

RWPA Programs Summary for 2009-2010

	Age	Recreational Programs	Competitive Programs	WPS Provincial Centres (Additional Practice)**
U12 / Atoms	born in 1998 and later	Learn to Play (ILWP) - U12	Club Competition - Atoms	Development Centre (WPS)
U14 / Bantams	born in 1996 and 1997	Learn to Play (ILWP) - 12+	Club Competition - Bantams	Development Centre (WPS)
U16 / Cadets	born in 1994 and 1995	Learn to Play (ILWP) - 13+	Club Competition – Cadets Boys & Girls	High Performance Centre (WPS)
U18 / Youth	born in 1992 an 1993	Learn to Play (ILWP) - 13+	Club Competition – Youth Boys & Girls	High Performance Centre (WPS)
Adults	Age 18 and up	Master and Master+	Club Competition - Seniors	

** Provincial Centres are not RWPA programs. Info on WPSask.ca

RWPA Program Details for 2009-2010

Recreational Program Details

[Learn to Play – I love Water Polo and Minor League](#)

- Ages:** Under 12 (born in 1998 and later)
13 and over (born 1997 and earlier)
- Description:** This program is based on Skills Development using the Provincial Seal Certification (practice) and Fun to play a team sport Game (Minor League)!
- Registration:** No commitment necessary, typically one week prior to session start. Come and check it out during or **Fun Night** Registration!
- Season:** October – March
- Practice:** 1x / week – Wednesday 5:30-6:30pm (13+) and Saturday 6-7pm (U12)
U of R Pool
No practice during holidays and cancellations
- Games:** Minor League at Lawson Pool
Sundays Night 6-8pm
12-15 games
The Calendar will be online the week following the registration night

Adult Recreational

Masters

- Ages: 18 and up (born in 1991 and earlier)
- Description: This CO-Ed Program is for young and older water polo enthusiasts: high school players, club players, varsity players, university alumni and masters' players from 'back in the day'! Newcomers are welcome – however, you MUST be a strong swimmer. The goal of this RECREATIONAL program is to ensure that games are 'competitive', safe and FUN!
- Season: end of September – March
- Practices: Scrimmages on Sunday Night 8-9pm. Players are divided into teams based on their skills, experience and fitness level.
- Games: For the ones who want to play officials Games, join one of the Masters teams and play the Provincial League Open!
Master teams will also play Sask Open, Provincial Championship and Bushido Invitational (if enough players will attend).
Fun and Friendship will be required!

Masters +

- Description: Add one practice on Wednesday night to train with the U18 Boys or Girls. You will improve your fitness and will share your experience with RWPA younger athletes.

Competitive Program Details

U12 – Atoms

- Ages: Under 12 (born in 1998 and later)
- Description: If you like water, want to improve your swimming skills & endurance, improve your fitness level on land and want some fun competition, this program is for you!
- Season: September – March
- Practice: 2x / week + ML, Boys and girls together
- Games: Minor League U12 on Sunday
Provincial League, Bushido Invit, Provincial Championship

Provincial Centre:

For the ones who want to join the Provincial Development Centre and add one weekly practice, camps and tournament, go to wpsask.ca

U14 – Bantams

- Ages: Under 14 (born in 1996 and 1997)
- Description: If you like water, want to improve your swimming skills & endurance, improve your fitness level on land and want some fun competition, this program is for you!
- Season: September – March
- Practice: 2x / week + ML + 1 Optional practice, Boys and girls together
- Games: Minor League on Sunday
Provincial League, Bushido Invit, Provincial Championship

Provincial Centre:

For the ones who want to join the Provincial Development Centre and add one weekly practice, camps and tournament, go to wpsask.ca

U16 & U18 Boys – Cadets/Youth

Ages: Under 16 (born in 1994 and 1995)
Under 18 (born in 1992 and 1993)

Description: For the top level training and competition opportunities, join the Squids Men's Team!
Great training, lots of scrimmages, tournaments, and team travel make this an exciting and successful program. Regina has a proud history of winning water polo teams, national team athletes and national renowned coaches.

Season: September – March

Practice: 3x / week

Games: Provincial League, Sask Open, Bushido Invit and Provincial Championship

Provincial Centre:

For the ones who want to join the Provincial High Performance Centre and add one weekly practice, camps and tournament, go to wpsask.ca

U16 & U18 Girls – Cadets/Youth

Ages: Under 16 (born in 1994 and 1995)
Under 18 (born in 1992 and 1993)

Description: For the top level training and competition opportunities, join the Piranhas Women's Team!
Great training, lots of scrimmages, tournaments, and team travel make this an exciting and successful program. Regina has a proud history of winning water polo teams, national team athletes and national renowned coaches.

Season: September – March

Practice: 3x / week

Games: Provincial League, Sask Open, Bushido Invit and Provincial Championship

Provincial Centre:

For the ones who want to join the Provincial High Performance Centre and add one weekly practice, camps and tournament, go to wpsask.ca

Seniors

Ages: 18 and up (born in 1991 and earlier)

Description: For experienced players who want to play at senior competition level and be trained for that.

Season: September – March

Practice: 3x / week

Games: Provincial League, Sask Open, Bushido Invit and Provincial Championship

COMPETITIVE PROGRAMS (September to March/May)

Level	Age	Start Date	Practices			Hours per week
U12 / Atoms	born in 1998 and later	Sept 10	Thursday	4-6pm	Lawson	4h practice + 1h ML
			Saturday	6-8pm	U of R	
			Sunday	6-7pm	Lawson	
U14 / Bantams	born in 1996 and 1997	Sept 9	Wednesday	5:30-7:30pm	U of R	4h practice + 1h ML
			Thursday	4-6pm	Lawson	
			Sunday	7-8pm	Lawson	
U16 & U18 / Girls	born in 1995-1992	Sept 8	Monday	7:30-10pm	Lawson	6h practice
			Wednesday	7:30-9:30pm or 8:30-10:30pm *	Lawson	
			Thursday	8:30-10pm	Lawson	
U16 & U18 / Boys	born in 1995-1992	Sept 8	Monday	7:30-10pm	Lawson	6h practice
			Wednesday	7:30-9:30pm or 8:30-10:30pm *	Lawson	
			Thursday	8:30-10pm	Lawson	
Seniors	born in 1991 and earlier	Sept 8	Monday	7:30-10pm	Lawson	6h practice
			Wednesday	7:30-9:30pm or 8:30-10:30pm *	Lawson	
			Thursday	8:30-10pm	Lawson	

[Check Online Calendar](#) for Cancellations/Time Changes

RECREATIONAL PROGRAMS (October to March)

Level	Age	Start Date	Practices			Hours per week
ILWP - U12	born in 1998 and later	Sept 19	Saturday	6-7pm	U of R	1h practice + 1h ML
			Sunday	6-7pm	Lawson	
ILWP - 13+	born in 1997 and earlier	Sept 23	Wednesday	5:30-6:30pm	U of R	1h practice + 1h ML
			Sunday	7-8pm	Lawson	
Master	born in 1991 and earlier	Sept 21	Sunday	8-9pm	Lawson	1h practice
Master +	born in 1991 and earlier	Sept 23	Wednesday	7:30-10pm or 8:30-10:30pm *	Lawson	3h practice
			Sunday	8-9pm	Lawson	

* 7:30-9:30pm: September, November, January and March for WOMEN
 October, December, February and April for MEN
 8:30-10:30pm: October, December, February and April for WOMEN
 September, November, January and March for MEN