



New Zealand Water Polo
National Women's Squad
Criteria 2023-2024

New Zealand Water Polo National Women’s Squad Criteria Paris Cycle and Squad Information

NZ Squad Selection March 2023

As of March 2023, the National Women’s programme will be made up of two Squads, these will be referred to as the National Women’s Squad and National Women’s Development Squad.

National Women’s Squad

These selected athletes will be campaigning towards Olympic qualification.

National Women’s Development Squad – Rationale

The decision to establish the National Women’s Development Squad is to support the retention of athletes transitioning from the age grade pathway to senior level. The Development Squad programme will provide a HP daily environment enabling these athletes to progress more rapidly and increase their chance of International representation at the Senior level.

The establishment of the Development Squad should be viewed as a positive step that provides additional opportunities for athletes – particularly those who have progressed past the international age group level by offering them a pathway to reach the standards expected as a National Women’s Squad athlete.

There will be a revolving door policy in place where athletes can move between Squads depending on progression. Generally athletes will need to show an upward progression trajectory.

National Women’s Squad Members are eligible for the following:

- FINA events
- World University Games
- International and Domestic Tours
- Domestic High Performance Training Centre
- Premier League

National Women’s Development Squad Members are eligible for the following:

- World University Games
- International and Domestic Tours
- Domestic High Performance Training Centre
- FINA events*
- Premier League
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**National Women’s Development Squad Members are eligible for selection for FINA events based upon availability of the National Women’s Squad and positional requirements*

Selection Criteria

1. Athletes must be playing in a Recognised National Domestic competition which includes one or more of the following:
 - New Zealand National League
 - Premier League
 - NZWP National Championships
 - International Domestic League – is this like the Premier League or Sydney Comp? European leagues
 - NCAA College League
2. Athletes must follow the NZ National Women’s Squad Olympic Standards whether based overseas or in New Zealand (Appendix A).
3. Athletes must fulfil all reasonable testing requirements and provide data and information as requested by the coaching team.
4. If selected as a travelling team member for International Competitions and Tours, unless there are exceptional circumstances (which may include financial constraints, injury etc), we expect Squad athletes to be available.
5. Observation events and considerations for selection are:
 - Previous International Experience and Performance
 - Performance at the World Senior/Youth Championships in 2023
 - Performance at the World League Super Finals 2023
 - Performance during the USA Tour 2023
 - Previous seasons Domestic Performance (2022 Season)
 - Previous Premier League
 - 2023 National League
 - 2023 College Competition
 - 2023 International Domestic League
 - Testing results
 - Training Performance
 - Leadership
 - Coachability
 - Long term commitment to National Women’s Program
 - How you contribute and work within the team

Testing Requirements

We are using consistent testing throughout the National Women’s pathway to ensure a collaborative and standardised approach. We require testing within the programmes for 3 main reasons:

1. To ensure an athlete has the minimum physical requirements (or is working towards) to represent New Zealand on the International stage. This will become a ‘Price of Entry’ guideline by the end of 2023. (Once enough initial data is collected to set milestone entry points).
2. To show progress and to cross check our daily training environment (athlete progress)
3. For team selection purposes

Field Players - Swim Fitness

5 x 100m Freestyle MAX effort intervals off 2mins

- Basic Sprint Endurance test. Looking for speed and ability to do repeated efforts

3 x 200m Freestyle MAX effort intervals of 4mins

- Basic endurance test. Looking for ability to maintain times across the 3 intervals

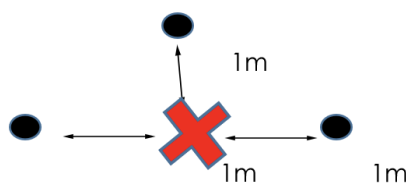
8 x 25m MAX off 30s

- Repeated Sprint Endurance using the 30s turnaround (shot clock)

Field Players Lateral Leg (Movement back to the middle each time indicated below as a red cross and during test will be a vertical jump to the cross bar of the goal)

Left movement - up movement - right movement - up movement

back movement - up movement - forward movement – up movement



Field Players - Vertical Jump Test

Using a Vertec or vertical jump measuring apparatus.

