

USA Water Polo Olympic Development Program

Mission

The mission of USA Water Polo's Olympic Development Program is to truly nationalize our sport by unifying our system of play and dramatically increasing the number of select athletes in training at age group levels. The program will offer incentives for USAWP athletes, coaches and referees to compete for inclusion and advancement. Once accepted into the Olympic Development Program, athletes, coaches and referees will be taught the American System of Water Polo, with a strong emphasis on fundamentals, and will be in purview for positions through the National Team Pipelines for FINA competition and assignments up to and including the Olympic Games.

Purpose

The purpose of the Olympic Development Program is to serve as the primary feeder system for USA Water Polo's National Teams. The foundation of the program is a systematic approach to athlete, coach and referee development through a year round training program that focuses on long term development.

Objective

Change from a short term focus on competition to a long term emphasis on improvement through year round training that will increase the development and performance of athletes, coaches and referees.

Goal

An international coach watching an ODP Championships or training would see the teams executing the same system as the Senior National Team.

Introduction

Overseen by former three- time Olympic Coach Guy Baker, one of the most successful coaches in Olympic water polo history, the Olympic Development Program (ODP) is the entry point for USA Water Polo (USAWP) Male and Female Youth National Teams (15/16 & under) and Junior National Teams (17/18 & under). There are 12 ODP Training Zones. Ten of the eleven USAWP Zones remain intact as ODP Training Zones; Northeast, Southeast, Midwest, Southwest, Mountain, Pacific, Central CA, Coastal CA, Southern Pacific and Pacific Southwest. The Pacific Northwest and Hawaii Zone is divided into two ODP Training Zones; Pacific Northwest and Hawaii. The Pacific Northwest and Hawaii Zone is divided for training purposes only; it competes as a Zone at the ODP Championships.

Each ODP Training Zone will conduct an initial tryout for both age groups and each gender. After the initial tryout an ODP Training Team is selected. An ODP Training Team is a minimum of 18 players and a maximum of 32 players. Zone based ODP training teams are formed for year round training under a consistent protocol developed specifically for the Olympic Development Program.

There are four ODP Championships held on Memorial Day weekend: one for each age group and gender. The ODP Championships will have three components; training, competition and selection. Twelve teams will compete in each of the four ODP National Championships. The eleven USAWP Zones field eleven teams for each of the four ODP Championships. A Southern California Regional Team comprised of players from the Coastal CA, Southern Pacific and Pacific Southwest Zones is the twelfth team in each of the championships. The Southern California Regional Team is a pilot program and the team is chosen following the selection of the Coastal CA, Southern Pacific and Pacific Southwest ODP Championship Teams.

A travel team of fourteen (12 field players and 2 goalkeepers) is selected for the ODP National Championships. An athlete not chosen for the championship team will still be on the training team and will continue to train with the best in their respective zone. This is designed to keep athletes in the program that may not make the travel team at first but with training and development, could very well make the team at a later date. From this perspective, age group team selections represent more of a snapshot of current development because it is expected that each athlete's natural progress will vary from athlete to athlete. It will be a hallmark of the program that athletes will continue to train and compete with no secure roster spots from event to event, and rosters changing to reflect athlete development and commitment.

Athletes are evaluated quarterly to ensure that long term improvement is being met. After each ODP Championships, a National Training Team will be announced for a National Training Camp. A total of 44 players will be selected for the Youth National Team Training Camp with a minimum of two players per USAWP Zone selected for the camp. A total of 33 players will be selected for the Junior National Team Training Camp with a minimum of one player per USAWP Zone selected for the camp. The staffs of the Olympic Development Program and National Teams are responsible for scouting zone, regional and national tournaments, competition and training looking to invite players to train with their respective ODP training teams. Also, the Olympic Development Program will hold periodic ODP Training Zone tryouts to be sure that all athletes have an opportunity to participate. In addition, athletes can be nominated for the program by their USAWP Club Coach to be considered for ODP Training Teams, since club participation is a critical aspect of overall development.

Phases

The Olympic Development Program will be implemented in two phases.

