

When you bring your child down to Pacer Water Polo Academy for a **Free Trial** on Sunday mornings at 8.30, he/she can expect to join the Pacer family for the land warm ups at the start to work on mobility & motor skills. This is where our club manager Mr Ting will talk to you (parent) and answer any of your questions. Our Head coach will bring your child for a quick assessment on the basic swimming and Water Polo techniques. You will also be able to physically look and see the different levels and stages of progression for your child ranging from the beginner stage to the competitive levels by looking at the other Pacer kids go through their trainings.

At the **Beginner** stage, Pacer Water Polo Academy will focus on basic swimming strokes such as freestyle, breaststroke, butterfly and backstroke to ensure all swimming techniques are well established with an emphasis placed on the first 2 strokes essential for the sport. Learning these strokes alone would not suffice without a tad bit of stamina and speed to last throughout the training sessions. Where there is spare time, we will introduce basic eggbeater kick which will enable your child to stay afloat in the water for longer periods of time and basic ball throwing techniques. After 3 months, your child will be assessed on various skills, techniques, stamina, speed etc. and if he/she passes the beginner assessment, he/she will be advancing into the intermediate stage of training.

At the **Intermediate** stage, your child will be subject to more detailed swimming stroke corrections to ensure efficiency in the long run and will be put to the test by swimming a lot more so as to also build up their stamina. In addition, their eggbeater kick will be further strengthened, have more ball skills introduced and will have the opportunity to play games with the advanced group. Your child will also be introduced to more basic skills of Water Polo such as swimming with their heads up, jumping and a combination of strokes so as to prepare them for more bodily coordinations required at the advanced level. After 3 months, your child will be assessed on various skills, techniques, stamina, speed etc. and if he/she passes the intermediate assessment, he/she will be advancing into the advanced stage of training.

At the **Advanced** stage, aerobic swimming stamina will be intensified, new advanced skills will be introduced and the skills picked up at the intermediate stage will be done with a ball to ensure comfort and familiarity needed at the age group level. We will focus more on your child's treading water ability, handling of ball capability and learning more about gameplay by being involved in matches. After 3 months, your child will be assessed on various skills, techniques, stamina, speed etc. and if he/she passes the advanced assessment, he/she will be advancing into the cross training stage of training.

At the **Cross Training** stage, your child will brush up and refine skills, techniques, stamina, speed etc. where they will be playing more games for exposure before joining his/her respective competitive age groups. There is no time frame on assessment at this stage of training but as soon as our head coach makes a judgement that your child is ready for his/her respective competitive

age group, he/she will advance into the competitive stages where there will be a significant increase in competitions, friendly games and training sessions.

With reference to the National Youth Sports Institute Singapore Water Polo Long Term Athlete Development (LATD), the recommended hours of training for the aforementioned Beginner, Intermediate & Advanced groups would be between 6 to 10 hours a week with an exception for the Cross Training Group. The recommended hours of training for the Competitive Age Groups would be between 10 to 12 hours a week.

If your child has cultivated the required level of skills, techniques, stamina, speed etc., at the advanced level and has been cleared by our head coach for **Competitive Age Groups** training, he/she may skip the cross training stage. At this stage of training, the focus will be on high level team play formations, tactics and strategies, rules of Water Polo at different age groups, player positions and all other remaining skills and techniques yet to be taught at the other stages. (We won't divulge more of our secret sauce)

Attendance, as your child progresses through the structure of training at Pacer Water Polo Academy, he/she would be expected to attend more training sessions to keep up with the rest of his/her teammates be it in school or with the club. However, if commitment to the sport is an issue, he/she can join the cross training group which will allow him/her to play more games and join trainings and games as they wish. Players in the age groups can move laterally to join the cross training group for more game exposure. However players in cross training group can only move to the age groups on the approval of their skill level by our head coach.

The **Pacer Knights** are a group of players hand selected by Head Coach Igor Josimovic to train at the highest level in the club. Unlike normal training with plenty of fitness and basic skills, the Knights focuses more on the game where the most subtle of positions or movements can give your child a great advantage over his/her opponents in the game. Comprising of the best players in their club, the Knights play friendly games with Singapore Management University (SMU) almost every week, as well as Ex-national team (and those of the same calibre) players. Although it is almost certain they would lose, the never say die spirit even against players more than twice their age and experience, the experience they gain from the veterans of Water Polo and the bonds they form with their team in the pool are the intangible benefits of being a part of the Pacer Knights.

The training success factor for athletes development would be to have an active introduction and start to the sport before learning the FUNdamentals and how to train. These would amount to physical literacy of the sport which builds fundamental movement and sport skills. After which your child will train to compete in competitions which builds physical and mental capability before going on to train to win for high performance.