



SHADOW WATER POLO PROGRAMS (updated August 5, 2022)

Program	Gender	Ages	# of Practices/ Week	Skill Level	Tournaments	Training Focus	Pool(s)
Mini Water Polo	male & female	7-13	1-3	-Able to swim 1 width of pool -No water polo experience required	Based on ability may be invited to participate in local tournaments	Introduction to the basics of the game, develop and improve swim and water polo specific skills.	-Toronto Pan Am Sports Complex (All Deep pool) -Sir Wilfrid Laurier Collegiate Institute (shallow/deep pool)
Pre-Competitive (U13)	male & female	7-13	3-4	-Have previous water polo experience or have been a member of a swim team or played other team sports	Participation in local and provincial competitions	Instruction in basics of the game, improvement and development of swimming and water polo-specific skills and techniques	Toronto Pan Am Sports Complex
Competitive (U13, U15)	male & female	10-15	4-5	-Have previous water polo experience or have been a member of a swim team or played other team sports	Participation in local and provincial competitions; based on ability may be invited to participate in national competitions	Game strategy, team play, conditioning. Sport specific skill development	Toronto Pan Am Sports Complex

Program	Gender	Ages	# of Practices/ Week	Skill Level	Tournaments	Training Focus	Pool(s)
High Performance (U13, U15, U17)	male & female	14-19	5-6	-Have previous water polo or competitive swimming experience	Participation in local, provincial, national and international competitions	Advanced game strategy, team play and advanced conditioning	Toronto Pan Am Sports Complex
School / Varsity	male & female	12+	1-2	-Have previous water polo experience or have been a member of a swim team or played other team sports -Train with athletes in competitive groups (depending on skill level)		Game strategy, team play, conditioning, sport specific skill development	Toronto Pan Am Sports Complex