Phase 1: January 5th - May 25th, 2009 Phase 2: July 1st, 2009 - May 31st, 2010

- ODP operates on a 2-year cycle following FINA age categories
 - 2008-09 Age Categories (Male and Female)

- Born in 1991-92 (17/18 & u: Junior)
 - Born in 1993 & u (1516 & u: Youth)
- Phase 1: January 5th-May 25, 2009
 - Phase 1 ends May 25th, 2009 at the conclusion of the ODP Championship
 - Phase 1 is the completion of the 2008-09 2 year cycle

Training Hours

Phase 1 (January 1st – May 25th, 2009): ODP Training Teams will train for a minimum of 20 hours and a maximum of 30 hours

Phase 2 (July 1st, 2009 – May 31st, 2010): ODP Training Teams will train for a minimum of 60 hours and a maximum of 80 hours

- Some teams may not be able to train in the same location for all the training hours due to geographical challenges
 - Those teams/athletes will train at selected times in their respective geographical areas to complete their training hours

Training Fees

Phase 1: Each ODP training team athlete will have a training fee of \$400

- Fees can be paid in 2 x \$200 payments
- The first payment is due two weeks after the conclusion of the ODP Training Zone Tryout
 - The entire \$400 can be paid in the first payment
- The second payment is due no later than May 1st, 2009

Phase 2: The annual fee will be \$800

- Annual Fee is paid in two segments
 - July-December (1) and January-May (2)
 - As in Phase 1 fees can be paid in 2 x \$200 payments for each segment
 - July-December segment fees are due no later than August 1st and November 1st
 - January-May segment fees are due no later than February 1st and May 1st

Fees are payable to USAWP-ODP

All fees go directly to the expenses and operation of the Olympic Development Program, which is augmented by direct and indirect support from the United States Olympic Committee and from USA Water Polo.

The purpose of implementing a fee structure is to ensure that ODP programs provide adequate and uniform training and competition across the nation, as well as serious evaluation, mentoring and education all directed toward the development of ODP athletes, coaches and referees.

2009 ODP Major Initiatives:

- ODP Summit
- ODP Championship Team Travel: all expenses for coaches and referees as well as hotel and ground transportation for each athlete
- ODP Coaches Mentoring Program: Assign Olympic Development or National Teams Staff to ODP Training Teams
- Olympic Development and National Teams Staffs visits to ODP Teams
- Grant in Aid Program
- ODP Coach Stipends
- On-Line Coach and Referee Education
- ODP Instructional Videos
- Opportunity for ODP Coaches and Referees to visit National Teams training and competition
- Move the management of ODP to USAWP and the Olympic Development Department

Projected 2009 ODP Expenses (January 1st - December 31st)

ODP Championship Team Travel	\$266,475
ODP Championships	\$36,600
ODP Summit	\$45,000
ODP Administrative Costs	\$12,000
ODP Grant in Aid	\$96,000
ODP Facility Costs	\$48,000
ODP Training Centers	\$10,000
ODP Coaches	\$57,600
ODP Operations	\$329,125
Total	\$,904,800

Projected 2009 ODP Revenue (January 1st-December 31st)

ODP Training Fees: Phase 1	\$422,400
ODP Tryouts (1995 & u)	\$60,000
ODP Training Fees: Phase 2	\$422,400
Total	\$904,800

Tryouts: 1991-92 and 1993 & under

Each of the twelve ODP Training Zones will administer tryouts for males and females born in 1991-92 and 1993 & under.

Tryouts are conducted for one or two days and each ODP Training Zone determines number of days, hours and fees for the tryouts.

Each ODP tryout information; dates, locations, times, registration, fees... are due to USAWP Olympic Development Department by January 17th, 2009.

All ODP tryouts fees are to be used for 2009 ODP Zone expenses; facilities national, regional and zone travel, Grant in Aid...

ODP Training Teams are announced at the conclusion of each tryout.

Tryouts: 1995 and under

1995 & under tryouts will be conducted in each ODP Training Zone during the months of April-June. The Olympic Development Program will manage the registration process for the tryouts. ODP Coaches in collaboration with the Zone Chairs, USAWP Sport Development Regional Directors and the Olympic Development Program will determine dates and location.