Measure how high the athlete can elevate out of the water

(Taking into consideration trunk and arm length for the data collection)

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Field Players - Shooting % calculated from shots off hand from 6m (on target and off target)

Goalkeepers – Base Fitness

3 x 100m Freestyle MAX effort intervals of 2mins

- Basic Sprint Endurance test. Looking for speed and ability to do repeated efforts

1 x 200m Breaststroke MAX effort intervals of 4mins

- Basic breaststroke endurance test

Goalkeepers - Lateral Legs A

Lateral Left low

2 hands middle

Lateral Right low

2 hands middle

Lateral High Left

2 hands middle

Lateral left high

2 hands middle

As many rounds as possible in 1 minute – 1 point awarded every 2 handed jump

Goalkeepers - Lateral Legs A

Maximum amount of lateral low movements completed in 1 minute (post to post)

Goalkeepers Shooting % saves calculated from shots off hand from 6m (on target and off target)

Additional National Women’s Squads Testing Requirements – Performed by High Performance Sport New Zealand

MAX Pull – Up test - Maximum number of full pull-ups an athlete can complete

HEX – BAR Deadlift - Maximum amount of weight an athlete can deadlift

Shooting RADAR - Calculating the speed of the athletes shot

Grip Strength Test

Internal and External Rotator Test

Positional Specific Requirements

GK goalkeeper

- Ability to block shots
- Ability to communicate with defence
- Reaction to rebounds/CF shots
- Long accurate passes
- Technical ability depending on shot
- Ability to anticipate
- Ability to read the game and steal balls
- Ability to play with pressing defence
- Ability to play with zone defence
- Goal Keeper will also complete 3 in water tests – 1. Shooting off the hand 2. Lateral Leg movement and 3. Leg endurance

Wing/Drivers

- Good shot selection
- Ability to shoot under pressure
- Ability to shoot around blockers
- Ability to score from different positions/angles
- Ability to create a passing option (releasing)
- Ability to assist a team mate/ good pass selection
- Ability to cover in defence
- Ability to play a range of defence movement patterns – Press, Zones
- Ability to earn an advantage/ exclusion
- Ability to read defence patterns in attack
- Ability to post – up
- Ability to cover other specialist positions (CF/CB)

Centre-back - CB

- Ability to read the game (attack and defence)
- Ability to maintain a press defence
- Ability to counter attack
- Ability to communicate with defence and follow tactical instructions
- Good shot selection
- Ability to shoot under pressure
- Ability to shoot around blockers
- Ability to score from different positions/angles
- Ability to create a passing option (releasing)
- Ability to assist a team mate/ good pass selection
- Ability to play a range of defence movement patterns – Press, Zones

CF Centre forward

- Ability to control opposition and take position on 2m
- Ability to control the ball
- Ability to execute a range of shots
- Good shot selection
- Ability to earn exclusions
- Ability to hold position and turn into space
- Ability to cover and participate in team defence.
- Tactical ability and ability to read plays

Physical Attributes

Swimming

Swimming speed and fitness is central to success at the international level. Consequently, swimming contributes to an important part of the overall selection criteria.

Strong legs and the ability to move over the water efficiently are prerequisite for entry into the national team. An athlete must show us their ability to elevate, move over legs in defensive movement patterns, block, correct leg positioning in defence and ability to wrestle opposition for position.

Game sense

This is an equally important aspect of the selection criteria as swimming and legs. We are looking for players who read the game well (meaning they are able to anticipate and recognise game patterns). We are also looking for athletes who can assess and react to game situations and implement set game plans. The ability to play within the team infrastructure and being coachable is vital.

Style of Play

The draw and style of play available to selectors will impact decision making from competition to competition.

Appendix A

NZ National Women’s Squad Olympic Standards

1. Based in Auckland and attending the Auckland High Performance Centre as a member
2. Based overseas

1. Expectations of a National Women’s Squad member based in Auckland

An Auckland High Performance Centre Member is expected to	
1	Attend all centralized sessions in the pool and gym – communicate with the Coach in each of the areas if you can’t attend. The Head Coach must be in the loop of all communication. (Pool AND Gym) If you are a National Women or National Junior Women’s athlete you MUST attend this program to maintain your place within these squad (if based in Auckland)
2	Be fully committed to your age grade squad (if playing ‘up’)
3	Arrive in peak condition to training and events
4	Submit required fitness testing when asked
5	Train in an environment that will progress your overall water polo development – training, games
6	Play in New Zealand domestic competitions if available (Non international event clashes)

