

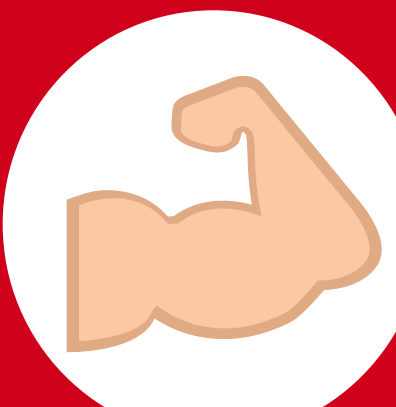


WATER POLO CANADA & ALBERTA WATER POLO

CALGARY NATIONAL LEGACY & EDMONTON DEVELOPMENT CENTERS

ABWPA & WPC jointly present the Calgary National Legacy Development Centre (NLDC) and the Edmonton Regional Development Centre (E-RDC) as part of WPC's overall High Performance Development Strategy. Both NLDC and E-RDC will begin with a first soft start in the Fall of 2018 where information to be part of the inaugural year is shared within this document.

The Calgary NLDC and Edmonton RDC are built upon the Water Polo Canada's overall High Performance Development strategy that emphasizes:

 <p>Overall System Alignment Complete link between NSO, PSO and Clubs.</p>	 <p>Curriculum & Education Diffusion of National Team material to enhance connection between National Teams, Provincial Teams & Clubs.</p>	 <p>Enhancement of the Daily Training Environment Set expectations, benchmarks and performance targets to generate elite athletes.</p>
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Objectives of the NLDC & E-RDC Program

Enhanced Training

Focused training program to increase the level physical and technical skill of athletes

LTAD & Podium Pathway

Focused training linked with LTAD athlete progression aligned with WPC's Gold Medal Profile and Podium Pathway

Holistic Athlete Development

Set expectations, benchmarks and performance targets to generate elite athletes.

Integrated approach to allow athletes to excel in and out of the water.



WPC & ABWPA are proud announce partnerships with the Calgary Board of Education and High Schools who proudly support the Calgary Legacy National Development Centre.



Lord Beaverbrook High School



Crescent Heights High School



Associated High Schools include customizable services to athletes that allow athletes to develop flexible academic schedules linked with the LDNC program.

The continued partnership with the Repsol Sport Centre will allow WPC & ABWPA to optimize both in-water and out-of-water training support for athletes at a world-class facility.



Dedicated training blocks in the morning from 9:00-11:00AM and evening from 8:00-10:00PM.

Individualized strength & conditioning training programs focused on mitigating gaps in athlete development.

Dedicated Coach aligned with WPC's High Performance Sport Development Strategy

PROGRAM DETAILS

Legacy National Development Centre in Calgary

The relocation of the MNT to Montreal will bring the implementation of Legacy Development Training Centre for Men & Women in Calgary to support the growth of our athletes in the province of Alberta & Western Canada.

Implementation in the Fall of 2018

Developed to be an enhancement to the high level of training that the clubs are providing for the age group athletes.

Approved high schools identified to support athletes missing for the enhanced training.

Billeting/athlete housing arrangements offered

Program will focus on athletes aged 19U and post-secondary.



Regional Development Centre Edmonton

As Edmonton continues to develop into secondary water polo hub in Alberta, a Regional Development center will be establish to support the continual growth of athletes within the region.

Implementation in the Fall of 2018

Developed to be an enhancement to the high level of training that the clubs are providing for the age group athletes.

Approved high schools identified to support athletes missing for the enhanced training.

The program will focus on athletes that 19U only.



For more information and resources please visit the Water Polo Canada website

www.waterpolo.ca