



CALGARY TORPEDOES WATER POLO CLUB PROGRAM INFORMATION (2023-2024)

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

Age Group	Birth Years
15U	2009 - 2011
17U	2007 - 2008
19U	2005 - 2006
Graduates	2005s who have graduated high school
Seniors	2004 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:
 - 4-5 - Skill is superior for the age group.
 - 3-4 - Strong: Has an above average skill level required to join the Torpedoes.
 - 2-3 - Sufficient: Has the basic skill level required to join the Torpedoes.
 - 1-2 - 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 ongoing 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 should 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	\$1000
Graduate & Senior**	\$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.

** For an athlete to register under the Graduate category they must have graduated from High School.

Programs

Mini-Torps

Athletes born 2010 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 2009 – 2011

Fee: \$600

Head Coach: TBA

Assistant Coaches: TBA

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 2009 – 2010, exceptional 2011s

Fee: \$1600

Head Coach: TBA

Assistant Coaches: TBA

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 2009s 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 ¹	
August	Fall Assessments
October	Training Trip (Kamloops or CA)
October	Surrey Invitational (Surrey)
November	Sask/Edmonton Scrimmages
January	Tournament of Courage (BC)
February/March/April	Training Trip (FL or CA)
March	AB Open (Calgary)
May	WPC Western Nationals (Surrey)
June/July	AWPA Team Alberta / Camps

¹Subject to change, **Bolded** are competitive events & attendance is required

17U Torpedoes – Full Time Program

Athletes born 2007-2008

Fee: \$2000

Head Coach: TBA

Assistant Coaches: TBA

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 2009s 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, Wednesday 8:00-10:00pm, Thursday 6:30-8:00pm, Friday 6:30-8:00pm,
- 2x per week dryland/weightlifting sessions
 - Tuesday 7:15-8:00pm & Friday 5:45-6:30pm



17U Season Timeline¹	
August	Fall Assessments
October	Training Trip (Kamloops or CA)
November	NCL (Regina)
November	Sask/Edmonton Scrimmages
December	NCL (Calgary)
February	NCL (Edmonton)
February/March/April	Training Trip (FL or CA)
March	NCL (Richmond)
April	NCL Westerns (Saskatoon)
May	WPC Nationals (Montreal)
June/July	AWPA Team Alberta
Summer	AGNT

¹Subject to change, **Bolded** are competitive events & attendance is required

19U Torpedoes – Full Time Program

Athletes born 2005-2006 (Athletes who are still in high school)

Fee: \$1000

Head Coach: TBA

Assistant Coaches: TBA

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 2009s and older will be evaluated and invited to the WPC Legacy Training Centre (RDC).

- 5x per week water sessions
 - Monday 8:00-10:00pm, Tuesday 8:00-10:00pm, Wednesday 8:00-10:00pm, Thursday 6:30-8:00pm, Friday 6:30-8:00pm
- 2x per week dryland/weightlifting sessions
 - Tuesday 7:15-8:00pm & Friday 5:45-6:30pm

19U Season Timeline¹	
August	Fall Assessments
October	Training Trip (Kamloops or CA)
November	Sask/Edmonton Scrimmages
December	Senior NCL (BC)
January	Senior NCL (Calgary)
March	Senior NCL (Edmonton)
Feb/March/April	Training Trip (FL or CA)



March	19U AB Open
April	Senior NCL (Sask)
May	Senior Nationals (Calgary)
May/June	19U Nationals (Calgary)
July	Team AB Provincial Cup
Summer	AGNT/National Team centralizations

¹Subject to change, **Bolded** are competitive events & attendance is required

Graduate & Senior Torpedoes

Athletes born 2004 or earlier (Graduates are 2005s who have graduated high school)

Fee: \$650

Head Coach: TBA

Assistant Coaches: TBA

- 3x per week water sessions
 - Monday 8:00-10:00pm, Wednesday 8:00-10:00pm, Friday 6:30-8:00pm
- National Team athletes who are decentralized are invited to all Senior Torpedoes Training
- Eligible 2005s will still compete in 19U specific events

Graduate/Senior Season Timeline¹	
December	Senior NCL (BC)
January	Senior NCL (Calgary)
March	Senior NCL (Edmonton)
April	Senior NCL (Sask)
May	Senior Nationals (Calgary)
Summer	AGNT/National Team centralizations

¹Subject to change

2023-2024 Pool & Facility Allocations

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	8:00-10:00	6:30-8:00	6:30-8:00	
17U Full Time - Dryland		7:15-8:00			5:45-6:30	
19U Full Time - Pool	8:00-10:00	8:00-10:00	8:00-10:00	6:30-8:00	6:30-8:00	
19U Full Time - Dryland		7:15-8:00			5:45-6:30	
Graduate & Senior - Pool	8:00-10:00		8:00-10:00		6:30-8:00	



2023-2024 Competition & Travel Outline with Cost Estimates - [LINK](#)

COMPETITIVE Events (Required)	15U	17U	19U	Senior
15U Surrey Invite	\$800			
15U TOC BC	\$800			
15U AB Open Calgary	\$150			
15U NCL Western Nationals (Surrey)	\$800			
17U NCL Regina		\$925		
17U NCL Calgary		\$175		
17U NCL Edmonton		\$525		
17U NCL Richmond		\$800		
17U NCL Westerns Saskatoon		\$900		
17U NCL Nationals Montreal		\$1,200		
19U AB Open Calgary			\$140	
19U Nationals Calgary			\$140	
Senior NCL BC			\$700	\$700
Senior NCL Calgary			\$150	\$150
Senior NCL Edmonton			\$300	\$300
Senior NCL Regina			\$500	\$400
Senior NCL Nationals Calgary			\$150	\$150
Total	\$2,550	\$4,525	\$2,080	\$1,700
TRAINING Events (Optional)				
Kamloops	\$500	\$500	\$500	



California	\$1,800	\$1,800	\$1,800	
Med Hat	\$45	\$45	\$45	
Edmonton Scrimmages	\$30	\$30		
California/FL	\$1,800	\$1,800	\$1,800	
Total	\$4,175	\$4,175	\$4,145	

*These estimates are based on competition and travel costs this past season and event location. 15U & 17U estimates include airfare, transportation, hotel, coaching costs, chaperone cost, entry fees, food and entertainment.

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 or any member of our Board of Directors. More information can also be found on our website at <https://calgarytorpedoes.ca>.