

CALGARY RENEGADES WATER POLO CLUB PROGRAM INFORMATION (2025-2026)

About Calgary Renegades Water Polo Club

The Calgary Renegades Water Polo Club is a high-performance club with a mission to provide a positive, competitive water polo environment and experience, by developing athletes, coaches and officials who commit to the practice of high-performance water polo. We demonstrate leadership skills, teamwork, and mutual respect to excel in water polo and in life. Our vision is to assist in developing water polo in the Calgary area, while offering a high-performance club program designed to develop high-performance athletes, coaches and officials, extend their national and international water polo opportunities through a commitment to excellence in water polo and the community.

Age Groups

Age Group	Birth Years
Bridge Development (Hybrid with Community)	2012 - 2013, exceptional 2014
14U Selects (Hybrid with Community)	2012 - 2013, exceptional 2014
16U (Full Time)	2010 - 2011, exceptional 2012
18U (Full Time)	2008 - 2009
Seniors	2007 & earlier

Assessment Process

To provide athletes with the best possible high performance and development environment, athletes with similar skill-level and ability should be training and competing with other athletes of comparable proficiency on a regular basis, this aligns with the Long-Term Athlete Development (LTAD) model. As a high-performance club, the Renegades follow the Excellence stream/Podium Pathway of LTAD beginning in the Late Competitive Foundations/Train to Train stage, up to the Learn to Win/Living to Win stage.

<https://www.waterpolo.ca/content/LTAD-Overview>

The ultimate goal of this player assessment process is to provide players with a positive experience in an environment that they can grow as athletes and people, and remain in the game. This process helps to identify the level of play that is most suited to players at this moment in time based on ability, desired level of commitment and social needs.

To best group athletes by ability, they must be evaluated. The Renegades coaching team will evaluate athletes and select teams and training groups based on a combination of Fall Assessments and Season Evaluations. The Renegades approach to player selection is designed to promote excellence and to inspire and develop all athletes in a way that is consistent with the Renegades objectives. The process is designed to be as thorough, accurate and fair as possible.

As described in more detail below, it is important to emphasize that the Fall Assessment is the first and primary determinant of an athlete's team placement. This puts all athletes on an equal footing at the beginning of each

season and gives athletes a “clean slate” opportunity to demonstrate their abilities through an unbiased and comprehensive assessment involving all prospective athletes in the age group.

Fall Assessments

- Assessments will be held each year in the fall, typically the end of August, for each age group.
- Athletes' age groups are based on their year of birth (YOB), and they will be evaluated for their YOB age group first before being considered for the age group above.
- Athletes are evaluated by various Renegades coaches primarily on skills and fundamentals such as swimming, legs, body position, ball handling, passing and shooting. Athletes may also be evaluated in a scrimmage style format.
- Efforts are made to ensure that athletes play with and against different athletes over the course of the assessment period.
- Best efforts will be made to maintain an athlete-to-coach ratio of no more than 15:1.
- Parents of athletes are not involved in the assessment process.
- Athletes are evaluated through the SkillShark app and will be provided with an evaluation of their skill. The rating scale is below:
 - 4-5 – Skill is superior for the age group.
 - 3-4 – Strong: Has an above average skill level required to join the Renegades.
 - 2-3 – Sufficient: Has the basic skill level required to join the Renegades.
 - 1-2 – Developing: Further skill development is required prior to joining the Renegades.
- Based on the assessments, evaluators will recommend a tentative Competition Level / Team for each athlete.
 - 16U/18U Selects Team (Full Time) – Athlete will initially be invited to play on their age group *Selects (Black)* team, with the possibility of being invited to play-up upon further evaluation.
 - 16U/18U Development Team (Full Time) – Athlete will initially be invited to play on their age group *Development (Gold)* team. ***If an age group has the numbers to carry two teams then both a Selects and Development Team will be selected*
 - 14U Selects Team (Hybrid) – Athlete will be advised to register with the 14U Selects program and with their community club to serve as an introduction to high performance training prior to joining the Renegades Full Time.
 - Bridge Development Team (Hybrid) – Athlete will be advised to register with the Bridge Development program and with their community club to serve as an introduction to high performance training prior to joining the Renegades Full Time.
 - Community Team – Athlete will be advised to register and continue to play with a *Community* club to further develop their skills prior to joining the Renegades.

Importance of Fall Assessments

- Fall Assessments are the first and most important determinant of an athlete's team placement and training group.
- Athletes wanting to maximize their chances of making the team of their choice should participate in the full assessment process.
- Athletes who miss the assessment period will not be considered for a team (other than in the case of serious illness, injury, or other extenuating circumstances) but can reach out to the Renegades Athletic Director to arrange an alternate assessment time.

