



Capital WAVE Swim and Polo Progression and Development

Updated December 13, 2023

Positive and ongoing athlete development and progression are shared goals of WAVE athletes, families and our dedicated coaching team.

In an effort to set transparent and measurable objectives for our athletes and their families, the WAVE coaching staff has produced the following progression guidelines.

These quantitative criteria are part of the overall assessment, and will be evaluated in conjunction with coaching considerations including but not limited to an athletes age, attitude, attendance, coach-ability, endurance and size and cohesiveness of groups.

The final assessment of the advancement criteria is the responsibility of the WAVE coaching staff.

Group moves will happen twice per season to allow time for coaches to fully and adequately evaluate and train with athletes. Unofficial group moves or trial arrangements are prohibited for the safety and fairness of all athletes.

In order to be eligible for a group move, athletes must meet the advancement criteria below, including demonstrating technique appropriate for that level.

Group moves will occur as follows:

	Notification & Acceptance	Effective
Winter	December	January 1
Spring	March	April 1

Families of athletes who meet the advancement criteria will be notified by email throughout the month prior to the potential move, and can choose to accept or decline the group move at that time. You are allowed to decline a coach-recommended move once. A second decline will prompt a discussion with the coaches and/or registrar regarding the philosophy of the program and may result in your athlete's spot being offered to another athlete who is able to meet the requirements.

WAVE coaches will be available for discussion to support these decisions.

Training Group	Advancement/Acceptance criteria - SWIMMING
MINI B	<ul style="list-style-type: none"> ● 15m Free ● 15m Back ● 15m Flutter Kick (face in water)
MINI A	<ul style="list-style-type: none"> ● 25 m Free (breathing to side) ● 25 m Back ● 50 m Free Kick ● 25 m Breaststroke Kick ● Comfortable in deep water
JW B	<ul style="list-style-type: none"> ● 50 m Free (< 1:00 min) ● 50 m Back ● 50 m Breast ● 25 m Fly Kick ● 100 m Fr Kick ● Developing an understanding of pace clock and lane swimming etiquette ● Participates in club galas and local meets
JW A / 13 U	<ul style="list-style-type: none"> ● 50 m Free (< :44 s) ● Race 100 m Free with flip turns (< 1:45 mins) ● Race 100 m Breast ● Race 100 m Back ● Race 100 m IM ● All races must be completed using legal turns and stroke ● Keen to race in both local and away meets ● Able to follow pace times ● Able to share a lane with multiple swimmers ● Demonstrate solid technical skills over all four strokes
13 U - Top Group	<ul style="list-style-type: none"> ● 50 Free (< :36s) ● 100 Free (<1:25) ● 200 Free (< 3:15 mins) ● 200 IM (< 3:30 mins) ● Regional times either accomplished or within 5% ● Able to swim 3000m plus workouts ● Able to follow a practice plan and pace times ● Keen to swim in both local and away meets

Training Group	Advancement/Acceptance Criteria - WATER POLO
----------------	--

MINI B	<ul style="list-style-type: none"> ● See swim criteria
MINI A	<ul style="list-style-type: none"> ● See swim criteria
JW B	<ul style="list-style-type: none"> ● Solid egg beater ● Solid whip kick ● Able to swim head-up front crawl for 15m with ball ● Able to demonstrate BASE position with the ball
JW A / 13 U	<ul style="list-style-type: none"> ● Able to move forward in BASE position with ball ● Able to change direction when swimming head-up front crawl with control of the ball ● Able to transfer ball along the water from weak to strong hand and strong to weak while maintaining BASE position ● Jump vertically, sideways and forwards ● Able to switch from offense to defense and vice versa without prompting ● Able to catch and throw dry passes from 2M distance ● Able to make logical and purposeful game decisions ● Keen to play in both local and away tournaments ● Commitment to the team and to the club
13 U - Top Group	<ul style="list-style-type: none"> ● Knowledge of positional water polo ● Able to catch and throw dry passes from 3M distance ● Able to cope with pressure game situations ● Play a full game of water polo with an understanding of rules ● Keen to play in both local and away tournaments ● Commitment to the team and to the club

Thanks to the Perth Stingrays for sharing their Progression and Development material in preparation for this document.