



OLYMPIC DEVELOPMENT
PROGRAM

"Accept the Challenge"

Olympic Development Program Principles

RAISE COLLEGE PROFILE

YEAR ROUND TRAINING FOR LONG TERM IMPROVEMENT

RESPECT FOR THE GAME

NATIONALIZE THE SPORT OF WATER POLO

TRAIN AND COMPETE WITH AND AGAINST THE BEST PLAYERS IN THE USA

FEEDER SYSTEM FOR THE NATIONAL TEAMS

SYSTEMATIC ATHLETIC, COACH AND REFEREE INSTRUCTION

PROGRESSIVE AND EVALUATIVE STANDARDS

TOP QUALITY COACHES

OPPORTUNITY TO BE SEEN BY NATIONAL TEAM COACHES

OPPORTUNITY TO COMPETE AT THE ODP CHAMPIONSHIPS

LEARN THE AMERICAN SYSTEM OF PLAY

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 international 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 four components; testing, training, competition and selection. Twelve teams will compete in each of the four ODP 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 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.



Olympic Development Pipeline

Men's Olympic Team

Women's Olympic Team



Senior National Teams M/F

Senior National Teams

National Teams Pipeline

Olympic Development Program

USAWP Club System

13/14 & u (Cadet) National Teams M/F (2011)

15/16 & u (Youth) National Teams M/F

17/18 & u (Junior) National Teams M/F

20/21 & U National Teams M/F

23/24 & U (Senior B) National Teams M/F

ODP Region East (2010)

ODP Region Central (2010)

ODP Region West (2010)

ODP Region Northern CA (2010)

ODP Region Southern CA (2010)

ODP Zone NE ODP Zone SE

ODP Zone MW ODP Zone SW

ODP Zone MTN ODP Zone PNW ODP Zone Hawaii

ODP Zone PAC ODP Zone CEN CA

ODP Zone CST CA ODP Zone SP ODP Zone PSW

Athletes, Coaches and Referees

ODP Born in Years Changes in Phase 2

Starting in Phase 2 June 1, 2009-May 31st, 2010; ODP will change from the FINA two-year age group categories and follow a three-year age category that will place an emphasis on the overall development of an athlete's career. The three year cycle will enable those athletes who are born in even years to be able to compete for a longer time period and in a more equitable process. Changing the age cycle categories is only the start of the process of completely analyzing how we develop athletes in our country. Below is a brief description of the ODP Phases and the new age categories starting in Phase 2. ODP athletes will still be required to FINA age categories for international competition and USAWP age categories for USAWP events.

ODP Phases

The Olympic Development Program will be implemented in two phases.

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

- ODP has operated 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 (15/16 & 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

ODP Phase 2

- June 1st, 2009-May 31st, 2010
- In Phase 2, ODP will begin to operate on a yearly schedule
- ODP will begin on June 1st and end at the conclusion of the ODP Championships in May of the following year
- ODP will change from the previous FINA 2-year cycle age categories to an even and odd born in year system that follows a 3-year age cycle
- The change will place an emphasis on the overall development of an athlete's career
- ODP athletes will still be required to follow FINA age categories for international competition and USAWP age categories for USAWP events.
- There will be two age categories in Phase 2; June 1, 2009-May 31st, 2010
 - Level 1: Born in 1992-94
 - Level 2: Born in 1995 & u

| ODP Level | 2009-10 | 2010-11 | 2011-12 | 2012-13 |
|-----------|------------------|------------------|------------------|-------------------|
| 1 | Born in 1992-94 | Born in 1993-95 | Born in 1994-96 | Born in 1995-97 |
| 2 | Born in 1995 & U | Born in 1996 & u | Born in 1997 & u | Born in 1998-2000 |

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 (June 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
 - June-December (1) and January-May (2)
 - As in Phase 1 fees can be paid in 2 x \$200 payments for each segment
 - June-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

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

Each ODP tryout information; dates, locations, times, registration, fees... are due at the ODP Summit, January 24-25 and will be posted on the USAWP website the week after the ODP Summit.