Season Evaluations & Finalized Team Selections

- Over the course of the season, athletes will continue to be evaluated in both a training and competition environment, along with additional factors such as adhering to the attendance policy, attitude, and work ethic.

- The Renegades coaching team will collate ongoing season evaluations and fall assessments for each athlete and age group to assist in determining final team placement and competition level.
- If the coaching team identifies athletes that should be moved between competition levels (Selects to Development or Development to Selects), they have the discretion to do so when selecting training groups and final tournament rosters. These decisions are carefully reviewed and will be communicated if changes are made.
- Depending on the league or tournament, there may be final roster due dates, in which case the final roster will be set prior to this date.
- In most cases, the final athlete competition level and team selection is finalized prior to the start of January competition season.
- Alternates may be selected for cases when an athlete is unable to play due to injury or illness.
- Athletes may be invited to train and/or play-up an age group depending on the needs of the team and at the discretion of the coaching team. An athlete's primary commitment should be to their age group (based on YOB) first.

Effectiveness of Selection and Placement Process

- The Renegades assessment and evaluation process is like those used by a wide variety of other associations, premier clubs and athletic organizations.
- Though not perfect, this process generates very accurate placement of athletes.
- Over the course of the assessment period, it is very rare that an athlete fails to play at their “true” ability level.
- Despite the extensive nature of the evaluation process, it remains difficult to make reliable distinctions between athletes with very similar abilities.
- Approximately 100 “man-hours” are spent by the Renegades coaching team solely on the assessment, evaluation, and selection process.

Differences in Perception

Despite all reasonable efforts to make fair and effective decisions there will inevitably be differences between some parents' perception of their athlete's ability and the perceptions of the coaches and evaluators. The Renegades fully understand that differences in perception can create disappointment and frustration on the part of the athletes and parents affected. However, the Renegades is committed to providing quality water polo opportunities to all our athletes, at every age, team and competition level, therefore disappointing decisions need not derail a committed, enthusiastic athlete's development. To stay on track, however, it is critical that athletes and parents do their best to stay positive and take advantage of the opportunities to improve over the season, so the athlete is well positioned to “succeed” at the following year's assessment.

Should a parent or athlete wish to discuss their team selection, they may request a meeting by contacting the Renegades Athletic Director and Club President. Please note that a Board member will be present at the meeting to ensure a positive environment is maintained but will have no ability to influence the athlete's team selection, as team selections are at the discretion of our coaching staff.

Training Fee Schedule

Team	Fees
Bridge Development (2x per week)	\$600
14U Selects (4x per week)	\$1,200

16U Full Time	\$2,000
18U Full Time	\$2,000
Senior	\$600

*The above fees are for **training only (facility fees and coaching)**, all equipment/apparel, travel, & tournament fees are in addition to and are paid throughout the season per event.

Programs

Mini-Gades

Athletes born 2012 or earlier

Fee: Free

This is an opportunity for all aspiring young female athletes who are a part of the local community clubs in the Calgary and surrounding region to learn what it means to be and train like a Renegade. Athletes within Mini-Gades will be introduced to current Renegades athletes, coaches, and alumni while also participating in a series of monthly training sessions. This program runs January through April, 1x per month. Registration for this program will open in December.

Renegades Bridge Development (Hybrid) Training ONLY Program

Athletes born 2012 – 2013, Exceptional 2014s

Fee: \$600 2x per week

Head Coach: TBA

Assistant Coaches: TBA

This program is designed for athletes that play for a community club but are also ready to start making the transition to competitive water polo. Athletes will train with the Renegades 2x per week, while also training and competing with their local community clubs 2-3x per week. This program runs mid-September through April.

Normal Training Schedule: Please refer to [page 9](#) for the modified training schedule during MNPCSC renovations in the fall.

- 2x per week water session
 - Monday & Wednesday 7:00-8:30
 - 1x per week dryland/weightlifting session Monday 6:30-7:00

Athletes will continue to compete with their community clubs in the AWPA Provincial League. This is a great way for athletes to increase their skill level and get an idea of what the Renegades is all about prior to joining us full time.

Renegades 14U Selects (Hybrid) Training and Competition Program

Athletes born 2012 – 2013, Exceptional 2014s

Fee: \$1,200 4x per week

Head Coach: TBA

Assistant Coaches: TBA

This program is designed for athletes that play for a community club but are also ready to start making the transition to competitive water polo. Athletes will train with the Renegades 4x per week, but can also continue to train and compete with their local community clubs 1x per week. This program runs mid-September through April.

