



UWA Junior Academy

University of Western Australia Water Polo Club



INTRODUCTION

The University of Western Australia Junior Water Polo Academy is a training program suitable for young boys and girls who have aspirations of playing water polo at a high level. The program will not only develop a participant's water polo skills but also enhance their swimming performances for school competitions.

The UWA Junior Academy is a specific school term 2 & 3 program.

The UWA Junior Water Polo Academy will teach young players the fundamentals of water polo laying a strong base for future participation in the Western Australian Performance Program a partnership between Water Polo Australia, Water Polo Western Australia, Western Australian Institute of Sport and the University of Western Australia Water Polo Club.

The UWA Junior Academy is a selection or invitation to participate program. Suitable participants are usually strong swimmers and athletically skilled.

Boys & girls who love playing the game of water polo and are not quite ready to meet the standards of the UWA Junior Academy or just wish to just play water polo for fun can continue playing the game by participating in the UWA Junior Development program.

OBJECTIVE

The ultimate objective of the UWA Junior Academy is to develop highly skilled players to participate in the Western Australian junior state teams, northern conference AWL team the UWA Torpedoes and the Australian Senior Men's and Women's teams.

The medium / long term recognition is that the UWA Junior Academy is the best water polo program for young boys and girls in Australia attracting athletes from across the nation as well as international players from the Australasian region.



UWA JUNIOR COMPETITION STRUCTURE

The structure of the UWA Junior Water Polo's multiple programs and how they are linked is shown below;



The 13U age group (UWA Junior Academy) is a developing program participating in the JSL, AYC and preparing for future national state championships.

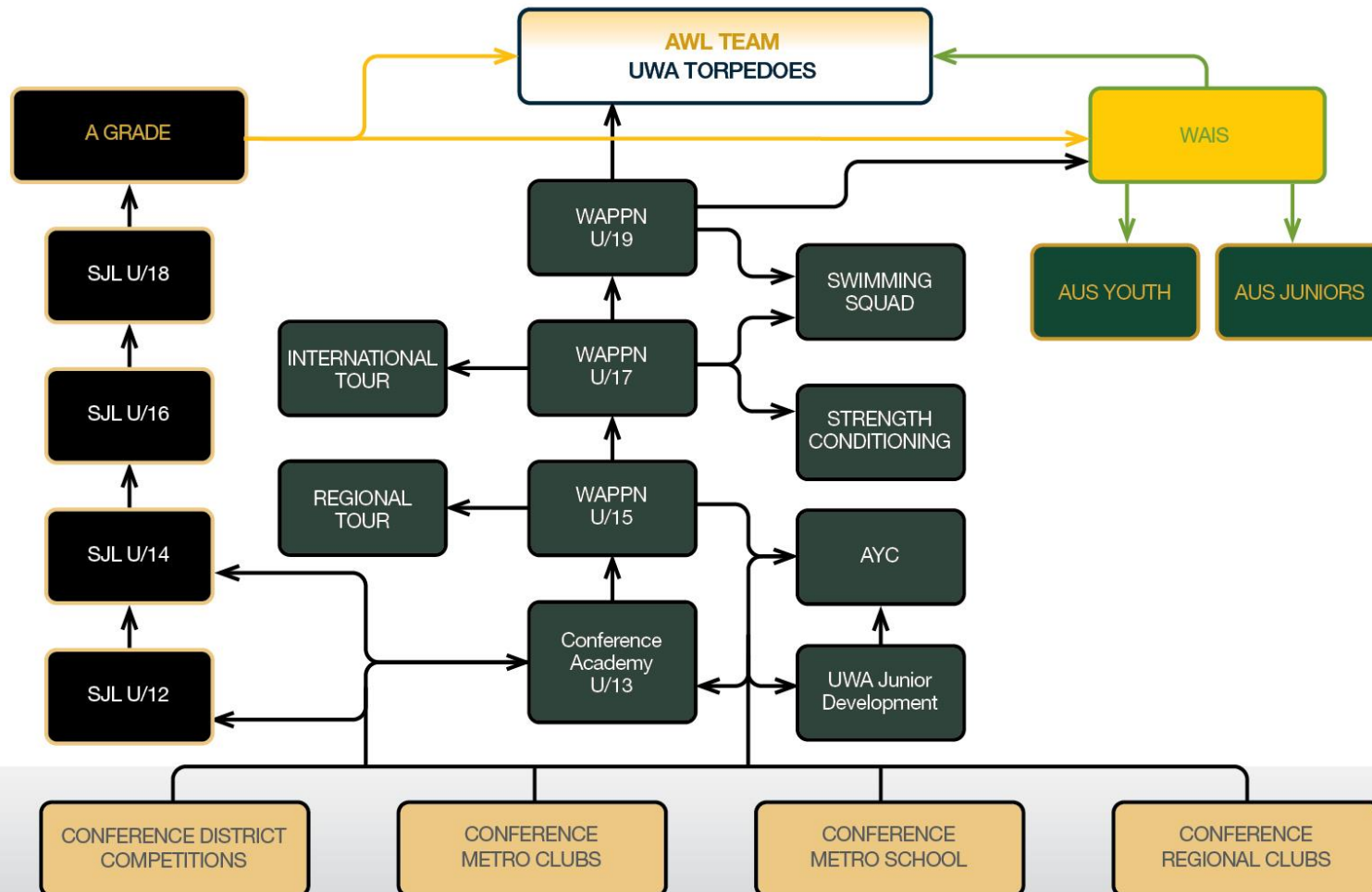
15U, 17U, & 19U age groups participate in JSL and annual national state championships.