All ODP training zone tryouts fees are to be used for 2009 Phase 1 ODP Zone expenses; facilities, travel, Grant in Aid...

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 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 Phase 2 of the Olympic Development Program.

Athletes born in 1995 & u should be encouraged to participate in the 1993 & u tryouts. If not selected for the 1993 & u training team, 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

A total of 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 Managers 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 Managers and Zone Chairs.

ODP Championships

All four 2009 ODP Championships will be held on May 22-25.

| <u>Category</u> | <u>Zone</u> | <u>Location</u> |
|------------------------------------|------------------|-------------------------|
| • Males Born in 1991-92 (Junior) | Southern Pacific | J. Serra High School |
| • Females Born in 1991-92 (Junior) | Central CA | UC Davis |
| • Males Born in 1993 & u (Youth) | Southern Pacific | Capo Valley High School |
| • Females Born in 1993 & u (Youth) | Mountain | Kearns, Utah |

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 are technical and tactical training sessions and meetings. 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:
 - Swim Test
 - 10 x 100's 1:20; 1:00 rest followed by 100 for time
 - Record each 100
 - Vertical Jump Test
 - Touch as high as possible on measuring device
 - 3 jumps record highest jump
 - Vertical Eggbeater Max Test
 - 5-15 lb. Ball on Head
 - Record time: Stop when shoulders or chin touch the water
 - Over the Hips: Lane Line to Lane Line
 - Pivot over the hips-side to side touch lane line twelve times
 - Record time
 - Position Test: TBD
 - Attacker
 - Center
 - Center Defender
 - Goalie
- 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 Schedule

Friday, May 22

5:30-6:00 Opening

6:00-9:00 Testing and Technical and Tactical Training

| A | B | C | D |
|---|---|---|---|
| 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 |

Saturday, May 23

| | | |
|-----|-------|-------|
| 1. | 8:00 | A1-A3 |
| 2. | 9:00 | D1-D3 |
| 3. | 10:00 | B1-B3 |
| 4. | 11:00 | C1-C3 |
| 5. | 12:00 | A2-A3 |
| 6. | 1:00 | D2-D3 |
| 7. | 2:00 | B2-B3 |
| 8. | 3:00 | C2-C3 |
| 9. | 4:00 | A1-A2 |
| 10. | 5:00 | D1-D2 |
| 11. | 6:00 | B1-B2 |
| 12. | 7:00 | C1-C2 |

Sunday, May 24

| | | | |
|-----|-------|-------------------------------------|---------------------------------|
| 13. | 8:00 | 3 rd A-3 rd D | |
| 14. | 9:00 | 3 rd B-3 rd C | |
| 15. | 10:00 | 1 st A-2 nd D | Quarterfinal |
| 16. | 11:00 | 1 st D-2 nd A | Quarterfinal |
| 17. | 12:00 | 1 st B-2 nd C | Quarterfinal |
| 18. | 1:00 | 1 st C-2 nd B | Quarterfinal |
| 19. | 2:00 | 3 rd A-3 rd C | |
| 20. | 3:00 | 3 rd B-3 rd D | |
| 21. | 4:00 | Loser Games 15-16 | 5 th place semifinal |
| 22. | 5:00 | Loser Games 17-18 | 5 th place semifinal |
| 23. | 6:00 | Winner Games 15-16 | 1 st place semifinal |
| 24. | 7:00 | Winner Games 17-18 | 1 st place semifinal |

Monday, May 25

| | | | |
|-----|-------|-------------------------------------|----------------------------|
| 25. | 7:30 | 3 rd C-3 rd D | |
| 26. | 8:30 | 3 rd A-3 rd B | |
| 27. | 9:30 | Loser Games 21-22 | 7 th place game |
| 28. | 10:30 | Winner Games 21-22 | 5 th place game |
| 29. | 11:30 | Loser Games 23-24 | 3 rd place game |
| 30. | 12:30 | Winner Games 23-24 | 1 st place game |

1:45-2:00 Awards Ceremony

2:00-2:30 Announce National Training Teams and Closing

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 is posted on the USA Water Polo website at www.usawaterpolo.org.

