

National Academy Programme Selection Assessments

Selection to the National Academy Programme represents a water polo player's opportunity to represent England for the very first time. From the National Academy Programme, players will be selected to the National Squads.

The following four selection standards have been designed by the national sport science support staff, to provide an indication of a player's ability, ongoing development needs and potential to succeed and progress beyond the National Academy Programme. Players are therefore not expected to achieve a minimum score, to be selected to the National Academy Programme, but the scores will be used to compare against other players for selection purposes. Any low scores should be a focus for individual player improvement and players will be expected to demonstrate such improvements across testing periods.

The four tests are comprised of three water based and one dry land test. These simple tests have been designed so that they may be carried out in almost any location.

Test 1: Swim – focus on stamina and speed

400m front crawl swim

- Push off start, no dives, using the wall to turn and push off

> 5m 30 secs	0 point
< 5m 30 secs	1 point
< 5m 15 secs	2 points
< 5m 00 secs	3 points
< 4m 45 secs	4 points

Test 2: Eggbeater – focus on stamina and height out of water

Hold vertical eggbeater position for 30 seconds

- Knees should be high and wide with feet turned out. Arms straight above head, holding a ball with two hands

Chin on water	0 points
Shoulders clear of water + eggbeater maintained for 30 secs	2 points
Armpits clear of water for the majority of the 30 secs	3 points
Armpits consistently clear of the water with strong eggbeater	4 points

Test 3: Ball skills – focus on technique and accuracy

Catch & throw ball between pairs or threes across a distance of 3m apart, in vertical eggbeater position.

- Ball should be held high above head at 12 o'clock with finger tips pointing in the opposite directions to the target. Elbow should be higher than ear on forward movement with a flick of the wrist and snap of the fingers on release. Arm should finish fully extended resting on or just above the water, with finger tips in the water.

Inconsistent, wet passes. Poor or no eggbeater, multiple dropped catches	0 points
Can pass and catch but with loopy pass, low elbow or inconsistent eggbeater	2 points
Dry passes, occasionally flat, elbow occasionally high, eggbeater throughout	3 points
Dry, flat passes, elbow consistently high above ear with eggbeater throughout	4 points

Test 4: Seated dry land throw – focus on power and distance

Seated throw along the length of the pool that has floats laid out at 1m intervals.

- Players are seated on the floor with legs straight out in front, in the direction of throw in order to isolate the power of the shoulder and upper body. The further the throw, the more powerful the shot and therefore a good indicator of either performance or development needs.

< 9m	0 point
> 9m	1 point
> 11m	2 points
> 14m	3 points
> 16m	4 points

[illegible]