



2nd Annual Growth and Leadership Summit
September 11-13, 2009
Grand Plaza Hotel Montreal



Friday September 11th, 2009

Registration and Meet'n Greet Wine & Cheese

6:00-7:30PM

Coaches, referees, administrators/volunteers can become reacquainted with one and other after the much deserved summer of rest. This is a great time for networking and open discussion on all topics: joint-training, tournaments, LTAD, NCCP, Professional Development, Best Practices, etc.

Opening Plenary

7:30-9:00PM

Speakers:

Frank Meunier, President WPC
Ahmed El-Awadi, Executive Director WPC
Krystina Alogbo, Women's NT Captain
Gaetan Turcotte, FINA Referee

The Water Polo Canada Annual Growth & Leadership Summit will focus on bringing the water polo community closer together through the integration of Coach/Referee Education and Long-Term Athlete Development, and the importance of the roles of all stakeholders: WPC, the PSO, the club, the coach, the referee, the parent, and the athlete.

Leading off the weekend will be Frank Meunier, President of WPC, and will discuss the strategic direction of the organization and the role each stakeholder plays in achieving the goals of WPC. Following Mr Meunier is WPC's Executive Director, Ahmed El-Awadi, who will discuss the role of each stakeholder in club development initiatives as it relates to Sport Canada and the Canada Games. Ending the opening plenary is Women's National Team Captain Krystina Alogbo who will share her experiences growing up through the club system and onto the world stage. These individuals will set the stage for the Summit through their experiences, visions, and goals for the integration of all stakeholders.

Saturday September 12th, 2009

Breakfast and Men's National Team Debriefing

8:00-9:00AM

Speaker:

Men's NT Staff TBD



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While all delegates are fuelling their system before a full day of activities and learning, a Men's NT Staff member will address the group on his learning experiences and successes from the 2008-09 National Team season, and will give a preview of the 2009-10 season.

Workshops

Competition- Introduction Learning Facilitator Training (Bilingual)

Master Learning Facilitators:

Ross Macdonald, ED Ontario Water Polo
French speaking MLF from Sport Québec

This workshop is being offered to anyone interested in training coaches in the Competition- Introduction context-stream, specifically "The Practice Coach". The Learning Facilitators have replaced the "course conductor" in the New NCCP and are tasked with the responsibility of training coaches coaching athletes in the competition stream in the Competitive Foundations LTAD pathway (14U and 16U). The focus will be on French Quebec Facilitators; however, the session will be open to all across the country.

Anyone interested in becoming a WPC NCCP Learning Facilitator should contact office@waterpolo.ca.

Note: This training is a 2 and a half day course. Sessions will begin Friday morning and continue through the weekend so that Learning Facilitators can take part in the common sessions.

National Referee Course (Bilingual)

Course Conductors:

Gaetan Turcotte, FINA Referee

This workshop is being offered to any referee who has completed their Provincial certification. This workshop is only offered every 2-3 years. Referees willing to officiate 22U and Senior Nationals will need this certification. This course is the next step before referees can move onto the international stage.

Anyone interested in becoming a WPC NCCP Learning Facilitator should contact office@waterpolo.ca.

Note: This training is an 8 hour course. 2 hours Saturday AM, 4 hours Saturday PM, and 2 hours Sunday AM. Referees will officiate the Women's NT exhibition game as well as take part in the common sessions.



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9:30-10:30AM

A1: 6-on-6 Half Court Skills with the Women's National Team

Olympic Stadium Pool

Speaker:

Patrick Oaten, Women's NT Head Coach

The Head Coach of the Women's NT will lead his charges while teaching club coaches skills for defending half court offences, and skills for scoring goals.

A2: LTAD and NCCP for the Club and PSO Administrator

Speaker:

Jeffrey Lindell, WPC Domestic Development Director

This workshop is geared for team managers, club presidents, Head Coaches of clubs, PSO staff, and anyone else wanting to learn about Long-Term Athlete Development and Coach/Referee Education and its importance in club development and the growth of water polo.

A3: LTAD and NCCP for the Club Coach

Speaker:

Coaching Association of Canada Consultant TBD

This workshop is geared for club coaches coaching athletes at all Long-Term Athlete Development stages. The consultant will explain the reason for the changes to the NCCP and what is the relationship between Coach Education and LTAD giving coaches tips on practical use of LTAD.

Round Table Discussions

11:00AM-12:00PM

This time will be reserved for delegates to recharge their batteries with a healthy sized lunch, and interact with all delegates: coaches, referees, administrators/volunteers. Each roundtable discussion will be led by a WPC Learning Facilitator. Roundtable discussion will begin at 11:45AM, and delegates are encouraged to attend as many discussions as possible.

Table 1: How can clubs, PSOs, and WPC recruit and retain coaches?

Table 2: How can clubs, PSOs, and WPC recruit and retain referees?

Table 3: Should WPC restructure its National Championship system?



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Table 4: What can clubs, PSOs, and WPC do to decrease the drop out rate at the age of 18 years old and increase the retention rate?

Table 5: What can clubs, PSOs, and WPC do to increase the amount of recreational water polo opportunities at new pool venues, therefore, freeing up more hours for competitive training?

