District School Competition is the talent identification pool where young players may be invited to give water polo a more serious interest including the Winter Academy

Winter Academy

All players who participate in the District School Competition and older players (grades 4 & 5) participating in the Flippa Ball program are invited to the Winter Academy.

The Winter Academy is a program to teach basic water polo skills - catch & shoot, body position & game awareness, with an emphasis placed on improving swimming speed. Players lacking pool speed are encouraged to join the City Beach WPC swimming squad to help improve their swimming times.

In the last month of the Winter Academy training period, trials for selection in UWA / City Beach's 14U representative teams to play against other State Junior League Clubs is undertaken. Therefore, the Winter Academy is central to a player's water polo development and progression into the club's Elite Program.

Players who do not participate in the Winter Academy electing to play winter sports (football netball etc) will fall behind in their skill development and find it difficult to be selected in UWA / City Beach's representative 14U teams playing on Monday night against other State Junior League Clubs.

Two Streams –Summer Sport for Fun & Elite Program

Summer Sport for fun

A junior player who likes playing water polo and enjoys a regular competitive game without the regime of intensive weekly training is most suited to play in our district school competition. These players would only participate in our summer programs and would not be selected in club representative games competing against other State Junior League clubs.

The last page of this document shows the player pathway. There is a place at UWA / City Beach for any player progressing beyond the junior division and wishing to play the sport for fun until a mature age.

Elite Program

A junior player who really enjoys playing water polo, is a strong swimmer and is prepared to train both summer and winter is most suited to the elite 14U program. A junior player entering this program would participate in the Winter Academy and having attained a satisfactory level of skill development would then be selected in a representative 14U team of the club playing against other State Junior League clubs on a Monday night. The anticipation of the club is that a junior player would then remain with this age cohort and progress right through all ages of our junior competitions.

Monday Night Competition

Players selected to represent UWA / City Beach WPC on a Monday night are perceived to be very interested in a playing future in water polo. They are most likely to have participated in the Winter Academy and have improved their basic water polo skills from the previous summer season. Players cannot register to play on a Monday night (via the web site) unless they have first been selected.

Monday night Team selection is generally based on the following criteria.

- Swimming speed & fitness. Water polo is a swimming sport and therefore the fastest swimmers generally make the better water polo players.
- Attendance to training – generally 2 out of every three training sessions is a minimum attendance
- Behaviour and ability to carry out instructions at training – fooling around and not listening to instruction leads to poor quality training sessions.
- Performance in training games – players that train more often, listen to instruction and want to be better, become the players that meet the benchmark of our elite program..

To match the National Water Polo competition format, UWA / CBWPC will pick 14U junior teams based on age cohorts i.e. born 2003, 2004, 2005 etc. Therefore only a limited number of players can be selected in any one age cohort. With this in mind, a precious spot in the prestigious 14U Bears team will have an underlying commitment by a player of being one who aspires to the objective of the club by playing right through the junior divisions and making water polo a first choice sport.

A selection panel comprising the 14U coaches, UWA / CBWPC Head Coaches & the 14U Committee Delegates will make the final decision on the 14U team selections. Teams are generally selected on the following cohort basis:-

A Grade

- **14UA Bears and 14UA Blues** Born 2004 – the top aged cohort comprising players who are skilful and are committed to playing water polo as a first choice sport. For the past 3 seasons UWA CBWPC have selected two even teams from the top age players for the A Grade competition.
- **14UA Golds** Born 2005 – the next youngest cohort with players who are skilful and are committed to playing water polo as a first choice sport.

B Grade

- **14UB Whites** Born 2004/05 – the next youngest cohort with players who are yet to define their skills and are committed to playing water polo as a first choice sport.
- **14UB Cubs** Born 2006 - the bottom aged cohort with players who have been identified as being skilful and are committed to playing water polo as a first choice sport.

14U National Championships

Players selected in our 14U Monday Night teams are expected to make themselves available for selection in teams entered in the 14U National Club Championships held around Easter each year.

City Beach usually enters three teams in the **14U National Club Championships**;

- **UWA / City Beach Bears** – the first team comprising the most skilful and committed players of mainly born 2004 players.
- **UWA / City Beach Golds** – a development team comprising mainly 2004 players and some 2005 players.
- **UWA / City Beach Blues** – a development team comprising born 2005 players.

As a general rule the following guidelines are adopted in team selection:

- A born 2005 player is not selected in the Bears team unless that player is ranked a starting 6 player.
- Limited born 2004 players are selected in the Golds team as this team is a development team with the purpose of being entered in the National Championship's to provide a competitive result the following year.
- No born 2006 players are selected in either team as they are taking the place of an older player who may be a player who develops at a later stage.

The 2017/18 season National Championships are held at Easter each year. This season the National Championships will be held in the following locations:-

- 14U Boys National Championships TBC
- 14U Girls National Championships TBC

This is both a fun and rewarding experience for all who participate in these Championships. UWA / City Beach WPC strongly encourages parents to attend this well organised event to cheer on their child and to meet fellow parents for a most memorable event.

School Holiday Camps

Every season, UWA / City Beach WPC provides three school camps for the 14U boys and girls:

- 2-6 October 2017, second week of the school holidays
- 18-22 December 2017, prior to Christmas
- 29-30 January 2017

These camps provide high intensity training to expedite skills development. The boy's camps are conducted by the Men's Head Coach and triple Olympian, Andre Kovalenko with assistance from the 14U Boy's Head Coach, Damian Kelly.

The girl's camp will be conducted by the Women's Head Coach with assistance from the 14U Girl's Head Coach and dual Olympian, Paul Williams.

Swimming Squad

Water polo is a swimming sport and therefore requires a high level of swimming proficiency to become a good player. A slow swimmer will find it difficult to progress into the elite water polo program outlined in this document.

UWA / City Beach provides its own swimming squad for both boys and girls at significant cost discount to other comparable squads in the western suburbs.

The squad sessions are held at the UWA Pool, three mornings every week, Monday, Wednesday and Friday from 5:45am – 7:00am.

The squad coaches are:-

Andrei Kovalenko

Damian Kelly

14U Coaches 2017/18 Season

The club has appointed well credentialed and successful Head Coaches for the 14U division for this coming season. They are:-

14U Boys Head Coach

Damian Kelly, fifth year appointment and has coached the 14U boys to three gold medals in the past four State League Championships and two Gold Medals, one Silver and one Bronze medal at the past four National Championships. Recognised as an outstanding development coach with results that speak for themselves.

14U Girls Head Coach

Paul Williams, this is his first year appointment but having competed at two Olympics Paul has a pedigree that will benefit the UWA / City Beach 14U girls this coming season. Paul has been a long time coach in the WA water polo fraternity and will bring vibrant energy to match the successful program already established by the club.

Pathway

Attached is a pathway showing the progression of players through the various stages of junior teams culminating in selection in the UWA Torpedoes team a participant in the National Water Polo League and from there a chance to play in the Olympics.

Feedback

We welcome any feedback from players and their parents. Should you wish to discuss this program with any of the committee and coaches please give them a call to arrange a meeting.