



**ATLANTIS CITY**

# **Atlantis City Water Polo and Aquatics Club**

## **Member Handbook**

# OUR VISION

Atlantis City Water Polo and Aquatics Club was created to establish a central Auckland Water Polo Club based on the foundation of four focus points - Water Safety, Participation, Development and High Performance. Atlantis City Water Polo is committed to providing a clear and transparent pathway for our local community from the very first step into the water through to playing full water polo. We aim to create an enjoyable environment where all ages and abilities can thrive - whether it be through our club programs, development programs or competition pathway. Atlantis City Water Polo is committed to aligning to local and national bodies to ensure the growth of water polo and young peoples participation in sport nationwide.

*'Passionate About Growing Water Polo'*

# OUR VALUES

## 1 INSPIRING

We empower and challenge athletes to achieve their highest level. We are committed to providing an environment that enables athletes to develop by encouraging leadership, hard work, commitment and most importantly - FUN. We want to inspire our young people to use these skills for life.

## 2 COMMITTED

We are committed to our members, parents, coaches and local community. We go the extra mile to ensure everyone has an enjoyable experience at the club.

## 3 COLLABORATIVE

We want Water Polo to grow - EVERYWHERE. Our programs range from basic water safety development to Senior International representation - all while linking into our local community. Whether it be competitions days or leagues, club ran programs or programs for all - we are committed to providing a wide range of programs that align with the locals, the Regional Centres and National Governing Body.

## 4 PROFESSIONAL

We are approachable, warm and friendly. We care for all members, competition participants, coaches, officials and volunteers. We are efficient and competent with the constant desire to improve.

## 5 TRANSPARENT

We are open and honest and deliver robust processes. Our selections are transparent and fair with the delivery of clear communication.

# OUR CLUB

The Numbers – end 2024

260

Registered Club Members

Teams from U12 - Seniors

24

23

Coaches

Home Grown Referees

18

47

Intermediate Schools Teams  
to date in League

Mini Polo teams to date in League

18

53

Flippaball teams to date in League

Over 50 International  
Representatives since 2017

57

13

USA Scholarship  
Placements since 2017

## Atlantis City Water Polo and Aquatics Club Development Framework and Pathway

### Administrative Framework

- Committee
- Development Manager
- Age Grade Coordinators
- Team Managers
- Accounts
- Competitions Manager
- Club Administrator

### Coaching and Officials Development Framework

- Development Manager
- Senior Coaches
- Team Coaches
- Development Coaches
- Referees - A, B, C and Development Referees
- Referees – Flippaball referees and Neptune helpers
- Table workshops

### Club Run Competition Pathway Framework

- Central Auckland Flippaball (Schools) – Terms 1-4
- Central Auckland Mini-Polo League (Schools) – Terms 1-4
- Central Auckland Intermediate League (Schools) – Terms 2-3

