



## **CALGARY TORPEDOES WATER POLO CLUB PROGRAM INFORMATION (2022-2023)**

### **About Calgary Torpedoes Water Polo Club**

The Calgary Torpedoes Water Polo Club is a high-performance club with a mission to provide a positive, competitive water polo environment and experience, by developing athletes, coaches and officials who commit to practicing water polo, leadership skills, mutual respect, and teamwork to excel in life. Our goal is to develop happy, healthy athletes who gain both mentally and physically from their experience with the club, and who grow to become exceptional members of their communities and contribute positively to society.

### **Age Groups**

<b>Age Group</b>	<b>Birth Years</b>
15U	2008 - 2010
17U	2006 - 2007
19U	2004- 2005
Seniors (MLWP)	2003 or earlier

### **Assessment Process**

To provide athletes with the best possible high performance and development environment, athletes with similar skill-level and ability should be training and competing with other athletes on a regular basis with comparable proficiency, that align with the Long-Term Athlete Development (LTAD) model. As a high-performance club, the Torpedoes follow the Excellence stream/Podium Pathway of LTAD beginning in the Late Competitive Foundations/Train to Train stage, up to the Learn to Win/Living to Win stage.

<https://www.waterpolo.ca/content/LTAD-Overview>

The ultimate goal of this player assessment process is to provide players with a positive experience in an environment that they can grow as athletes and people, and remain in the game. This process helps to identify the level of play that is most suited to players at this moment in time based on ability, desired level of commitment and social needs.

To best group athletes by ability, they must be evaluated. The Torpedoes coaching team will evaluate athletes and select teams and training groups based on a combination of Fall Assessments and Season Evaluations. The Torpedoes approach to player selection is designed to promote excellence and to inspire and develop all athletes in a way that is consistent with the Torpedoes objectives. The process is designed to be as thorough, accurate and fair as possible.

As described in more detail below, it is important to emphasize that the Fall Assessment is the first and primary determinant of an athlete's team placement. This puts all athletes on an equal footing at the beginning of each season and gives athletes a "clean slate" opportunity to demonstrate their abilities through an unbiased and comprehensive assessment involving all prospective athletes in the age group.



## Fall Assessments

- Assessments will be held each year in the fall, typically the end of August, for each age group.
- Athletes age groups are based on their year of birth (YOB), and they will be evaluated for their YOB age group first before being considered the the age group above.
- Athletes are evaluated by various Torpedoes coaches primarily on skills and fundamentals such as swimming, legs, body position, ball handling, passing and shooting. Athletes may also be evaluated in a scrimmage style format.
- Efforts are made to ensure that athletes play with and against different athletes over the course of the assessment period.
- Best efforts will be made to maintain an athlete-to-coach ratio of no more than 15:1.
- Parents of athletes are not involved in the assessment process.
- Athletes are evaluated through the skill shark app and will be provided with an evaluation of their skill. The rating scale is below:
  - 8-10– Strong: Has an above average skill level required to join the Torpedoes.
  - 4-7– Sufficient: Has the basic skill level required to join the Torpedoes.
  - 0-3– Developing: Further skill development is required prior to joining the Torpedoes.
- Based on the assessments, evaluators will recommend a tentative Competition Level / Team for each athlete.
  - Selects Team (Full Time) – Athlete will initially be invited to play on their age group *Selects (Black)* team, with the possibility of being invited to play-up upon further evaluation.
  - Development Team (Full Time)– Athlete will initially be invited to play on their age group *Development (Gold)* team. **\*\*If an age group has the numbers to carry two teams then both a *Selects* and *Development Team* will be selected**
  - Bridge Team (Part Time) – Athlete will be advised to register with the 15U Bridge program part time and with their community club to serve as an introduction to high performance training prior to joining the Torpedoes Full Time.
  - Community Team – Athlete will be advised to register and continue to play with a *Community* club to further develop their skills prior to joining the Torpedoes.

## Importance of Fall Assessments

- Fall Assessments are the first and most important determinant of an athlete's team placement and training group.
- Athletes wanting to maximize their chances of making the team of their choice should participate in the full assessment process.
- Athletes who miss the assessment period will not be considered for a team until evaluated (other than in the case of serious illness, injury, or other extenuating circumstances) but can reach out to the Torpedoes Athletic Director to arrange an assessment.

## Season Evaluations & Finalized Team Selections

- Over the course of the season, athletes will continue to be evaluated in both a training and competition environment, along with additional factors such as adhering to the attendance policy, attitude, and work ethic.
- The Torpedoes coaching team will collate Season Evaluations and Fall Assessments for each athlete and age group to assist in determining final team placement and competition level.



