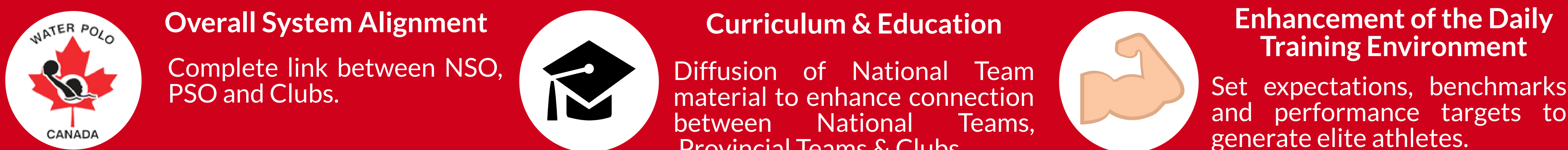


# WATER POLO CANADA & ALBERTA WATER POLO

## CALGARY NATIONAL LEGACY CENTRE PROGRAM UPDATE - JUNE 2018

ABWPA & WPC jointly present the Calgary National Legacy Development Centre (NLDC) as part of WPC's overall High Performance Development Strategy. The NLDC 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 are built upon the Water Polo Canada's overall High Performance Development strategy that emphasizes:



### Objectives of the NLDC 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 WPCs 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 Monday, Wednesday & Friday morning from 8:00-9:30AM and Wednesday evening from 8:00-10:00PM

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

Dedicated Coach aligned with WPCs 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.



### PROGRAM UPDATE - June 2018

Registration: August 15th, 2018  
*\*Interested athletes should send a letter of intent to AWPA before the registration process.*

Start Date: September 2018 (aligned with the first week of classes)

End Date: Mid-June 2019

Coaches: to be confirmed by August 1st, 2018

Cost: \$150 per month

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.



### School Contact Information

Interested athletes & parents should contact the either one of the schools below in order to start their transfer process to be registered for school in the fall of 2018. AWPA will conduct a separate registration process to compile the water polo related information.

#### CRESCENT HEIGHTS HIGH SCHOOL

General Information  
Ms. L Lailey - Assistant Principal  
[llailey@cbe.ab.ca](mailto:llailey@cbe.ab.ca)  
403-276-5521

Information about Registration  
Ms. J. Moar - Guidance Student Services  
[jmoar@cbe.ab.ca](mailto:jmoar@cbe.ab.ca)  
403-276-5521

#### LORD BEAVERBROOK HIGH SCHOOL

General Information  
Jim Simpson - Principal - [jesimpson@cbe.ab.ca](mailto:jesimpson@cbe.ab.ca)

Information about Registration  
Sheila Thompson - Secretary Guidance Learning Services [SHTHOMPSON@cbe.ab.ca](mailto:SHTHOMPSON@cbe.ab.ca)

Programming  
Duane Arndt - Learning Leader Guidance Learning Services [DPArndt@cbe.ab.ca](mailto:DPArndt@cbe.ab.ca)



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

[www.waterpolo.ca](http://www.waterpolo.ca)