Normal Training Schedule: Please refer to [page 9](#) for the modified training schedule during MNPCSC renovations in the fall.

- 4x per week water session
 - Monday 7:00-8:30, Tuesday 6:30-8:00, Wednesday 7:00-8:30, Thursday 8:00-10:00
 - 2x per week dryland/weightlifting sessions Monday 6:30-7:00 & Thursday 7:15-8:00 (TBC)

Athletes can continue to compete with their community clubs in the AWPA Provincial League while also adding in 14U Selects travel events with the Renegades. This is a great way for athletes to increase their skill level and game play, while being introduced to what the Renegades is all about prior to joining us full time, and ensuring athletes are ready for 16U.

<u>14U Selects Season Timeline¹</u>	
August	Fall Assessments
October	Surrey West Coast Invitational
November	AWPA Edmonton Invitational or Mavericks Invitational
January	Tournament of Courage (BC) or Capital Wave Invite (Ottawa)
March	AB Open (Calgary)
March/April	Training Trip (FL or CA)
June/July	AWPA Team Alberta / Camps

¹Subject to change, **Bolded** are competitive events & attendance is expected.

16U Renegades – Full Time Program

Athletes born 2010 – 2011, exceptional 2012

Fee: \$2,000

Head Coach Coach: TBA

Assistant Coaches: TBA

This is a full-time program. Athletes will be required to travel and participate in tournaments and competitions throughout the year including the 16U Invitations & the NCL League. Select 16Us may be invited to train and/or compete-up with the 18Us, additionally 2011s and older may be evaluated and invited to the WPC Legacy Training Centre (RDC). This program runs mid-September through May, or until the end of their final Championship event.

Normal Training Schedule: Please refer to [page 9](#) for the modified training schedule during MNPCSC renovations in the fall.

- 5x per week water sessions



- o Monday 7:00-8:30, Tuesday 6:30-8:00, Wednesday 7:00-8:30, Thursday 8:00-10:00, Friday 8:00-10:00
- 2x per week dryland/weightlifting sessions
 - o Monday 6:30-7:00 & Thursday 7:15-8:00

16U Gold & Black Season Timeline¹

August	Fall Assessments
October	Surrey Invitational
November	AWPA Edmonton Invitational
Jan	NCL
January	Tournament of Courage (BC) or Capital Wave Invite (Ottawa)
March	AB Open
March/April	Training Trip
April	NCL Westerns
May	NCL Nationals
Summer	AWPA Team Alberta/AGNT

¹Subject to change, **Bolded** are competitive events & attendance is expected

18U Renegades – Full Time Program

Athletes born 2008 – 2009

Fee: \$2,000

Head Coach: TBA

Assistant Coaches: TBA

This is a full-time program. Athletes will be required to travel and participate in tournaments and competitions throughout the year including the 18U NCL League. Select 18Us may also be invited to train and/or compete up with the Seniors, additionally 2010s and older may be evaluated and invited to the WPC Legacy Training Centre (RDC). This program runs mid-September through May, or until the end of their final Championship event.

Normal Training Schedule: Please refer to [page 9](#) for the modified training schedule during MNPCSC renovations in the fall.

- 5x per week water sessions
 - o Monday 8:30-10:00, Tuesday 6:30-8:00, Wednesday 8:30-10:00, Thursday 8:00-10:00, Friday 8:00-10:00
- 2x per week dryland/weightlifting sessions
 - o Monday 7:45-8:15 & Thursdays 7:15-8:00

18U Gold & Black Season Timeline¹

August	Fall Assessments
October	Edmonton/Med Hat Training Trip
November	NCL (Regina)
January	NCL (East)
March	Invitational (AB Open)
March	Spring Break Trip (Greece)
April	NCL Westerns (Calgary)
May	Nationals (East)
July	Team AB Provincial Cup
Summer	AGNT/National Team centralizations

¹Subject to change, **Bolded** are competitive events & attendance is expected

Senior Renegades

Athletes born 2007 or earlier

Fee: \$600

Head Coach: TBA

Assistant Coaches: TBA

Normal Training Schedule: Please refer to [page 9](#) for the modified training schedule during MNPCSC renovations in the fall.

- 3x per week water sessions
 - Monday 8:30-10:00, Wednesday 8:30-10:00, & either Tuesday/Thursday/Friday
- National Team athletes who are decentralized are invited to all Renegades Training
- This program runs mid-September through May, or until the end of their final Championship event.

