

Southwest Sharks Water Polo – Facilitated by Marauders Water Polo

The Southwest Sharks Water Polo program provides athletes (both male & female U17 and above, exceptions welcome) competitive water polo opportunities in their region, with the intention to further national team representation from this area. This program works in conjunction with the club programming that exists currently in the region

Our goals:

- Provide an opportunity to participate in leagues that facilitate Water Polo Canada athlete assessment
- Provide national level skill progression to athletes within the region while maintaining their “Home Club” identity.
- Provide an opportunity for athletes to further develop their skills and experience to perform at an Ontario University Athletics (OUA), Provincial or National level

Our Programming:

The program will run from mid September to end of May (TBC). The table below outlines all the practices available to the athletes (options can be combined). Please note our programming is intended for athletes that already have a solid foundation of water polo skills as we will be building on those skills. Please visit www.marauderswaterpolo.ca for further information and registration and/or contact Stacey if you have any further questions falconers@hdsb.ca / 289-442-6020

Options	Program	Age Group	Description	Practice Expectations	Cost
Option A	Elite Training	U19 & U17 Men & Women	Develop advanced skill progression as outlined by Water Polo Canada *this option qualifies U19 Men for the MLWP/NCL team selection process	4 times a week (M-F)	\$80 per week
Option B	MLWP/NCL	U19 Men	Compete in a high-level national league *must attend Tues-Thurs practices	3 times a week (T, W, Th)	\$60 per week
Option C	Additional Elite Practices	U19 & U17 Men & Women	Intended as additional practices in conjunction with your home club training. Focus on advanced national level skill progression *does not qualify U19 Men for the MLWP/NCL team selection process	2 times a week (T, W, Th)	\$40 per week
Option D	Marauder Water Polo Training (MWPT)	U19 & U17 Men & Women	Opportunity to combine water skill development and strength & conditioning. Athletes interested in National Team evaluation and skill development	Every Saturday (approximately 30 practices)	TBC per practice
Option E	Monday Morning Practices	U19 & U17 Men & Women	Morning workouts intended as additional practices in conjunction with your home club training	Monday Mornings	\$20 per week
Option F	March Break Training Camp	U19 & U17 Men & Women	A great opportunity to train in Florida	TBC	

2022-2023 Pool Schedule (all practices are at McMaster)

Mon	Tues	Wed Scrimmage	Thurs	Fri	Sat (MWPT)	Sun
6 to 7:30 AM	8 to 10 PM	8 to 9:15 PM	8 to 10 PM		12 to 3 PM	
U19 & U17 Men/Women	U19 & U17 Men/Women	9:15 to 10:30 PM	U19 & U17 Men/Women		U19 & U17 Men/Women	