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 Junior | TBD | TBD | 20-30 | \$400 2 x \$200 | May 22-25 | Southern Pacific J Serra HS |
| Female 1991-92 Junior | TBD | TBD | 20-30 | \$400 2 x \$200 | May 22-25 | Central CA UC Davis |
| Male 1993 & u | TBD | TBD | 20-30 | \$400 2 x \$200 | May 22-25 | Southern Pacific Capo Valley HS |
| Female 1993 & u | TBD | TBD | 20-30 | \$400 2 x \$200 | May 22-25 | Mountain Kearns, UT |
| Male 1995 & u | Apr-Jun | 10/100 | | | | |
| Female 1995 & u | Apr-Jun | 10/100 | | | | |

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

| | Tryout Dates | Tryout Hrs/Fee | Training Hours | Training Fee | Championships Dates | Championship Location |
|-----------------|--------------|----------------|----------------|------------------|---------------------|-----------------------|
| Male 1992-94 | TBD | 10/100 | 60-80 | \$800 4 x 200 | May 28-31 | TBD |
| Female 1992-94 | 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 |

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 National Teams and Olympic Development 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

Olympic Development Program: Positives for Referees

- Work with the best players and coaches in the Zone
- Mentoring program with ODP Referee Instructors 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
- Referee 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
- 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 and advancement

Frequently Asked Questions (FAQ's)

Who should participate in the Olympic Development Program?

The Olympic Development Program (ODP) is the entry point for USA Water Polo girl's and boy's Youth and Junior National Teams. The Youth age is 15/ 16 years old & younger and the Junior age is 17 to 18 years old.

| | June 2008-May 2009 Born in Years | June 2009-May 2010 Born in Years |
|--------|-------------------------------------|-------------------------------------|
| Junior | 1991-1992 | 1992-1994 |
| Youth | 1993 & under | 1995 & under |

What is the Olympic Development Program?

The Olympic Development Program serves as the primary feeder system for USA Water Polo's Junior and Youth 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.

When are tryouts for the Olympic Development Program for athletes born in 1991- 92 and 1993 & under?

Tryouts for the Olympic Development Program will take place January- March 2009.

Where are tryouts for the Olympic Development Program for athletes born in 1991- 92 and 1993 & under??

Tryouts for the Olympic Development Program are conducted throughout the United States in twelve training zones. The twelve training zones are as follows: Northeast, Southeast, Midwest, Southwest, Mountain, Pacific Northwest, Hawaii, Pacific CA, Central CA, Coastal CA, Southern Pacific and Pacific Southwest.

How do athletes born in 1991-92 and 1993 & under tryout for the Olympic Development Program?

Each training zone will be conducting ODP tryouts for their individual zone. Interested athletes should sign-up for the tryout through their zone. Athletes should visit their local zone website for details about the tryout.

ODP training teams are announced at the conclusion of each tryout.

How do athletes born in 1995 & under tryout for the Olympic Development Program?

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 and the Olympic Development Program will determine dates and location.

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

At the conclusion of each 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 Phase 2 (June 2009-May 2010) of the Olympic Development Program.

Athletes born in 1995 and under are encouraged to participate in the 1993 and under tryouts. If not selected for the 1993 and under training team, the experience will be beneficial for the 1995 and under tryouts. Furthermore, athletes who are born in 1997 and under are encouraged to attend the 1995 and under tryouts. An athlete will be charged only one tryout if they tryout for more than one age group.

Do athletes have to have a USA Water Polo membership to participate in ODP?

Yes, all ODP athletes must have a current GOLD USA Water Polo membership.

Can you explain the phases of the Olympic Development Program?

The Olympic Development Program will be implemented in two phases.

Phase 1: January 5th - May 25th, 2009 Phase 2: June 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 (15/16 & 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 (June 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

Why should I participate in the Olympic Development Program?

