



CALGARY TORPEDOES WATER POLO CLUB PROGRAM INFORMATION (2024-2025)

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
Bridge Development (Hybrid with Community)	2011 - 2012, Exceptional 2013
Bridge Selects (Hybrid with Community)	2011 - 2012, Exceptional 2013
16U (Full Time)	2009 - 2010, Exceptional 2011
18U (Full Time)	2007 - 2008
Seniors	2006 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.
 - 16U/18U Selects Team (Full Time) – Athletes 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.
 - 16U/18U Development Team (Full Time)– Athletes 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 Selects Team (Hybrid) – Athletes will be advised to register with the Bridge Selects program and with their community club to serve as an introduction to high performance training prior to joining the Torpedoes Full Time.
 - Bridge Development Team (Hybrid) – Athletes will be advised to register with the Bridge Development program and with their community club to serve as an introduction to high performance training prior to joining the Torpedoes Full Time.
 - Community Team – Athletes 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
Bridge Development (2x per week)	\$600
Bridge Selects (4x per week)	\$1200
16U Full Time	\$2000
18U Full Time	\$2000
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 per event. Bond cheque requirements are in addition as well.

Programs

Mini-Torps

Athletes born 2011 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.

Torpedoes Bridge Development (Hybrid) Training Program

Athletes born 2011 – 2012, Exceptional 2013

Fee: \$600

Head Coach: TBA

Assistant Coaches: TBA

This program is designed for athletes that play for a community club but are also ready to start making the transition to competitive water polo. Athletes will train with the Torpedoes 2x per week, while also training and competing with their local community clubs 2-3x per week.

- 2x per week water session
 - Monday 6:30-8:00pm & Saturday 12:30-2:00pm
 - 1x per week dryland/weightlifting session Saturday 11:45am- 12:30pm

Athletes will continue to compete with their community clubs in the AWPA 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.



Torpedoes Bridge Selects (Hybrid) Training and Competition Program

Athletes born 2011-2012, Exceptional 2013

Fee: \$1200 4x per week

Head Coach: TBA

Assistant Coaches: TBA

This program is designed for athletes that play for a community club but are also ready to start making the transition to competitive water polo. Athletes will train with the Torpedoes 4x per week, while also training and competing with their local community clubs 1x per week.

- 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

Athletes can continue to compete with their community clubs in the AWPA Provincial League while also adding in Bridge Selects travel events with the Torpedoes. This is a great way for athletes to increase their skill level and game play, while being introduced to what the Torpedoes is all about prior to joining us full time.

Bridge Selects Season Timeline¹	
August	Fall Assessments
October	Kamloops Training Trip & Surrey Invite TBC
November	AWPA Edmonton Invitational or Mavericks Invitational TBC
January	Tournament of Courage (BC) or Capital Wave Invite (Ottawa) TBC
March	AB Open (Calgary)
March/April/May	Training Trip (FL or CA)
June/July	AWPA Team Alberta / Camps

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



16U Torpedoes – Full Time Program

Athletes born 2009 - 2010, Exceptional 2011

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 16Us may be invited to train and/or compete-up with the 18Us, additionally 2010s and older will be evaluated and invited to the WPC Legacy Training Centre.

16U Development (Gold)

- 5x per week water sessions
 - Monday 6:30-8:00pm, Tuesday 8:00-10:00pm, Thursday 6:30-8:00pm, Friday 6:30-8:00pm, Saturday 12:30 - 2:00pm
- 2x per week dryland/weightlifting sessions
 - Tuesday 7:15-8:00pm & Saturday 11:45-12:30 pm

16U Selects (Black)

- 5x per week water sessions
 - Monday 8:00-9:30pm, Tuesday 8:00-10:00pm, Thursday 6:30-8:00pm, Friday 6:30-8:00pm, Saturday 12:30 - 2:00pm
- 2x per week dryland/weightlifting sessions
 - Tuesday 7:15-8:00pm & Friday 5:45-6:30pm

16U Gold & Black Season Timeline¹	
August	Fall Assessments
October	Kamloops Training Trip & Surrey Invitational
November	AWPA Edmonton Invitational or Mavericks Invitational TBC
December	NCL (Surrey)
January	NCL (Calgary)
January	Tournament of Courage (BC) or Capital Wave Invite (Ottawa) TBC
March	AB Open
March/April	Training Trip
May	WPC NCL Westerns (Calgary)



