



INTRODUCTION:

The following are Guidelines to be applied by all persons (e.g. coaches, administrators, venue coordinators, officials and selectors), appointed to be involved in and/or associated with any Gauteng Schools Water Polo Association (“**GSWP**”) Age Group TRIALS Session (“**GSWP Trials Representatives**”).

GSWP Trials Representatives not understanding how to carry out / what any of the Suggested Tests mean should please clarify this with the GSWP Technical Director before the actual Trials Session(s).

Suggestions outlined herein may require adapting depending on the number of participants attending each Trial's Session.

SUGGESTED TESTS TO BE PERFORMED:

To include *inter alia* the following minimum Tests:

- Swim Tests for All Age Groups.
- Legs, Mobility, Skills and Positioning Tests for All Age Groups.
- Game Situation Tests for All Age Groups.

Additional and/or Other Tests may be carried out, as deemed necessary/applicable.

SWIM TESTS FOR ALL AGE GROUPS:

To be applied to the following Age Groups, where applicable:

U13 (and younger) GIRLS:

10x50 metre "freestyle" on 75 seconds

U13 (and younger) BOYS:

12x50 metre "freestyle" on 70 seconds

U14 GIRLS:

12x50 metre "freestyle" on 70 seconds

U14 BOYS:

12x50 metre "freestyle" on 65 seconds

U15 GIRLS:

12x50 metre "freestyle" on 65 seconds

U15 BOYS:

14x50 metre "freestyle" on 60 seconds

U16 GIRLS:

14x50 metre "freestyle" on 60 seconds

U16 BOYS:

20x 50 metre "freestyle" on 60 seconds

SWIM TESTS FOR ALL AGE GROUPS (continued):

U17 GIRLS (i.e. "Fillies"):

10x50 metre "freestyle" **VO₂** maximum test

(i.e. individual test where the player rests the actual amount of time swum for her immediate previous 50 metre "freestyle" swim undertaken, before undertaking her next 50 metre "freestyle" swim in the set. When performed in a group of players, the amount of rest time is "averaged out")

U17 BOYS (i.e. "Colts"):

6x100 metre "freestyle" **VO₂** maximum test

(i.e. individual test where the player rests the actual amount of time swum for his immediate previous 100 metre "freestyle" swim undertaken, before undertaking his next 100 metre "freestyle" swim in the set. When performed in a group of players, the amount of rest time is "averaged out")

U18/U19 GIRLS:

12x50 metre "freestyle" **VO₂** maximum test

(i.e. individual test where the player rests the actual amount of time swum for her immediate previous 50 metre "freestyle" swim undertaken, before undertaking her next 50 metre "freestyle" swim in the set. When performed in a group of players, the amount of rest time is "averaged out")

U18/U19 BOYS:

8x100 metre "freestyle" **VO₂** maximum test

(i.e. individual test where the player rests the actual amount of time swum for his immediate previous 100 metre "freestyle" swim undertaken, before undertaking his next 100 metre "freestyle" swim in the set. When performed in a group of players, the amount of rest time is "averaged out")

LEGS, MOBILITY, SKILLS AND POSITIONING TESTS FOR ALL AGE GROUPS:

- **Side Jumps** – in the goal-mouth touching each of the posts on 30 seconds maximum repetition. No pushing off the posts but only touching them. (The POSTS need to be actually touched to “score”). Each player to be tested individually.
 - **Treading Water** – maximum time treading with both hands and chin out of the water. 10x players maximum doing this test at any one time. **NB*** “Recorder of Times” must be accurate with each and every player’s time. This exercise must be performed properly (i.e. strictly) by players.
 - **Ball Skills** – passing / shooting / catching / turning / faking / balking etc. Each player must be given an overall mark for “Ball Skills” of “excellent / very-good / good / poor / not-satisfactory”. This exercise / test is “part-subjective” but will help when making a final selection of players.
 - **Positioning** – in the water (with and without the ball) while passing / shooting / catching / turning / faking-balking / swimming / changing-direction / blocking etc. Each player must be given an overall mark for “Positioning” of “excellent / very-good / good / poor / not-satisfactory”. Again, this exercise / test is part-subjective but will help when making a final selection of players and their competency level(s).
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GAME SITUATION TESTS FOR ALL AGE GROUPS:

Players must be given clear tasks before the actual games and it must also be carefully explained what is expected of players during the actual games.

DEFENCE SUGGESTION(S):

- Defence “6-on-6” only, “press” (tight). No “drop” and definitely no “static drop”. All players need to understand the difference between “tight” and “zone” (drop) defence.
- Defence with a “Man-Down” situation, being Mobile / Agile with correct “blocking position”, and proper positioning (both body and in the water) in general.