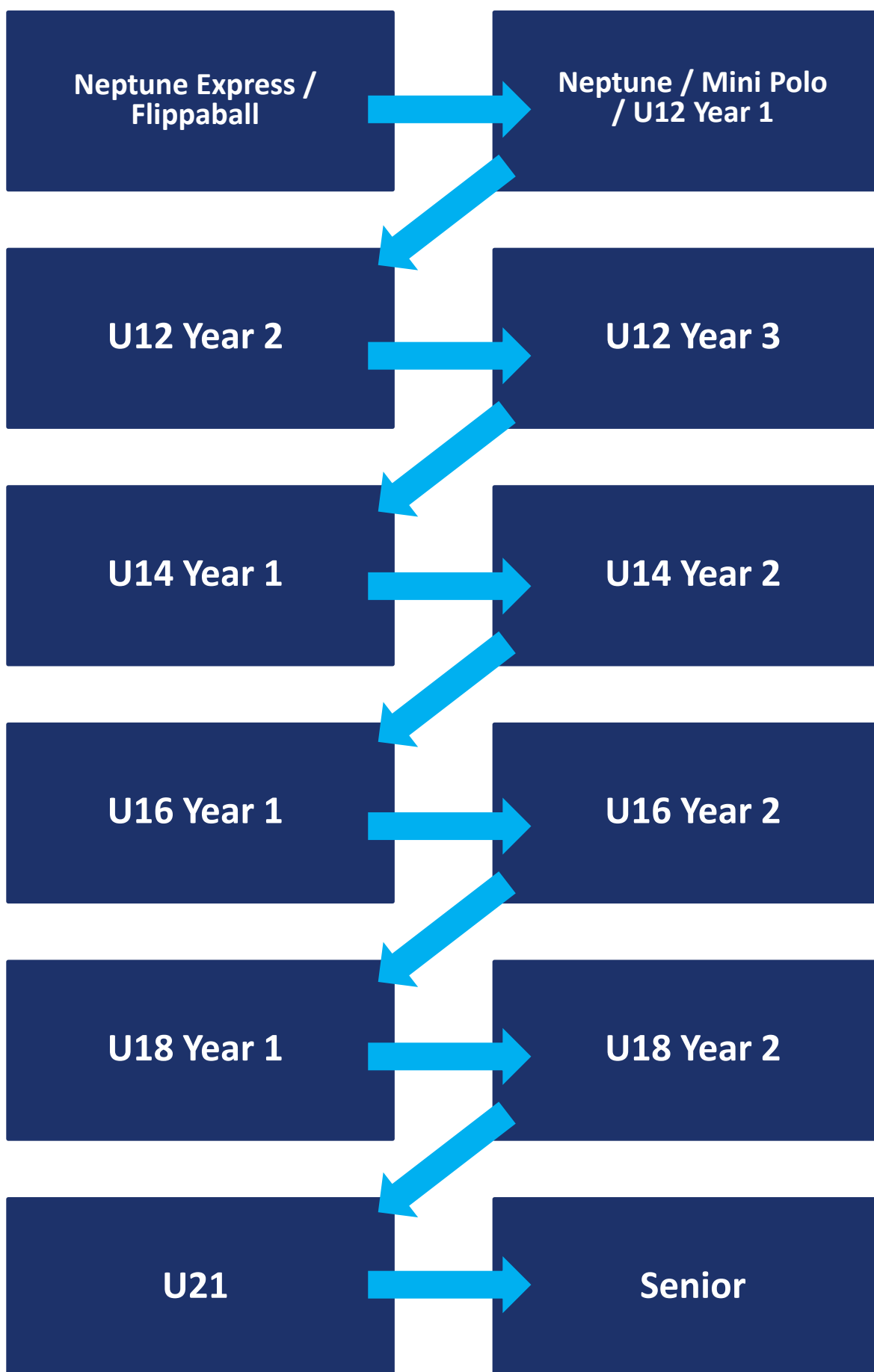
### Club Member Training Framework

- Neptune Program
- Under 12
- Under 14
- Under 16
- Under 18
- Senior
- Holiday Programs
- Skills Academy

### Non-club member training Framework

- Intermediate Development
- Neptune Program
- Holiday Programs
- Mini-Polo Team Training
- Skills Academy
- NZWP High Performance Training

Atlantis City Water Polo and Aquatics Club  
Club Playing Pathway



## Atlantis City Water Polo and Aquatics Club Long Term Athlete Development

### Club Members Development Framework Outline

Water Polo at Atlantis is structured to ensure we have development opportunities for club members across all age groups. The basis of our development framework incorporates six focus areas: Fundamental, Foundation, Competitive Foundation, Competition, Performance and Water Polo for Life. Each of the six focus areas falls into one of the following categories: Participation, Development or High Performance.

#### Participation (Flippaball / Mini Polo / Neptune)

##### *Fundamental Movement Skills*

This phase is for club members aged 5 to 10. The club members are in Junior School education, growing rapidly. The main objective should be the overall development of the club members physical capabilities and fundamental movement skills. The key points of this phase are:

- Participation in as much sport (all sport) as possible
- Speed, power and endurance are developed using FUN games
- Introduction to the simple rules and ethics of Water Polo
- Training programs, based on the school year, are structured, planned and monitored but not periodised
- Club members are engaged encouraged and most importantly, retained in the sport
- The club members are at a beginner level of Water Polo

#### Development (Mini Polo/Neptune/Under 12/Under 14)

##### *Foundation*

This phase is appropriate for club members aged 10 to 13. The club members are entering the growth spurt age range and in Intermediate (Year 7 and 8) years of education. The main objective should be to learn all fundamental Water Polo skills. The key points of this phase are:

- Develop fundamental movement skills
- Learn general overall Water Polo skills
- Continue to develop endurance with game based activities e.g. small sided games
- Continue to develop speed with specific activities during the warm-up, such as agility, quickness and change of direction
- Develop knowledge of warm-up, cool down, stretching, hydration, nutrition, recovery and focusing

## Atlantis City Water Polo and Aquatics Club Long Term Athlete Development

### Competition Foundation (Under 14 – Under 16)

This phase is appropriate for club members aged 13 to 15. The club members are still in the growth spurt age range and in Years 9 -11. The main objective should be the overall development of the club members physical capacities and fundamental movement skills. The key points of this phase are:

- Develop speed and Water Polo-specific skills
- Develop knowledge of how and when to stretch, educate on nutrition and hydration, mental preparation, how and why train when we do
- Establish pre-competition, competition and post-competition routines
- Training is including multiple codes, game and constraint based learning. Training should be innovative and always related to game situation
- Special emphasis is also required for flexibility training due to the sudden growth of bones, tendons, ligaments and muscles
- Club members are engaged encouraged and most importantly retained in Water Polo.
- Club members are in the Intermediate phase of their learning

### Competition (Under 16 – Under 18)

This phase is appropriate for club members aged 15 to 17. The club members should be at the end of their growth spurt phase and are in school Years 11-13. The main objective should be to optimise fitness preparation, Water Polo/event specific skills and performance. The key points of this phase are points stated in the competition foundation plus:

- Emphasis on tactical knowledge
- Periodisation using Macro (Season long plan), Meso (Phase planning – preseason tapers etc) and Micro (session by session).
- Learn to perform these Water Polo-specific skills under a variety of competitive conditions during training
- Fitness programs, recovery programs, psychological preparation and technical development, are now individually tailored to the athlete's needs
- Beginning performance analysis
- Individual game prep
- Club members are entering the advanced phase of their learning