An Auckland High Performance Centre Member is expected to Medical/Sports Science/Wellbeing	
1	Complete all individual prehab/rehab work as prescribed
2	Inform the NZWP Physio of injuries sustained within 48 hours
3	Send all medical/physical testing results to NZWP management within 48hours
4	Discuss return to play programming and plans to NZWP management
5	Inform NZWP management of any wellbeing concerns that arise and ask for assistance in managing these
6	Refuel immediately post training and fuel appropriately around training
7	Log menstrual cycle as a key factor in knowing if they are energy deficient
8	Log all training using the POLAR HR monitors and applications

An Auckland High Performance Centre Member is expected to General	
1	Be available for National selection windows – World League, World Championships, Relevant age grade competitions
2	Be available for National Squad Camps
3	Seek advice from the NZWP Management team prior to committing to an overseas contract/USA college
4	Meet all deadlines set by the NZWP Management team
5	Provide all current coaching staff contact details
6	Ensure you have relevant communication software – WhatsApp, HUDL, email, Polar
7	Communicate with NZWP management around training availability
8	Use social media platforms responsibly
9	Be a good representation of a Auckland High Performance Centre athlete – how we behave every day

2.

Expectations of a National Women’s Squad Member who is based Out of Auckland/International

A National Women’s Squad Member is expected to Water Polo Specific	
1	Train hard within their DTE and follow any IPP areas consistently, effectively and with quality
2	Practice and play in their National Squad positions
3	Provide NZWP coaching staff with video footage of your games - as much as possible
4	Arrive in peak condition to National Camps and events
5	Submit required fitness testing when asked
6	Train in an environment that will progress your overall water polo development – training, games
7	Provide HPSNZ with copies of your strength programs
8	Play in a competitive league whilst based overseas – College or Professional Standard

A National Women’s Squad Member is expected to Medical/Sports Science/Wellbeing	
1	Complete all individual prehab/rehab work as prescribed
2	Inform the NZWP Physio of impactful injuries sustained within 48 hours
3	Send all medical/physical testing results to NZWP management within 48 hours
4	Send return to play programming and plans to NZWP management
5	Inform NZWP management of any wellbeing concerns that arise and if necessary seek assistance in managing these
6	Refuel immediately post training and fuel appropriately around training
7	Log their menstrual cycle as a key factor in knowing if they are energy deficient

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1	Be available for National selection windows – World League, World Championships
2	Be available for National Squad Camps
3	Seek advice from the NZWP Management team prior to committing to an overseas contract/USA college
4	Use the NZWP Olympic Standard check list before committing to contracts/USA colleges
5	Address any areas not met in the NZWP Olympic standard check list prior to departure
6	Meet all deadlines set by the NZWP Management team
7	Provide all current coaching staff contact details
8	Ensure you have relevant communication software – WhatsApp, HUDL, email
9	Fill in the weekly feedback form set by the NZWP management team
10	Communicate dates to Head Coach and Squad Manager when you will be in New Zealand
11	Use social media platforms responsibly

NZ National Women’s Development Squad Standards

1. Based in Auckland and attending the Auckland High Performance Centre as a member
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2	Be fully committed to your age grade squad (if playing ‘up’)
3	Arrive in peak condition to training and events
4	Submit required fitness testing when asked
5	Train in an environment that will progress your overall water polo development – training, games
6	Play in New Zealand domestic competitions if available (Non international event clashes)

An Auckland Women’s Development Squad Member is expected to Medical/Sports Science/Wellbeing	
1	Complete all individual prehab/rehab work as prescribed
2	Inform you designated coach of injuries sustained within 48 hours-
3	Send all medical/physical testing results to NZWP management within 48hours
4	Discuss return to play programming and plans to NZWP management
5	Inform NZWP management of any wellbeing concerns that arise and ask for assistance in managing these
6	Refuel immediately post training and fuel appropriately around training
7	Log menstrual cycle as a key factor in knowing if they are energy deficient
8	Log all training using the POLAR HR monitors and applications

An Auckland Women’s Development Squad Member is expected to General	
1	Communicate availability to National Coaching Team staff for designation tours within 48 hours of this being requested..
2	Be available for National Development and Squad Camps when required
3	Seek advice from the NZWP Management team prior to committing to an overseas contract/USA college
4	Meet all deadlines set by the NZWP Management team
5	Provide all current coaching staff contact details
6	Ensure you have relevant communication software – WhatsApp, HUDL, email, Polar
7	Communicate with NZWP management around training availability
8	Use social media platforms responsibly
9	Be a good representation of a Auckland Develop Centre athlete – how we behave every day