All 1995 & under tryouts are for 10 hours with a \$100 tryout fee. All tryouts will follow the same ODP tryout training plan and selection process. The Olympic Development Department will select the coaches to administer the 1995 & u tryouts.

At the conclusion of the tryout, each ODP Training Zone will name an ODP Training Team of 18-32 athletes. The 1995 & under ODP Training Teams will begin year round training in July of 2009 at the start of Phase 2 of the Olympic Development Program.

Athletes born in 1995 & u should be encouraged to participate in the 1993 & u tryouts. The experience will be beneficial for the 1995 & u tryouts. As well, athletes who are born in 1997 & u should be encouraged to attend the 1995 & u tryouts.

ODP Training Zone Staffs

96 Coaches: One Head Coach and Assistant Coach for each of the 48 ODP Training Team. All coaches are nominated by their respective Zone Chair and approved by the Olympic Development Department.

12 Head Coordinators: One Coordinator for each ODP Training Zone. All coordinators are nominated by their respective Zone Chair and approved by the Olympic Development Department.

12 Head Referees: One Head Referee for each ODP Training Zone. The National Referee Chairperson selects the Head Referees.

48 Team Referees: One referee for each ODP Training Team. A Head Referee can also be a Team Referee. The team referees are nominated by the Head Referee and approved by the National Referee Chairperson.

All coaches, referees and coordinators are selected for Phase 1 only.

Evaluations: Coaches, Referees and Coordinators

Following Phase 1 all ODP coaches, referees and coordinators will be evaluated by the Olympic Development Department in collaboration with the staffs of the Olympic Development Program and National Teams, National Referee Chairperson, USAWP Sport Development Regional Directors and Zone Chairs. All will be evaluated in the following categories; Areas of Distinguished Performance, Areas of Improvement and General Assessment.

All coaches, coordinators and referees are able to advance to Phase 2 based on their Phase 1 evaluations. The selection will be by the Olympic Development Department in collaboration with the Olympic Development Program and National Teams Staffs, National Referee Chairperson, Sport Development Regional Directors and Zone Chairs.

ODP Championships

All four 2009 ODP Championships will be held on May 22-25. The locations are on a Zone rotational system. In 2009, the Championships were open to bids for the following Zones.

- Coastal Zone: Males Born in 1991-92 (Junior)
- Southeast Zone: Females Born in 1991-92 (Junior)
- Central CA Zone: Males Born in 1993 & u (Youth)
- Southwest Zone: Females Born in 1993 & u (Youth)

Presently no bids have been submitted for any of the ODP Championships. The deadline was December 22nd, 2008 and according to the procedures all Championships are now open for bidding to all the Zones.

All the ODP Championships will have the same format with an emphasis in four areas testing, technical and tactical training sessions, tactical knowledge and competition. The championship starts on Friday evening at 6:00 with testing, technical and tactical training sessions. Saturday through mid-day Monday is the ODP Championships competition. Each team will play five games. Interspersed throughout the competition is technical and tactical training sessions. Sunday evening will be the second session of technical and tactical training. Following

the championship game and the awards ceremony each respective National Team Head Coach will announce the players who are selected for the National Training Camp.

Players will be evaluated in the following areas:

- Testing: To be determine at the ODP Summit
 - Swim Test
 - Eggbeater Test
 - Skills Test
 - Position Test
 - Attacker
 - Center
 - Defender
 - Goalkeeper
- Technical and Tactical Training Sessions
 - Execution of the Technical Skills
 - Applying the Technical Skills to the Tactical Component
- Tactical Knowledge
 - Understanding of the System
- ODP Championships
 - Playing in a familiar setting

ODP Championship Team Travel

The Olympic Development Program will cover all the expenses for Coaches and Referees; air and ground transportation, lodging (3 nights) and a per diem of \$25.00 per day (4 days). In addition, the Olympic Development Program will cover the ground transportation and lodging for all the athletes. Also, all teams are responsible for their outfitting.