July	AWPA Team Alberta
Summer	AGNT

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

18U 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 18Us may be asked to train and/or compete up with the Senior team, additionally 2010s 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

18U Season Timeline¹	
August	Fall Assessments
October	Kamloops Training Trip
November	NCL (Regina)
December	NCL (Calgary)
February	NCL (Edmonton)
Feb/March	NCL (Richmond)
March/April	Training Trip
April	NCL Westerns (Edmonton)
May	Nationals (Calgary)



July	Team AB Provincial Cup
Summer	AGNT/National Team centralizations

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

Senior Torpedoes

Athletes born 2006 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, Friday 6:30-8:00pm
- National Team athletes who are decentralized are invited to all Senior Torpedoes Training

Senior Season Timeline¹	
December	Senior NCL (Surrey)
January	Senior NCL (Calgary)
March	Senior NCL (Edmonton)
April	Senior NCL (Regina)
May	Senior Nationals (Gatineau)
Summer	AGNT/National Team centralizations

¹Subject to change



2024-2025 Pool & Facility Allocations

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bridge Dev - Pool	6:30-8:00					12:30-2:00
Bridge Dev - Dryland						11:45-12:30
Bridge Selects - Pool	6:30-8:00	8:00-10:00		6:30-8:00		12:30-2:00
Bridge Selects - Dryland		7:15-8:00				11:45-12:30
16U Gold - Pool	6:30-8:00	8:00-10:00		6:30-8:00	6:30-8:00	12:30-2:00
16U Gold - Dryland		7:15-8:00				11:45-12:30
16U Black- Pool	8:00-9:30	8:00-10:00	18U Invite	6:30-8:00	6:30-8:00	12:30-2:00
16U Black- Dryland		7:15-8:00			5:45-6:30	
18U - Pool	8:00-10:00	8:00-10:00	8:00-10:00	6:30-8:00	6:30-8:00	
18U - Dryland		7:15-8:00			5:45-6:30	
Senior - Pool	8:00-10:00		8:00-10:00		6:30-8:00	

2024-2025 Competition & Travel Outline with Cost Estimates - [LINK](#)

COMPETITIVE Events	Bridge Selects	16U	18U	Senior
Surrey Invite TBC	\$900			
AWPA Edmonton or Mavericks Invite TBC	\$450 or \$1000			
TOC BC or Capital Wave Invite TBC	\$800 or \$1000			
AB Open Calgary	\$150			
16U Surrey Invite		\$900		
16U AWPA Edmonton or Mavericks Invite		\$450 or \$1000		
16U NCL Surrey		\$900		
16U NCL Calgary		\$150		
16U TOC BC or Capital Wave Invite		\$800 or \$1000		
16U AB Open Calgary		\$150		
16U NCL Westerns Calgary		\$150		
18U NCL Regina			\$900	
18U NCL Calgary			\$150	



18U NCL Edmonton			\$450	
18U NCL Richmond			\$900	
18U NCL Westerns Edmonton			\$450	
18U NCL Nationals Calgary			\$150	
Senior NCL Surrey				\$700
Senior NCL Calgary				\$150
Senior NCL Edmonton				\$300
Senior NCL Regina				\$400
Senior NCL Nationals Calgary				\$150
TRAINING Events (Optional)				
Kamloops	\$500	\$500	\$500	
California/FL	\$1,800	\$1,800	\$1,800	
Med Hat	\$40	\$40	\$40	
Edmonton Scrimmages	\$30	\$30	\$30	

*These estimates are based on competition and travel costs this past season and event location. Bridge Selects, 16U & 18U estimates include airfare, transportation, hotel, coaching costs, chaperone cost, entry fees, food and entertainment.

Registration and Policy Requirements

Please refer to the [2024-2025 Registration and Policy Requirements document](#) for further information on all age group registration and policy requirements including casino, volunteer, and fundraising bond amounts. Fundraising and Volunteering participation is strongly encouraged for all programs.

- Casino Bond Cheque - \$500
 - Bridge Selects, 16U FT, 18U FT
- Volunteer Bond Cheque - \$500



- Bridge Selects, 16U FT, 18U FT
- Fundraising Bond Cheque - \$1000
 - 16U FT, 18U FT

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>