Olympic Development Program Slogan: *Accept the Challenge*

ODP 12 PRINCIPLES:

- Raise college profile
- Respect for the Game
- Year round training for long term improvement
- Nationalize water polo
- Train and compete with and against the best players in the USA Water Polo
- Feeder system for the National Teams
- Systematic Athlete, Coach and Referee instruction
- Progressive and Evaluative Standards
- Top quality coaches
- Opportunity to be seen by National Teams Coaches
- Opportunity to compete at the ODP Championships
- Learn the American System of Play

Are their fees involved with ODP?

Yes.

Tryout Fees

Each athlete must pay a tryout fee. These fees will vary by zone for athletes born in 1991-92 and 1993 & under age groups. The 1995 & under tryouts will be a set fee of \$100.00.

Training Fees: Phase 1

Each ODP training team athlete will have a training fee of \$400. Fees can be paid in 2 payments of \$200. The first payment is due two weeks after being selected to the ODP training team. The entire \$400 can be paid in the first installment. The second payment is due no later than May 1, 2009.

Phase 1 Training Fees = \$400

| Training Hours | Cost Per Hour |
|----------------|---------------|
| 30 | \$13.33 |
| 28 | \$14.29 |
| 25 | \$16.00 |
| 22 | \$18.18 |
| 20 | \$20.00 |

For Phase 2, each ODP training team athlete will have a training fee of \$800. The breakdown of payments for Phase 2 is as follows:

| Phase 2: 2 Segments | Amount Due | Payment Due Date |
|--|------------|------------------|
| Phase 2: Segment 1 June 2009- December 2009 | \$200 | August 1, 2009 |
| | \$200 | November 1, 2009 |
| Phase 2: Segment 2 January 2010- May 2010 | \$200 | February 1, 2009 |
| | \$200 | May 1, 2009 |

Segment Fees can also be paid in one installment for Phase 2.

Phase 2 Training Fees = \$800

| Training Hours | Cost Per Hour |
|----------------|---------------|
| 80 | \$10.00 |
| 75 | \$10.67 |
| 70 | \$11.43 |
| 65 | \$12.31 |
| 60 | \$13.33 |

What do the training fees cover?

All fees go directly to the expenses and operations 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 the ODP programs provide adequate and uniform training and competition across the nation, as well as serious evaluation, mentoring and education all direct towards the development of ODP athletes, coaches and referees.

Fees help support 2009 ODP Major Initiatives:

- ODP Summit for ODP Coaches, Referees and Coordinators
- ODP Championship Team Travel: all expenses for coaches and referees and hotel and ground transportation for each athlete
- ODP Coaches Mentoring Program: Assign Olympic Development and/or National Teams Staff to ODP Training Teams
- Olympic Development and National Teams Staffs visits to ODP Teams
- Grant in Aid Program
- ODP Coaches Stipends
- Olympic Development Training Centers
- On-Line Coaches and Referees 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

Are there any grants that I can apply for that will help pay for the training fees?

Yes. An ODP Grant is available for athletes who are unable to afford the training fees. The grant application can be found on-line at www.usawaterpolo.org.

Should athletes who are selected for an ODP training team continue to participate with their club team as well?

Yes. All athletes selected for an ODP Training Team are required to be a member of a USAWP Club team. One of the primary goals of the Olympic Development Program is the USAWP Club System will be the feeder system for ODP. In addition, ODP is working in conjunction with the Club's to ensure a coordinated calendar. The better our clubs are the better the Olympic Development Program will be.

How many hours will the ODP training teams train?

In Phase 1, each training team will train between 20- 30 hours. In Phase 2, teams will train between 60- 80 hours.

How many athletes will be selected to an ODP zone training team?

Each training team will consist of 18-32 athletes.

How many athletes will be selected to the ODP Championship team?

Each ODP Championship travel team will be comprised of 14 players (12 field players and 2 goalkeepers) who will be selected from the ODP zone training team.