Senior Season Timeline¹

Dec-Feb	Senior NCL (Surrey or East)
March	Senior NCL (Edmonton)
April	Senior Nationals (Calgary)
Summer	AGNT/National Team centralizations

¹Subject to change

2025-2026 Pool & Facility Allocations (ADJUSTED)

(During MNP CSC Renovations: Tentatively mid-September - December)

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Bridge Development - Pool			7:00 - 8:30	6:00 - 7:00 TBD		
14U Selects - Pool			7:00 - 8:30	6:00 - 7:00	7:00 - 8:30	
14U Selects - Dryland				7:00 - 8:00		
16U Gold - Pool	9:15 - 10:30 VIVO		7:00 - 8:30	6:00 - 7:00	7:00 - 8:30	8:30 - 10:00
16U Black - Pool	9:15 - 10:30 VIVO		7:00 - 8:30	8:00 - 9:00	7:00 - 8:30	8:30 - 10:00
16U - Dryland				7:00 - 8:00		7:30 - 8:30
18U - Pool		9:15-10:30 VIVO	8:30 - 10:00	8:00 - 10:00	8:30 - 10:00	8:30 - 10:00
18U - Dryland				7:00 - 8:00		7:30 - 8:30
Seniors - Pool			8:30 - 10:00			8:30 - 10:00

2025-2026 Pool & Facility Allocations (NORMAL)

(Post Renovations: Tentatively January - May)

Team	Monday	Tuesday	Wednesday	Thursday	Friday
Bridge Development - Pool	7:00 - 8:30		7:00 - 8:30		
Bridge Development - Dryland	6:30 - 7:00				
14U Selects - Pool	7:00 - 8:30	6:30 - 8:00	7:00 - 8:30	8:00 - 10:00	
14U Selects - Dryland	6:30 - 7:00			7:15 - 8:00 TBC	
16U - Pool	7:00 - 8:30	6:30 - 8:00	7:00 - 8:30	8:00 - 10:00	8:00 - 10:00
16U - Dryland	6:30 - 7:00			7:15 - 8:00	
18U - Pool	8:30 - 10:00	6:30 - 8:00	8:30 - 10:00	8:00 - 10:00	8:00 - 10:00
18U - Dryland	7:45 - 8:15			7:15 - 8:00	

Seniors - Pool	8:30 - 10:00		8:30 - 10:00		
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2025-2026 Competition & Travel Outline with Cost Estimates - [LINK](#)

COMPETITIVE Events	14U Selects	16U	18U	Senior
14U AWPA Edmonton or Mavericks Invite	\$550 or \$1000			
14U TOC BC or Capital Wave Invite	\$800 or \$1000			
14U AB Open Calgary	\$150			
16U West Coast Invite (Surrey)		\$800 - \$1500		
16U AWPA Edmonton Invite		\$550		
16U NCL Calgary		\$180		
16U TOC BC (Training) or NCL event		\$800		
16U AB Open Calgary		\$150		
16U NCL Westerns (Edmonton)		\$600		
16U Nationals (TBD)		\$800		
18U NCL Regina			\$850	
18U NCL East			\$800	
18U NCL Edmonton			\$650	
18U Invitational			\$180	
18U NCL Westerns (Calgary)			\$150	
18U NCL Nationals (Markham)			\$1000	
Senior NCL Edmonton				\$400
Senior NCL East or Surrey				\$700
Senior NCL Nationals Calgary				\$180
Total	\$1,600	\$4,380.00	\$3,630.00	\$1,280.00
TRAINING Events (Optional)	14U Selects	16U	18U	Senior

Med Hat	\$50 - \$400	\$50 - \$400	\$50 - \$400	
California/FL	\$1,800	\$1,800	\$1,800	
Edmonton	\$50 - \$300	\$50 - \$300	\$50 - \$300	
Greece			\$2500	
Total	\$2500	\$2500	\$5000	

*These estimates are based on competition and travel costs this past season and event location. Bridge Selects, 16U, 18U estimates include airfare, transportation, hotel, coaching costs, chaperone cost, entry fees, food and entertainment.

Registration and Policy Requirements

Please refer to the [2025-2026 Club Policies and Requirements document](#) for further information on all age group registration and policy requirements including casino, bingo, volunteer, and fundraising bond amounts. Fundraising and Volunteering participation is strongly encouraged for all programs.

Contact Us

We are excited for the upcoming season and look forward to seeing new and familiar faces. Should you have any questions about our program, please feel free to reach out to our Athletic Director, Alyssa Hunt at alyssa@calgaryrenegades.ca or any member of our Board of Directors. More information can also be found on our website at <https://www.calgaryrenegades.ca/>.