The open age group participates in the SSL A Grade and the AWL.





PATHWAY





PARTICIPATION

Anyone may attend the squad selection phase of the UWA Junior Academy but squad numbers are limited to the resources available. Generally 15 – 18 players per age cohort is maintainable.

PLAYER / PARENT MEETING

The first training session of the UWA Junior Academy will commence with a player parent information meeting. This meeting is usually held in April.

The UWA Junior Academy objective, squad selection, training times, fees and selection guidelines will be provided in this meeting.

SELECTION TRIALS – SQUADS

From the Junior Academy's first training session all players are participating in a squad selection phase.

After the completion of the first two weeks of the program the final selections for each age group by gender are determined.

Players unsuccessful in squad selection are welcome to participate in the club's underpinning program, UWA Junior Development squad which will provide these players with the opportunity to improve their skills to earn possible selection in the UWA Junior Academy in future years.

REGISTRATION

Following the selection phase of the age cohort squads, participants in the UWA Junior Academy will be required to register.

Participants not selected in the UWA Junior Academy are encouraged to register for the UWA Junior Development program.

DAILY TRAINING ENVIRONMENT

The Daily Training Environment (DTE) is a commonly used term to describe the weekly activities of a players training load. Typically, the DTE intensifies as the athlete's age increases, particularly with the introduction of strength & conditioning (weights) from the age of 16.

The sport of water polo requires swimming speed and fitness, strength and a high level of ball skills to become an elite player.

The UWA Junior Academy squads are focusing on swimming and basic skills of water polo.



UWA Water Polo Junior Program

PARTICIPATION AND DAILY TRAINING ENVIRONMENT

	AGE GROUP	AGE COHORT	PARTICIPATION	SWIMMING SESSIONS / WEEK	S & C SESSIONS / WEEK	SKILLS TRAINING SESSIONS / WEEK	GAME PRACTISE SESSIONS / WEEK WINTER	COMPETITION GAMES / WEEK SUMMER	COMMENTS
W A P P	19U	19 years	7	3	3	3	1	1	Majority of players are likely to be WAIS scholarship holders or in the Torpedoes senior squads
		18 years	7	3	3	3	1	1	
	17U	17 years	10	3	3	3	1	1	Expected drop off of participation numbers when player turns 17. 16 year old players will be focusing on International tour
		16 years	15	3	3	3	1	1	
	15U	15 years	15	3		2	1	1	14 year old players lift training intensity. 15 year old players are pressing for state team selection. Better players having some exposure to training with Torpedoes squads.
		14 years	15	2		2	1	1	
ACADEMY	13U	13 years	15			2	1	1	Skills development is the major focus of all players in this age cohort. AYC is the major national competition.
		12 years	15			2	1	1	
		11 years	15			2	1	1	
		Total	114						



COACHING APPOINTMENTS

The following is a general understanding of the coaching appointments for the UWA Junior Academy;

- 1) The UWA Junior Academy coaching appointments is undertaken by the club's fulltime men's & women's Head Coaches.
- 2) All coaches are qualified and WPA accredited officials.

STATE TEAM COMPETITION STRUCTURE

The UWA Junior Academy prepares players for varying junior competitions depending on the age of the player but the two main competitions are the state junior A grade league and the national competition, the Australian Youth Championships.

For future information the Western Australian Performance Program (WAPP) structure is as follows.

- The 15U age group team competing at the annual national state championships is selected as two separate conference teams ie the best 15U players from the north region and the best 15U players from the south region.
- The 17U & 19U age group teams compete at the annual national state championships and selection is based on the best 17U & 19U players from both the northern conference and the southern conference.
- The WAPP younger age cohorts (13U) participate in the AYC.
- International tours predominantly to Europe for the 16U age group are provided in the July school holidays.
- To enhance the development of regional players the 15U cohort will travel to a regional centres for annual training camps in the July school holidays.
- Below is a graphic showing the age group and various competitions available to participants in the WAPP.



UWA Water Polo Junior Program

COMPETITION FORMAT

		AGE GROUP	AGE COHORT	AUSTRALIAN YOUTH CHAMPIONSHIPS	INTERNATIONAL/ REGIONAL TOUR	NATIONAL STATE CHAMPIONSHIPS		COMMENTS
						Conference	State	
W A P P	19U	19 years					Yes	One team only selected to represent the state. Best 13 players from both North and South conferences across the two age cohorts.
		18 years					Yes	
	17U	17 years					Yes	Two teams selected to represent the state. Best 13 players from both the north and south conferences and second best players from both the north and south conferences. Younger players in the age group focus is the International Tour.
		16 years			Yes International		Yes	
	15U	15 years				Yes Regional	Yes	One team selected of the best players from the north conference and one team selected from the best players from the south conference. Younger players in the age group focus is the AYC.
		14 years	Yes				Yes	
A C A D E M Y	13U	13 years	Yes					North and South Conference Academy. Training for future participation in the National State Championships & International Tour. Major focus is the Australian Youth Championships.
		12 years	Yes					
		11 years	Yes					



SUMMARY

The UWA Junior Academy is a well established water program offered by the UWA Water Polo Club. The program has achieved excellent results over the past decade. Many of the Academy's teams competing in national competitions have won gold medals particularly the boy's teams who in 2016 won every national title!

Participants in the UWA Junior Academy will achieve more than just good water polo skills, they will be involved in a well structured sporting program requiring dedication and commitment.

The Academy will also provide participants with a new friendship group in addition to school friends who will become lifelong friends.

Players and parents who may wish to discuss this document or have any queries are welcome to contact the Director of Coaching, Damian Kelly.