ATTACK SUGGESTION(S):

- First-Line of the attack (first 3 players) to go to the 2 metre line, wide apart.
 - Proper “D” formation.
 - Active / Agile / Mobile attack with lots of movement (i.e. with and without the ball).
 - “Man-Up” attack with lots of movement (i.e. with and without ball), and correct positioning (i.e. with and without ball).
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ADDITIONAL POINTS FOR NOTING:

- Discipline is vital during the Trials Session(s). No talking by players allowed during the Trials Session unless requesting clarification of instructions given, with high focus from the coaches / selectors and players required at all times.
 - Talk to the players before the actual Trials Session begins, briefly notifying them about the selection process remembering to mention that players are not selected by the number of goals they score, but by monitoring all the aspects of their game and their fitness, including their understanding of the game.
 - As usual, the top-players will “select themselves” by virtue of their evident skill, experience and fitness levels. **These Trials Sessions are about eliminating players who are completely “out of their depth”**. Concentration should be more on the “weaker” players so that proper and transparent player selections can be made in each age group.
 - Correct player test results must be recorded in writing for the purposes of proof, in order that player selections can be properly discussed before the announcement of any GSWP Age Group Squads / Teams. This will also assist in giving feedback to players (and parents / schools), where required.
 - GSWP Head Coaches should contact respective school coaches (to discuss / get input) if in any doubt about particular players, before any Squad / Team announcements are made.
 - No GSWP player should be selected based just on account of their performance at the Trials Session(s). The Player’s “history” (i.e. previous and current performance in respect of school, provincial, club or otherwise, as well as commitment levels, discipline, attitude etc.) needs to be taken into account as well.
 - GSWP Head Coaches will be required to justify the selection of all GSWP Age Group Teams to the GSWP Technical Director (if required), with final approval being required to be given by the GSWP Executive Committee.
 - School Water Polo Tournaments / Festivals should form part of the ongoing GSWP Trials Process. All GSWP coaches / managers involved with their actual schools at these tournaments will have the opportunity to give input on GSWP players (i.e. their own and others) who have participated at such tournaments.
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GENERAL PROCESS AT TRIALS SESSIONS:

- Do not write player names or what school players are from on the “test results sheets” during the Trials. Players attending the Trials Session(s) will be allocated official GSWP Age Group specific **Trials “NUMBERS”** to be used as the player’s GSWP Reference. (i.e. normally written in Ink on the Player’s Arm).
 - Depending on the number of players and the number of selectors attending the Trials Session(s), players should be split into 3 groups where possible and each test (i.e. ① swim set, ② jumps with one player in the goal – not pushing off the goal posts but just touching it, ③ “max” legs treading) undertaken on a rotation basis.
 - The main aim of the “official” (first) round of GSWP Trials is to exclude players who cannot cope with the tests and to select a **Squad of Players**. Optimal Training SQUAD numbers for the GSWP Winter Training Programme (which occurs between April and August each year) are up to 50 (fifty) players per squad per age group (but may have more where the competency levels are high or the Age Group Head Coach requests such), but should not be less than 36 (thirty-six) Players (where possible). Over the ensuing months these numbers can be narrowed down to eventually, the final selection of the “A” and “B” teams etc., which will occur during the GSWP IPT (summer) Training Programme (which occurs between September and December (i.e. up until the actual SWPSA IPT) each year). Reserves will be required for each team selected.
 - **NB*** GSWP Trials Representatives are to maintain strict discipline and structure at the Trials Session(s) and under no circumstances must any players or parents be allowed to influence the Trials Process in any way whatsoever.
 - It is in GSWP’s best interest to have the best available players per age group selected. Personal issues / bias should never influence selections made.
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THE FOLLOWING TO BE NOTED:

- The GSWP Registration Fee per Player (in 2017 = R200), is required to be paid prior to participation in any Trials.
 - Players are required to complete and submit the GSWP Player Registration Form each year prior to participation in any Trials. The Form is available via e-mail directly from GSWP (i.e. at admin@gautengschoolswaterpolo.co.za) or can also be downloaded directly off the GSWP Internet Site (i.e. at <http://www.gautengschoolswaterpolo.co.za/>) under “**DOCUMENT ARCHIVES**” and then “**2017 Player Registration Form**” (i.e. direct link <http://www.gautengschoolswaterpolo.co.za/wp-content/uploads/2016/12/2017-Player-Registration-Form.pdf>).
 - **NB*** All players are to be at their respective Trials Venues half an hour prior to their Trials commencing.
 - **NO** GSWP, nor other Provincial or National Costumes or Swimming Caps are to be worn to the Trials Sessions. School Costumes and Swimming Caps may however be worn.
 - Players must attend their applicable age group Trials Sessions (i.e. U11s and U12s to attend U13 Trials, and U17s and U18s to attend U19 Trials), unless prior written authorisation has specifically been granted by the GSWP Executive Committee.
 - GSWP Appointed Selectors will be present at each Trials Venue.
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WHO MAY ATTEND THE TRIALS:

In terms of the Gauteng Schools Water Polo Association Constitution, the following applies in this regard:

“The geographical and catchment area of GSWP shall be the portion of Gauteng Province known as Johannesburg Metropolitan Municipality and West Rand District, extending also to the borders of Gauteng Province.

Membership and player representation of GSWP may include schools and players situate and resident in demarcations within Gauteng Province, South Africa, such as but not limited to, Central, Northern, Eastern, Southern and Western Gauteng.”

All falling within the above are therefore welcome / invited to attend...

CONCLUSION:

Any questions or queries pertaining to GSWP policy, procedures, selections and/or any other related items are to be referred to the **GSWP Executive Committee**. (i.e. are not to be addressed by coaches, administrators, venue coordinators, officials and selectors at the Trials Venue).

FOR NOTING:

This specific Guideline replaces any prior existing Guideline or other similar regulatory document(s) in this regard adopted and approved by GSWP, as applicable.

Issued by the GSWP Executive Committee