Where are the 2009 ODP Championships?

| Category | Zone | Location |
|---------------|--------------------|----------------|
| Boy's Junior | Southern Pacific | J Serra HS |
| Girl's Junior | Central California | UC Davis |
| Boy's Youth | Southern Pacific | Capo Valley HS |
| Girl's Youth | Mountain | Kearns, Utah |

Will athletes have any additional expenses if they are chosen to the ODP Championship team?

USA Water Polo will cover the cost of each athlete's lodging and ground transportation at the ODP Championship. All other expenses such as flights, meals and apparel are the responsibility of each athlete.

What happens if an athlete is on the ODP training team, but they are not chosen to the ODP Championship team?

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.

What happens when the ages of the Junior and Youth change after the 2009 ODP Championships?

ODP operates on a 2- year cycle following FINA age categories. The conclusion of the 2009 ODP Championships is the completion of the most recent 2- year cycle.

On the Junior level, athletes on the ODP training team will phase out after ODP Championships. They will be too old to compete in the Olympic Development program.

On the Youth level, athletes on the ODP training team will continue to Phase 2 even if they are not chosen to the ODP Championship team. They will automatically continue to Phase 2 and will not need to tryout again. They will become the Junior training team in their respective training zone after ODP Championships.

The athletes selected for the 1995 & under training teams will become the ODP Youth Training Teams for their respective training zones.

How are the Junior and Youth National teams chosen?

Youth level, 44 athletes (at least 2 per USAWP Zone) from the ODP Championships will be invited to attend a National Youth Training camp. Those 44 athletes will form the 2009 Youth National Training Team.

Junior level, 33 athletes (at least 1 per USAWP Zone) from the ODP Championships will be invited to attend a National Junior Training camp. Those 32 athletes will be the 2009 Junior National Training Team. From those 32 athletes, 13 athletes will be selected to represent the USA at the Junior World Championships in August 2009.

The staffs of the Olympic Development Program and National Teams are responsible for scouting zone, regional and national tournaments, competitions and trainings where they will be looking for players to invite to train with the respective ODP training teams. Also, the Olympic Development Program will hold periodic ODP Training Zone tryouts to ensure that all athletes have an opportunity to participate. In addition, athletes can be nominated for the program by their USA Water Polo Club Coach to be considered for an ODP training team, since club participation is a critical aspect of overall development.

If an athlete is chosen for the Youth or Junior National Team, will there be any additional fundraising commitments?

Yes. Athletes selected for the Youth or Junior National training camps will have an additional obligation through our a-thon system of fundraising. Youth and Junior athletes will be required to raise \$500 and \$1,000 respectively. If an athlete is also selected for the Junior World Championships team, the athlete will have an additional Golf Tournament fundraising goal.

I still have more questions about the Olympic Development Program. Who do I contact?

You can e-mail any additional questions to ODP@usawaterpolo.org.

USA Water Polo

2009 Olympic Development Program (ODP) Grant Application

The **ODP Grant in Aid Program** is managed by USA Water Polo's Olympic Development Department and is for ODP athletes who demonstrate financial need. The Grant is to be used for ODP training fees.

Criteria:

- Applicant must be a current member of USA Water Polo and a member of an ODP training team.
 - Applications for Phase 1: Applicant must complete the 2009 ODP Grant Application and return it to USA Water Polo postmarked **no later than 7 days** after being selected to the ODP training team. Applications postmarked after this deadline will not be considered.
 - Applications for Phase 2: Applicant must complete the 2009 ODP Grant Application and return it to USA Water Polo **postmarked no later than 30 days** prior to the ODP training fee payment due date. Applications postmarked after this deadline will not be considered.
 - Applicant must demonstrate financial need.
-

GENERAL INFORMATION

Instructions for Applicant:

- Type or print legibly.
- Answer ALL questions; do not leave any spaces blank. If a question does not pertain to you, enter 'NA.'
- Mail completed application with required records to:
 - USA Water Polo
ODP Grant Application
2124 Main Street, Ste. 240
Huntington Beach, CA 92648

The envelope must be postmarked no later than 30 days prior to the ODP training fee payment due date. Incomplete applications or those postmarked after the deadline will not be considered.

