



Provincial Development Program

February 9, 2025



Goals	<ul style="list-style-type: none">● To support athletes and coaches to reach their full potential at the highest level of competition
Objectives	<ul style="list-style-type: none">● To provide the best possible High Performance experience that helps athletes reach individual and team goals● To select competitive Provincial Teams for development and competition opportunities● To develop High Performance coaches who are passionate about the sport of water polo and their elite athletes
Pathways	<ul style="list-style-type: none">● Canada Water Polo's Athlete Development Matrix● Long Term Athletic Development in Sport and Physical Activity (LTADSPA)

Provincial Development Program Benefits and Philosophy

Sport Science Support

- sport psychology seminar
- nutritional seminar
- Strength and conditioning training
- Wellness resources

Do No Harm

- Avoid over training and resulting injuries
- Athlete centered environment

Additional Pool Training Sessions

- One or two extra practices a week (3-5 hours)
- Four to six days a week when regular club season is over



Provincial Development Program Athlete Eligibility

Athletes from 14U, 16U, 18U and 19U recreation and competitive programs are invited to apply [the Provincial Development Program will operate as 15U Female, 15U Male, 19U Female and 19U Male]

- Be registered and in Good Standing with a Club recognized by the MWPA
- Be in Good Standing with both the MWPA and Water Polo Canada
- Must attend Evaluation Camp(s)
- Be a resident of Manitoba
- Must submit an Athlete Profile
- Must have MWPA/Canada Water Polo “Perform in Water Polo” Membership
- Must re-qualify each year



Provincial Development Program Coaches



The Manitoba Water Polo Association is Hiring!

The MWPA is seeking experienced coaches to assist in the development of the Provincial Development Program ("Team Manitoba").

We are currently looking for a Head-Coach and up to four Assistant Coaches to with the goal of selecting and training up to two 15U teams and two 19U teams to represent Manitoba at the National Provincial Championships from June 30 to July 6, 2025, in Montreal.

APPLICATIONS ARE DUE FEBRUARY 17, 2025.

JOB ADVERTISEMENT



Provincial Development Program Selection

- Technical competence (foundational and position-specific skills)
- Fitness and physical capacities (speed, endurance, agility and mobility)
- Tactical competence (decision-making, awareness, positional flexibility)
- Attitude (cooperation, receptiveness to feedback, adjustment to different skills and tactics, respect for players, coaches, officials and support staff)
- Team orientation (demonstrate inclusivity and collaboration)
- Competitive ability (temperament, resilience, commitment, performing under pressure, coping with obstacles)



Athlete and Family Commitment

- Attend 90% of Development Program and Provincial Team training sessions, camps, events and competitions
- Conduct self in a manner as outlined in the Code of Conduct
- Pay all fees before travel



Provincial Development Program Training and Fee Schedule

March 2025	Evaluation Camp	\$75
March 31, 2025	Notification of acceptance	
April 1, 2025	Deposit for the Team Manitoba	\$250
April 4-6, 2005	RISE camp with Water Polo Canada	TBA
April/May 2025	Spring Training	\$100
April 30, 2025	Rosters for Team Manitoba announced (for June/July National Provincial championships)	
June 2025	Summer Training	\$500



Opportunity in 2025 for Competition

National Provincial Championships

- June 30 to July 6 in Montreal, Quebec
- Up to four teams: 15U Female, 15U Male, 19U Female, and 19U Male
- Alternates may be chosen.
- Trip Estimate: \$2200
 - Team Manitoba uniform, swimsuit, accomodations, flight, transportation while in Montreal, breakfast and coaches and chaperone accommodations, per diem and travel.
- Approximately half of the final cost due in May
- Final payment due June 1, 2025

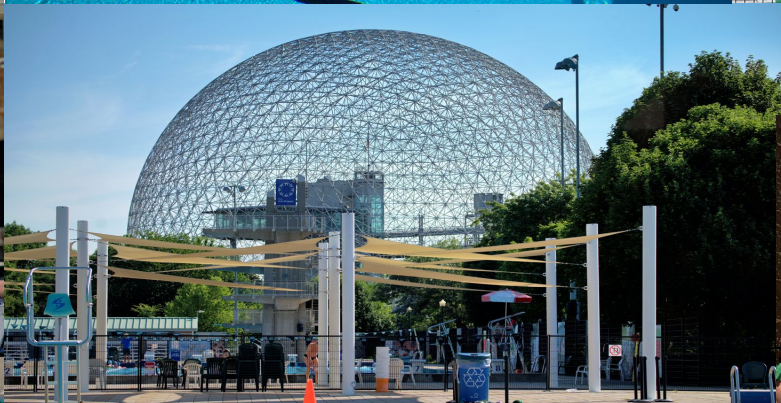


National Provincial Championships

Itinerary (subject to any schedule changes made by Water Polo Canada)

- **Monday, June 30th** (Morning) - Depart for Montreal
- **Tuesday, July 1st** - Team Practice at Pool
- **Wednesday 2nd to Sunday 6th** - Competition Days
- **Sunday July 6th**- Return for Winnipeg





Provincial Development Program



MWPA is exploring the potential to continue the Provincial Development Program in the fall and winter to offer more consistency and allow athletes to maintain their momentum, both in terms of skill development and physical conditioning.