ODP Summit

The ODP Summit will be January 24-25, 2009 at the LAX Embassy Suites. In attendance will be one Coach per ODP Training Team (48), ODP Head Referees (12), ODP Head Coordinators (12), USAWP FINA Referees (7), Olympic Development Staff and Instructors and the Men's National Team Staff. All expenses are paid for by the Olympic Development Program. This groundbreaking Summit has four primary objectives;

- Coaches and Referees working together for the betterment of the sport
- Develop an ODP organizational plan for athletes, coaches, referees and coordinators
- Unveil an American System of Play for Men's and Women's National Teams for implementation by the ODP Coaches
- Specific Referee Instruction

ODP Grant in Aid Program

The Olympic Development Department will create, implement and manage a Grant in Aid program for athletes who are unable to afford the training fee program. The Grant in Aid information and application will be posted on the USA Water Polo website the week of January 12th, 2009.

ODP Coaches Mentoring Program

Olympic Development and National Teams Staff will be assigned to each ODP Training Team. The mentoring program will include monthly conference calls, on-line technical and tactical education. Coaching and educational materials will be updated regularly and the Olympic Development and National Teams Staff will visit each ODP Training Zone one time during the year. In addition, select ODP Coaches will be invited to visit National Teams training and/or competition, following Phase 1. Also the Olympic Development Department will be looking to identify coaches for Regional and National positions.

ODP Phase 1 and 2 Information

Phase 1: January 1st-May 25th 2009

	Tryout Dates	Tryout Hrs/Fee	Training Hours	Training Fee	Championships Dates	Championship Location
Male 1991-92	TBD	TBD	20-30	\$400 2 x \$200	May 22-25	TBD
Female 1991-92	TBD	TBD	20-30	\$400 2 x \$200	May 22-25	TBD
Male 1993 & u	TBD	TBD	20-30	\$400 2 x \$200	May 22-25	TBD
Female 1993 & u	TBD	TBD	20-30	\$400 2 x \$200	May 22-25	TBD
Male 1995 & u	Mar-May	10/100				
Female 1995 & u	Mar-May	10/100				

Phase 2: July 1st, 2009 - May 31st, 2010

	Tryout Dates	Tryout Hrs/Fee	Training Hours	Training Fee	Championships Dates	Championship Location
Male 1993-94	TBD	10/100	60-80	\$800 4 x 200	May 28-31	TBD
Female 1993-94	TBD	10/100	60-80	\$800 4 x 200	May 28-31	TBD
Male 1995 & u	TBD	10/100	60-80	\$800 4 x 200	May 28-31	TBD
Female 1995 & u	TBD	10/100	60-80	\$800 4 x 200	May 28-31	TBD
Male 1997 & u	Mar-May	10/100				
Female 1997 & u	Mar-May	10/100				

Olympic Development Program: Positives for Athletes

- Train with and against better players
- Year round training for long term improvement
- Systematic instruction and standards
- Coached by top quality coaches
- Connected to the National Teams Pipeline and the Senior National Team
- Opportunity to be seen by Olympic Development and National Teams Staffs
- Learn the American System of Play
- Evaluative progressive standards and benchmarks
- Part of the Olympic Development Pipeline
- National, Regional and Zone Recognition
- Raise college profile
- Opportunity to compete at a National Championships
- Improve overall performance
- Develop a technical, tactical, physical and psychological base to become the best player that you can be

Olympic Development Program: Positives for Coaches

- Train the best players in the Zone
- Mentoring program with Olympic Development and Senior National Team Staffs including monthly conference calls, web meetings and visits
- Be at the cutting edge of learning the American System of Play
- Be a pioneer in Nationalizing Water Polo
- Coach at a National Championships
- Participate in the groundbreaking ODP Summit
- Evaluative system that will enhance professional standards
- Systematic instruction and standards
- Manual, DVD and On-Line instruction
- Improve technical, tactical, physical and psychological components of coaching
- Improve practice planning, game management and overall preparation and planning components of coaching
- Connected to the National Teams Pipeline and Senior National Team
- Opportunity to be seen by Olympic Development and National Teams Staffs
- National, Regional and Zone recognition