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1	Train hard within their DTE and follow any IPP areas consistently, effectively and with quality
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4	Arrive in peak condition to National Camps and events
5	Submit required fitness testing when asked
6	Train in an environment that will progress your overall water polo development – training, games
7	Provide HPSNZ with copies of your strength programs
8	Play in a competitive league whilst based overseas – College or Professional Standard


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4	Send return to play programming and plans to NZWP management
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6	Meet all deadlines set by the NZWP Management team
7	Provide all current coaching staff contact details
8	Ensure you have relevant communication software – WhatsApp, HUDL, email
9	Fill in the weekly feedback form set by the NZWP management team
10	Communicate dates to Head Coach and Squad Manager when you will be in New Zealand
11	Use social media platforms responsibly

New Zealand Water Polo – National Women’s Squad 2023

January 2023 – December 2023 – National Women and National Women’s Development Squads				
Training - DTE	International Camp/Development Game Opportunity	Selection Outline and Rationale	Official International Events/Games	Selection Outline and Rationale
<p>Monday - 6.00am – 7.00am Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p> <p>Tuesday – 6.00pm – 7.15pm Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p> <p>Thursday – 6.15pm – 7.30pm Pool/Dio</p> <p>Friday 6.00am – 7.00am Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p>	<p>Australia State Camps Feb – May 2023</p>	<p>Athlete selection: Auckland, Wellington and Christchurch training center athletes Observation: DTE, National League, Club/School games</p>	<p>World Cup – 1 – 7 May 2023 (Europe)</p>	<p>Athlete Selection: National Women’s Squad, Development athletes (fill positions) Training Centres Observation: National League, DTE, International Leagues, Club Competitions, 2022 performances</p>
	<p>Europe: Mid-June 2023</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>	<p>FINA World Championships July 14 -July 30 2023 (Japan)</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>
	<p>Pre-World Championships Camp July 2023 (15 Selected Athletes)</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>	<p>World University Games July 28- August 8 2023</p>	<p>Athlete Selection: National Women’s Squad, Auckland, Wellington and Christchurch training centre athletes Observation: National League, DTE, International Leagues</p>
	<p>Sydney Super City – Oct/Nov (Development Team)</p>	<p>Athlete selection: Auckland, Wellington and Christchurch training center athletes Observation: DTE, National League, Club/School games</p>	<p>Oceania Olympic Qualification – between August – December 2023</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>
	<p>Premier League</p>	<p>Athlete selection: Auckland, Wellington and Christchurch training center athletes,</p>		
	<p>USA College Tour November</p>	<p>Athlete selection: National Squad Members, Auckland, Wellington and Christchurch training center athletes. Age group National Squad members – positional requirements Observation: DTE, National League, Club/School games</p>		

New Zealand Water Polo – National Women’s Squad 2023

January 2024 – August 2024				
Training - DTE	International Camp/Development Game Opportunity	Selection Outline and Rationale	Official International Events/Games	Selection Outline and Rationale
<p>Monday - 6.00am – 7.00am Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p>	<p>World Championships Preparation January – full month</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>	<p>FINA World Championships Qatar February 2 2024 – February 18 2024</p>	<p>Athlete Selection: National Women’s Squad Observation: National League, DTE, International Leagues,</p>
<p>Tuesday – 6.00pm – 7.15pm Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p> <p>Thursday – 6.15pm – 7.30pm Pool/Dio</p> <p>Friday 6.00am – 7.00am Pool/Dio 6.00pm – 7.30pm Gym HPSNZ</p>	<p>Australia National League February – April 2024 (NZ based Squad)</p>	<p>Athlete selection: National Squad Members, Auckland, Wellington and Christchurch training center athletes. Age group National Squad members – positional requirements Observation: DTE, National League, Club/School games, International leagues</p>	<p>World Cup April 2024</p>	<p>Athlete Selection: National Women’s Squad, Auckland, Wellington and Christchurch training center athletes Observation: National League, DTE, International Leagues, Club Competitions</p>
	<p>Europe Mid May – End of June 2024 (Olympic Squad)</p>	<p>Athlete Selection: National Women’s Squad Observation: National; League, DTE, International Leagues</p>		
<p>Paris Olympic Games – Friday 26 July – Sunday 11 August</p> 				
<p>*Please note that if the team does not qualify for the Paris Olympic Games then the Calendar post the final qualification opportunity (World Championships in February) will be reviewed to align with the next 4 year Olympic Campaign.</p>				