Workshops

1:30-2:30 PM

B1: Skills with the Montreal National Men's Development Centre

Olympic Stadium Pool

Speaker:

Men's NT Staff TBD

A Men's NT staff member will lead the Montreal NDC while teaching club coaches newly developed defensive and offensive skills.

B2: Club and Provincial Staff Sharing of Best Practices

Speaker:

Jeffrey Lindell, WPC Domestic Development Director

This workshop is geared for team managers, club presidents, Head Coaches of clubs, PSO staff, and anyone else wanting to share their Best Practices and exchange ideas. Sharing is a key component to growth, and this is great opportunity for administrators across the country to interact with one and other.

B3: LTAD and NCCP for the Club Coach

Speaker:

Coaching Association of Canada Consultant TBD

This workshop is geared for club coaches coaching athletes at all Long-Term Athlete Development stages. The consultant will explain the reason for the changes to the NCCP and what is the relationship between Coach Education and LTAD giving coaches tips on practical use of LTAD.



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Workshops

3:00-4:00 PM

C1: Strength and Conditioning for the Competitive Foundations Athlete (14U and 16U)

Olympic Stadium

Speaker:

Alain Delorme, Women's NT Strength and Conditioning Trainer

The Women's National Team Strength and Conditioning Coach, Alain Delorme, will explain the importance of cross training for water polo athletes in the Competitive Foundations LTAD pathway. Mr Delorme runs the world renowned Actiforme clinic at the Olympic Stadium in Montreal and currently works with over 20 different high performance sports. Mr Delorme will demonstrate basic and fundamental exercises that will help maximize the performance of the water polo athlete.

C2: Mental Training: for the Coach or the Athlete?

Speaker:

Peter Bender, Sport Psychologist

Peter Bender is a renowned sport psychologist with a background as a professional hockey coach in Europe. Mr Bender works with National Team athletes and Olympic athletes from hockey to wrestling. Dealing with high performance athletes and parents are is not always the easiest task. Mr Bender will guide coaches with mental preparation tools for themselves and their athletes. Mr Bender has experience in water polo in working with local water polo coaches and the Women's National Team.

C3: True Sport Club Mark

Speaker:

Andrew Moss, Swimming Canada Domestic Development Director

True Sport is a social movement powered by people who believe that sport can transform lives and communities—if we do it right. True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behavior, and win-at-all-costs thinking.

Andrew Moss, Domestic Development Director from Swimming Canada, is leading a new project with True Sport in effort to create Best Practice standards for all Canadian clubs to adhere to. Mr Moss will explain about the program and inform delegates of training opportunities.



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Women's National Team Exhibition Game

4:30-6:00PM

Olympic Stadium

Head Coach of the Women's NT will split his team in 2 even groups and will let his athletes demonstrate their skills in an exhibition match for all delegates.

Sunday September 13th, 2009

Breakfast and Women's National Team Debriefing

8:00-9:00AM

Speaker:

Patrick Oaten, Men's NT Head Coach

While all delegates are fuelling their system before a full day of activities and learning, the Head Coach of the Women's National Team, Patrick Oaten, will address the group on his learning experiences and successes from the 2008-09 National Team season, and will give a preview of the 2009-10 season.

Workshops

9:30-10:30AM

D1: Power up your Power Play

Olympic Stadium Pool

Speaker:

Men's NT Staff TBD

A Men's NT staff member will lead the Montreal NDC teaching club coaches skills for the power play and the penalty kill.

D2: Training for the New National Database

Speaker:

Jeffrey Lindell, WPC Domestic Development Director

This workshop is geared for team managers, club presidents, Head Coaches of clubs, PSO staff, and anyone else within water polo in Canada making use of the new database. We will be linked to the



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internet so that we can simulate all types of situations including registration of a new participant, returning participant, registering an event, and registering a team/individual for an event.

D3: Periodization: Planning for the Competitive Foundations Club Season

Speaker:

Charles Cardinal, M.Sc. Physical Education (Centre National Multisport Montréal)

Simply put, periodization is time management. Periodization combines scientific evidence, and the “art” of the coach, to design the optimal training plan in order to achieve peak performance at a specific moment in time. Mr Cardinal will explain why periodization is so important for the competitive water polo team, and will lead club coaches through the process of designing a single periodization model for athletes in the Competitive Foundations LTAD pathway.

Note: This workshop is for a 2-hour period

Round Table Discussions

11:00AM-12:00PM

This time is once again reserved for coaches, administrators, and referee to interact and exchange ideas. Each roundtable discussion will be led by a WPC Learning Facilitator. Delegates are encouraged to attend as many discussions as possible.

Table 1: How can clubs and PSOs implement LTAD principles and philosophies into their business model?

Table 2: What do you think of the overall competition structure, and what changes (if any) do you suggest?

Table 3: What can WPC, clubs, and PSOs do to increase the amount of Professional Development opportunities for coaches and referees?

Table 4: How can WPC educate water polo stakeholders with regards to the importance of LTAD and NCCP?

Lunch and Closing Plenary

12:00-12:30PM

Delegates will receive one last healthy meal before returning home. At this time WPC will close the 2nd Annual Growth & Leadership Summit by presenting awards to its volunteer of the year as well as honouring those who have spent a lifetime dedicating themselves to the sport of water polo domestically and internationally.