- **Submitting an application does not guarantee that an athlete will receive an ODP Grant, or the full grant amount requested.**

All questions can be directed to Nikki Jost, Olympic Development Manager, at 714-500-5406 or njost@usawaterpolo.org

Financial Documents that Must be Submitted with Application (Application not accompanied by required documents will NOT be considered for a grant).

- Copy of applicant's and/ or parents'/guardians' 2008 tax return (for Phase 1 training fee grant, 2007 tax return is acceptable) **OR**
 - If applicant and/ or parents/ guardians did not file a 2008 income tax return, copies of W2(s), 1099(s) and other records of income must be submitted.
 - All financial information submitted on or with the application will be kept strictly confidential.
-

Grant Notification

All applicants will be notified by mail if they have qualified for a grant. Grant recipients or parents/guardians (if applicant is a minor) will be required to sign a "Grant Acceptance Form" prior to ODP grant disbursement.

Tax Reporting

ODP Grants will be reported to the IRS and are subject to federal and state income tax. Since no taxes are withheld, grant recipients should be advised that they may have a tax liability at the time they file their tax returns, and if they anticipate such a liability, they should consider setting aside some funds for this purpose.

Award Consideration

Accurate and complete data in support of financial need must be shown in the application. Race, color, sex, religion and ethnic background are not considered in the selection of award recipients.

The selection of grant recipients is made by members of the ODP Grant review committee.

Athletes may apply for no more than two (2) grants in 2009.

INSTRUCTIONS FOR ODP GRANT APPLICATIONS

PART 1- GENERAL INFORMATION

1. State if applying for grant for Phase 1 or Phase 2
2. State the amount of award applying for
3. Applicant's full name
4. Applicant's permanent address. Grant notification will be sent to this address.
5. Applicant's day and evening phone number. Provide phone numbers where applicant can be reached in the day and evening.
6. Applicant's email address.
7. Applicant's USA Water Polo number.
8. Applicant's social security number.
9. Applicant's date of birth.
10. Applicant's USA Water Polo Zone: Northeast, Southeast, Midwest, Southwest, Mountain, Pacific Northwest & Hawaii, Pacific, Central CA, Southern Pacific, Pacific Southwest, Coastal CA
11. Applicant's team. Team is men's or women's AND junior or youth

PART 2- 2008 REGULAR EARNED INCOME & TUITION EXPENSES. Applications not accompanied by record(s) of 2008 income earned will not be considered for an award. (Financial documents will be kept strictly confidential).

If a question does not pertain to the applicant's or parents'/ guardians' 2008 income earned, enter 'NA.'

1. If applicant was required to file a 2008 income tax return, state the 2008 adjusted gross income as reported on the appropriate IRS form (IRS Form 1040, 1040A or 1040EZ). A COMPLETE copy of the IRS form(s) must accompany this application.

2. If applicant was claimed as a dependent on parents'/ guardians' 2008 Income Tax Return, state the 2008 adjusted gross income as reported on the appropriate IRS form (IRS Form 1040, 1040A or 1040EZ). A COMPLETE copy of the IRS form(s) must accompany this application.
3. If the applicant and/ or parent/ guardian did not file a 2008 Income Tax Return, state the total 2008 income earned W2(s), 1099(s) or other records. Copies of W2(s), 1099(s), and/ or other records of earning must accompany the application.
4. Applicant's and/ or parents'/guardians' 2008 untaxed income: State untaxed income received in 2008 (i.e., child support, inheritance, disability, etc.)
5. Household size: State family's household size if applicant is dependent on parents/ guardians for financial support and is claimed as a dependent on parents'/ guardians' 2008 Income Tax Return. Size of household would include parent(s)/ guardians(s), brother(s), sister(s), and applicant. This number must match the number filed with the 2008 Income Tax Return.
6. Tuition: Include copies of receipts or statements that confirm tuition costs for family dependents if applicant is claimed as a dependent on parents'/ guardians' 2008 tax return.

