



## **DC, HC & HSE Skills Assessment**

The Development Centre (DC), High Performance Centre (HC) and the High School Excellence (HSE) are critical programs offered and run by Water Polo Saskatchewan as identification of our high performance athlete pathway.

Every year Water Polo Saskatchewan is evaluating its athletes using the operation policies you can find at <http://www.wpsask.ca/about/policies/>. Identified athletes are then invited to join the DC, HC or HSE. However any athlete who hasn't been invited at the beginning of the season can ask for a skills assessment in order to be accepted in the DC, HC or HSE program. The following document outlines the WPS programs and goals, as well as the tests performed for each level and the evaluation criterion.

**\*This test is not to be used later on for the Team Sask selection. Team selection will be done following WPS operation policies\*.**

## **WPS Programs & Program Goals:**

### **Development Centre:**

*Description:* This is an inclusive program that will lead athletes into our more competitive programs (HC and HSE) where the standards are elevated to create the best high performance training environment as possible for our athletes.

*Goal:* To offer to a large number of athletes an additional high quality practice every week with a Provincial Team Coach.

### **High Performance Centre:**

*Description:* This is a competitive program that will lead athletes into our High School Excellence program. The standards are elevated to create the best high performance training environment as possible for our athletes. has the goal of offering an additional high quality practice every week with a Provincial Team Coach and a weekly Strength and Conditioning practice with a professional Trainer.

*Goal:* This is a program that will be used to best prepare athletes participating with Team Saskatchewan in the NCL 17U, 19U and Senior.

### **High School Excellence:**

*Descriptions:* This is a WPS Elite program centralized in Regina. This program has been recognized by Water Polo Canada and has been determined as a Regional Development Centre. Athletes selected to participate in this program are selected by invitational basis; there is for this program a maximum number of spots available so a depth chart of athletes is additionally created by WPS coaching staff to select athletes. These athletes will be eligible for Water Polo Canada's Age Group National Team programming (AGNT)

*Goal:* These athletes will be provided with a training environment to best achieve their goals in high performance sport. .



### Skills Assessment Testing Procedure

- Athletes must “Meet Expectations” of the physical and technical skills to be accepted into their respective program

Testing Parameters	
<b>Physical Tests:</b>	
Field Player Test	Timed 100m Test
Goaltender Test	Goalie Jump Test
<b>Movement &amp; Technical Tests:</b>	
Development Centre Technical Test	Vertical Eggbeater with Arms Out (0:30s)
High Performance Centre Technical Test	Passing tempo positive and negative (1min)
High School Excellence Technical Test	Shooting Tempo Positive and Negative (1min)

Physical Testing Standards			
	Does Not Meet Expectations = is not accepted in the program (1)	Slightly under expectations = tryout period offered (2)	Meet Expectations = accepted in program (3)
<b>Development Centre Standards</b>			
100m Test	Above 2:15	2:15 or Under	Under 2:00
Goalie Jumps	Above 0:23 sec.	In between 0:20- 0:23 sec.	Under 0:20 sec.
<b>High Performance Centre Standards</b>			
100m Test	Above 1:45	1:45 or Under	Under 1:30
Goalie Jumps	Above 0:21 sec.	In between 0:19-0:21 sec.	Under 0:18 sec.
<b>High School Excellence Standards</b>			
100m Test	Above 1:30	1:30 or Under	Under 1:20
Goalie Jumps	Above 0:19 sec	In between 0:17-0:19 sec.	Under 0:16 sec



<b>Technical Skills Testing Standards</b>			
	Does Not Meet Expectations = is not accepted in the program (1)	Slightly under expectations = tryout period offered (2)	Meet Expectations = accepted in program (3)
<b>Development Centre Standards</b>			
Vertical Eggbeater 30s with Arms Out	Cannot complete the 30s or use only flutter kick	Can complete the 30s but eggbeater technique is not mastered	Can complete while maintaining with correct eggbeater eggbeater technique
<b>High Performance Centre Standards</b>			
Passing tempo positive and negative (1min)	Drop the ball often, Fall on the back, cannot maintain balance with tempo	Not able to maintain Tempo the entire time, weaker in negative, drop the ball sometime	Ability to maintain Tempo the duration,, no difficulties in negative catching.
<b>High School Excellence Standards</b>			
Shooting Tempo Positive and Negative (1min)	Drop the ball often, cannot do tempo most of the time, fall on the side, no follow through	Tempo but not all the time, weaker negative, not always follow through, not always stable on legs support, not always power and accuracy	Tempo all the time both sides, no difficulties with negative, strong legs support and follow-through, systematic power and accuracy