

South East Region Water Polo training attendance criteria

Introduction

The following criteria has been adapted from the National Water Polo Academy Selection Assessments ([England Water Polo Talent Pathway](#) | [English Player Development](#)). This will familiarise players with the type of trials they will experience should they be nominated for the National Water Polo Academy Selection.

The following standards are guidelines for a South East Region player. These criteria should be used by local coaches to develop players and determine if they are ready to attend a regional session. All players who are close to the desired standards are welcome to attend the regional sessions. Closer to competition times, these guidelines may be more stringently applied and players may be asked to have a SER training break to work on specific development areas.

Full Criteria

Skill	Details	Desired standard
400m swim (may ask to time themselves at a club first and bring time in)	Push off start, no dives, using the wall to turn and push off	U14s <7:30 mins U16s <7 mins U18s <6:30 mins
25m head up sprint	No goggles head up whole time, push off start	U14s - <30 secs U16s - <25 secs U18s - <20 sec
25m head down sprint	Goggles allowed, push off start	U14s - <25 secs U16s - <20 secs U18s- <15 secs
Eggbeater – stamina and height	Hold vertical eggbeater position for 30 seconds, arms out and holding a ball with two hands.	U14s - correct body position (knees high/wide and feet turned out, chair position), maintain eggbeater for 30 secs U16s – chin never touching water for 30 secs U18s – shoulders out of water for most of 30 secs
Ball Skills	Catch and throw between pairs/threes – 3m apart – vertical eggbeater position	U14s - Correct body position and eggbeater throughout U16/18s – consistently accurate passes/catches

Seated dry land throw	Players seated on floor with legs straight out in front.	U14s - >5 meters U16s – >6 metres U18s – >7 metres
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Requirements are set out by age group, but are sequential so an u18 player should also fulfil criteria listed for a u14/u16 player. We are aware that many players will have had a significant break from their ideal training sessions so please note that the swimming times suggested are rough guidelines and will be adapted as the season progresses in line with player fitness and ability.

In addition to the above guidelines, players will also be assessed on their match awareness and ability to perform these skills in a competitive environment. Ultimately the decision about which players are invited to attend further SER training sessions will be left to the coaches. Any players who are not invited to further SER sessions or are recommended a SER training break will be given areas for development so that they can return to SER training sessions when they are ready.

The above exercises will be completed at some SER training sessions to track the progress of players and provide them with a record of their development.

South East Region Player Expectations

When a player is invited to attend SER sessions, they should take note of the following expectations:

- Regular attendance at SER training sessions is necessary if players wish to be considered for selection to tournament squads.
- All players should be participating in 6-10 hours of physical activity per week. Examples include PE lessons at school, ballet class, swimming training/lessons, running outside and long walks.
- All players are expected to attend training with appropriate equipment and swimwear, where possible this should consist of zip up costume or Water Polo trunks.
- Players are expected to complete small development tasks between regional training sessions to improve their game and tactical awareness.
- Players to display a positive attitude when attending sessions and be motivated to develop their water polo skills and ability.

For further information please email waterpolo@southeastswimming.org