PART 3- ADDITIONAL INCOME

Please list applicant's 2008 income earned from the various sources listed. Income from grants/ scholarships/awards from organizations and all other income must be included.

PART 4- WATER POLO RELATED ANNUAL EXPENSES

Please list applicants and/ or parents'/ guardians' estimated 2008 total water polo related expenses.

PART 5- AFFIRMATION- Must be signed by applicant or parent/ guardian

By signing this application, applicant or parent/ guardian confirms that all information is true and accurate to the best of their knowledge, and that any falsification of information will result in forfeiture of any ODP grant.

Applicant or parent/ guardian may submit personal statement requesting special consideration (i.e., unemployment, medical cost not covered by insurance, or other extreme family situations). Statement must be accompanied by support documents.



2009 ODP Grant Application

Please print or type.

PART 1. GENERAL INFORMATION (See Part 1 of Instruction Guide)

1. Applying for: ____ Phase 1 Grant ____ Phase 2 Grant
2. Grant Amount Applying for: \$ _____
3. Full Name: _____
Last First MI
4. Permanent Address: _____
Street City State Zip
5. Day Phone: _____ Evening Phone: _____
6. Email Address: _____
7. USA Water Polo Membership Number: _____
8. Applicant's Social Security Number: _____
9. Applicant's Date of Birth: _____
10. Applicant's Zone _____
11. Applicant's Team: Men _____ Women _____ Junior _____ Youth _____

PART 2- 2008 REGULAR EARNED INCOME & TUITION EXPENSES (See Part 2 of Instruction Guide)

1. Applicant's 2008 adjusted gross income: _____
2. Parents'/ guardians' 2008 adjusted gross income: _____

3. Total income from 2008 W2(s), 1099(s) and other records of earnings:
 - a. Applicant: _____
 - b. Parents/ Guardians: _____
4. Applicant's and/ or parents'/ guardians' 2008 untaxed income: _____
5. Applicant's or parents'/ guardians' household size: _____
6. Tuition:
 - a. College/ Grad School: _____
 - b. Prep School: _____

PART 3- 2008 ADDITIONAL INCOME

1. Do applicant and/ or parents/ guardians receive any financial assistance or benefit from a family member (i.e., parents, grandparents, etc.)? YES _____ NO _____
 If yes, please indicate from whom and how much: _____
2. Do applicant and/ or parents/ guardians receive any financial assistance (i.e., grants, scholarships, trusts, gifts, etc.) from a private foundation or from civic organizations?
 YES _____ NO _____
 If yes, please indicate from whom and how much: _____

3. Other sources of income

| SOURCE | TOTAL RECEIVED \$ |
|------------------------------------|--------------------------|
| Academic Scholarships/ Grants | _____ |
| Other Grants/ Scholarships/ Awards | _____ |
| Interest/ Dividend | _____ |
| Other Income (specify) | _____ |

PART 4- WATER POLO ANNUAL RELATED EXPENSES

| EXPENSE | TOTAL AMOUNT \$ |
|--------------------------------------|------------------------|
| Club Fees | _____ |
| USA Water Polo Membership Fee | _____ |
| ODP Tryout Fee | _____ |
| Event Travel (Airfare, Hotel, Meals) | _____ |
| Medical | _____ |
| Other _____ | _____ |
| Other _____ | _____ |
| Other _____ | _____ |
| Other _____ | _____ |
| Other _____ | _____ |

PART 5- AFFIRMATION (See Part 5 of Instruction Guide) ALL APPLICANTS

Under penalty of forfeiture of any funds that may be awarded under this program, I certify that the information provided is complete and accurate to the best of my knowledge. I certify that I intend to participate in the 2009 Olympic Development Program and understand that any grant I receive is contingent upon this intent to participate.

Applicant's Signature

Date

Parent's/ Guardian's Signature

Date

FOR OFFICE USE ONLY:

Date Application Received: _____

Application Complete: YES _____ NO _____

Amount Grant Requested: _____

Amount Grant Awarded: _____

Date Grant Notification Letter Sent: _____

Grant Acceptance Form Received: YES _____ NO _____