- If the coaching team identifies athletes that should be moved between competition levels (Selects to Development or Development to Selects), they have the discretion to do so when selecting training groups and final tournament rosters. These decisions are carefully reviewed and will be communicated if changes are made.
- Depending on the league or tournament, there may be final roster due dates, in which case the final roster will be set prior to this date.
- In most cases, the final athlete competition level and team selection is finalized prior to the start of January competition season.
- Alternates may be selected for cases when an athlete is unable to play due to injury or illness.
- Athletes may be invited to train and/or play-up an age group depending on the needs of the team and at the discretion of the coaching team. An athlete's primary commitment must always be to their age group (based on YOB) first.

### **Effectiveness of Selection and Placement Process**

- The Torpedoes assessment and evaluation process is like those used by a wide variety of other associations, premier clubs and athletic organizations.
- Though not perfect, this process generates very accurate placement of athletes.
- Over the course of the assessment period, it is very rare that an athlete fails to play at their “true” ability level.
- Despite the extensive nature of the evaluation process, it remains difficult to make reliable distinctions between athletes with very similar abilities.
- Approximately 100 “man-hours” are spent by the Torpedoes coaching team solely on the assessment, evaluation, and selection process.

### **Differences in Perception**

Despite all reasonable efforts to make fair and effective decisions there will inevitably be differences between some parents' perception of their athlete's ability and the perceptions of the coaches and evaluators. The Torpedoes fully understand that differences in perception can create disappointment and frustration on the part of the athletes and parents affected. However, the Torpedoes is committed to providing quality water polo opportunities to all our athletes, at every age, team and competition level, therefore disappointing decisions need not derail a committed, enthusiastic athlete's development. To stay on track, however, it is critical that athletes and parents do their best to stay positive and take advantage of the opportunities to improve over the season, so the athlete is well positioned to “succeed” at the following year's assessment.

Should a parent or athlete wish to discuss their team selection, they may request a meeting by contacting the Torpedoes Athletic Director and Club President. Please note that a Board member will be present at the meeting to ensure a positive environment is maintained but will have no ability to influence the athlete's team selection, as team selections are at the discretion of our coaching staff.



## Training Fee Schedule

Team	Fees
15U Bridge Part Time	\$ 600
15U Full Time	\$1600
17U Full Time	\$2000
19U Full Time	\$2000
MLWP	\$650

\*\* The above fees are for training only (facility fees and coaching), all travel & tournament fees are in addition to and are paid throughout the season.

## Programs

### Mini-Torps

Athletes born 2009 or earlier

Fee: Free

This is an opportunity for all aspiring young male athletes who are a part of the local community clubs in the Calgary and surrounding region to learn what it means to be and train like a Torpedoes athlete. Athletes within Mini-Torps will be introduced to current Torpedoes athletes, coaches, and alumni while also participating in a series of monthly training sessions. This program runs January through April.

### 15U Torpedoes Bridge Program - Part Time

Athletes born 2008 – 2010

Fee: \$600

Head Coach: Bryce Reade

Assistant Coaches: TBA

Goalie Coach: Aleksa Stanic

This program is designed for athletes that play for a community club but also want an introduction to the Torpedoes experience. Athletes will train with the 15U Full Time team two times per week.

- 2x per week water session
  - Monday 6:30-8:00pm & Saturday 12:30-2:00pm

There is limited travel or competition involved as the focus for athletes will be on competing with their community clubs in the AWPAA Provincial League. This is a great way for athletes to increase their skill level and get an idea of what the Torpedoes is all about.



## 15U Torpedoes – Full Time Program

Athletes born 2008 – 2009, exceptional 2010s

Fee: \$1600

Head Coach: Bryce Reade

Assistant Coaches: TBA

Goalie Coach: Aleksa Stanic

This is a full-time program. Athletes will be required to travel and participate in tournaments and competitions throughout the year. Select 15Us may be invited to train and/or compete-up with the 17Us, additionally 2008s and older will be evaluated and invited to the WPC Legacy Training Centre.

- 4x per week water sessions
  - Monday 6:30-8:00pm, Tuesday 8:00-10:00pm, Thursday 6:30-8:00pm, Saturday 12:30-2:00pm
- 2x per week dryland/weightlifting sessions
  - Tuesday 7:15-8:00pm & Saturday 11:45-12:30pm

15U Full Time Season Timeline <sup>1</sup>	
August	Fall Assessments
October	Training Trip
November	TBD
January	BC Tournament of Courage
February	FL/CA Training Trip- TBD
March	AB Open
May	WPC Western Nationals
June/July	AWPA Team Alberta / Camps

<sup>1</sup>Subject to change

## 17U Torpedoes – Full Time Program

Athletes born 2006-2007

Fee: \$2000

Head Coach: Mikael Sabo

Assistant Coaches: Bryce Reade & Aleksa Stanic

Goalie Coach: Aleksa Stanic

This is a full-time program. Athletes will be required to travel and participate in tournaments and competitions throughout the year. Select 17Us may be invited to train and/or compete-up with the 19Us, additionally 2008s and older will be evaluated and invited to the WPC Legacy Training Centre.



- 5x per week water sessions
  - Monday 8:00-10:00pm, Tuesday 8:00-10:00pm, Thursday 6:30-8:00pm, Friday 6:30-8:00pm, Sunday 8:00-9:30pm
- 2x per week dryland/weightlifting sessions
  - Tuesday 7:15-8:00pm & Sunday 7:15-8:00pm

17U Season Timeline <sup>1</sup>	
August	Fall Assessments
October	Training Trip
November	NCL
December/Jan	NCL
February	NCL
February/March	Training Trip
April	NCL Westerns
May	WPC Nationals
June/July	AWPA Team Alberta
Summer	AGNT

<sup>1</sup>Subject to change

## 19U Torpedoes – Full Time Program

Athletes born 2004-2005

Fee: \$2000

Head Coach: Stefanos Rizopoulos

Assistant Coaches: Bryce Reade

Goalie Coach: Aleksa Stanic

This is a full-time program. Athletes will be required to travel and participate in tournaments and competitions throughout the year. Select 19Us may be asked to train and/or compete up with the Senior MLWP team, additionally 2008s and older will be evaluated and invited to the WPC Legacy Training Centre (RDC) and 2005s and older will be evaluated and invited to the WPC High Performance Centre (HPC).

- 5x per week water sessions
  - Monday 8:00-10:00pm, Tuesday 8:00-10:00pm, Wednesday 8:00-10:00pm, Friday 6:30-8:00pm, Sunday 8:00-9:30pm
- 2x per week dryland/weightlifting sessions
  - Tuesday 7:15-8:00pm & Sunday 7:15-8:00pm



<b>19U Season Timeline<sup>1</sup></b>	
August	Fall Assessments
October	Training Trip
November	MLWP NCL
January	MLWP NCL
February	MLWP NCL
February/March	Training Trip-TBD
March	MLWP NCL
March	AB Open
April/May	MLWP Nationals
Summer	AGNT/National Team centralizations

<sup>1</sup>Subject to change

### **Senior Torpedoes (MLWP)**

Athletes born 2003 or earlier

Fee: \$650

Head Coach: TBA

Assistant Coaches: TBA

- 3x per week water sessions
  - Monday 8:00-10:00pm, Wednesday 8:00-10:00pm, Sunday 8:00-9:30pm
- National Team athletes who are decentralized are invited to all Senior Torpedoes Training

<b>Senior (MLWP) Season Timeline<sup>1</sup></b>	
November	NCL
December/January	NCL
February	NCL
March	NCL
April/May	Nationals
Summer	AGNT/National Team centralizations

<sup>1</sup>Subject to change



## 2022-2023 Pool & Facility Allocations

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15U Bridge - Pool	6:30-8:00					12:30-2:00	
15U Full Time - Pool	6:30-8:00	8:00-10:00		6:30-8:00	17U Invite	12:30-2:00	
15U Full Time - Dryland		7:15-8:00				11:45-12:30	
17U Full Time - Pool	8:00-10:00	8:00-10:00		6:30-8:00	6:30-8:00		8:00-9:30
17U Full Time - Dryland		7:15-8:00					7:15-8:00
19U Full Time - Pool	8:00-10:00	8:00-10:00	8:00-10:00		6:30-8:00		8:00-9:30
19U Full Time - Dryland		7:15-8:00					7:15-8:00
MLWP - Pool	8:00-10:00		8:00-10:00				8:00-9:30

## Contact Us

We are excited for the upcoming season and look forward to seeing new and familiar faces. Should you have any questions about our program, please feel free to reach out to our Athletic Director, Alyssa Hunt at [athletic.director@calgarytorpedoes.ca](mailto:athletic.director@calgarytorpedoes.ca) or any member of our Board of Directors. More information can also be found on our website at <https://calgarytorpedoes.ca>.