## Atlantis City Water Polo and Aquatics Club Long Term Athlete Development

### High Performance (17+)

This phase is appropriate for club members aged 17+. The club members should have entered into the growth plateau phase. It could be that we have club members who are from other year levels and ages in this category – so their schedule must be managed case by case BUT NOT moving away from their physical development age. The main objective should be to maximise fitness preparation and Water Polo / event specific skills as well as performance. The key points of this phase are:

- All of the club members physical, technical, tactical, mental, personal and lifestyle capacities are now fully established, and the focus of training has shifted to the maximization of performance (must be adapted for younger athletes who are classed as high performance to match maturity)
- Club members train to peak for major competitions
- Training is characterised by high-intensity and relatively high volume but STILL game based learning
- Water Polo can become a profession
- Training is focused to one code, game and constraint based learning. Training should be innovative and always related to game situation.

### NZWP Performance Programme

NZWP run performance programmes for age groups from Under 16 upwards. ACWPA supports this and we have many members actively involved in these age groups, from training camps through to representative NZ teams competing at World Championships.

### Water Polo for Life – Everyone!

#### *Participation, Development and High Performance*

Post school aged years our main objective should be to retain club members in either participation/competition or high performance, for coaching and/or officiating in club or university Water Polo.

Atlantis City Water Polo and Aquatics Club

Chairperson	Erin Dayal
Vice Chair / IT	Charlie Veal
Secretary	Michelle Ellis
Treasurer	Steve Bell
Diocesan Representative / Strategic Planner	Angie Winstanley-Smith
Coaching / Players	Facundo Policarpo
Boys Overview	TBC
Health and Safety	Paul Hammond
Admin / Accounts	Bex Heatley
Community and Competitions	Sherren Findley
Grants	Lisa Baggaley
Social Media	Yanine de Boed
Uniforms	Bex Heatley

**Atlantis City Water Polo and Aquatics Club  
Roles and Responsibilities of the Committee**

<b>Officer Role Title</b>	<b>Details</b>
<b>Chairperson</b>	<ul style="list-style-type: none"><li>• Chair monthly meetings</li><li>• Provide consistency in meeting club objectives and standards</li><li>• Assist in appointing coaches and review performance</li><li>• Liaise with the community to ensure programme is appropriately communicated and to deal with any concerns or complaints in collaboration with the Development Manager and Senior Coaches</li><li>• Liaise with and maintain good relations with sponsors and other external supporters of the club and school</li><li>• Maintain positive relationship in regard to the Memorandum of Understanding with Diocesan School for Girls</li><li>• Develop and foster relationships with office holders, members and affiliated clubs and New Zealand Water Polo</li><li>• Respond to any complaints</li></ul>
<b>Vice Chair</b>	<ul style="list-style-type: none"><li>• Assist the Chair as required</li><li>• Step in for the Chair if the Chair is unavailable</li></ul>
<b>Secretary</b>	<ul style="list-style-type: none"><li>• Record and circulate minutes</li><li>• Liaise with the Chairperson to circulate agendas</li><li>• Hold club's records, books and documents</li></ul>
<b>Treasurer</b>	<ul style="list-style-type: none"><li>• Report on the Club bank account financial position at each Committee meeting</li><li>• Present an annual statement of accounts to Club's AGM</li><li>• Maintain the Club's bank account and act as one of the authorised signatories to that account</li><li>• Prepare an annual Budget - include sponsorship and Fundraising targets</li></ul>
<b>Diocesan School for Girls Representative</b>	<ul style="list-style-type: none"><li>• Provide link between club and school to ensure positive relationship</li><li>• Collaborate with Development Manager to ensure consistency across programs</li></ul>
<b>IT</b>	<ul style="list-style-type: none"><li>• Takes responsibility for the Club's website and IT requirements</li></ul>

**Atlantis City Water Polo and Aquatics Club  
Roles and Responsibilities of the Committee**

<b>Officer Role Title</b>	<b>Details</b>
<b>Fundraising / Sponsorship</b>	<ul style="list-style-type: none"><li>• Planning and implementing fundraising events throughout the season with the objective of raising funds for both equipment and operational needs of the club (which could reduce fees at the end of the season) (For example; sausage sizzles, auctions, car wash etc...)</li><li>• Identify and implement 1 per season of a “special fundraising project”</li><li>• Lead Sub Committee and manage specific fundraising activities for specific events such as nationals</li><li>• Liaise with the Committee for appropriate financial fundraising targets for not only the current season but also to build a sustainability to purchase new equipment and reduce costs</li><li>• Update current sponsorship document</li><li>• Attract and retain Sponsors</li></ul>
<b>Health and Safety</b>	<ul style="list-style-type: none"><li>• Working with the coaches and club members to ensure the club maintains appropriate equipment, procedures (see below) and standards to ensure that training is conducted in a safe environment</li><li>• Ensure the Club is implementing the Health and Safety Policy and protocols in collaboration with NZWP and the Children's Act 2014</li><li>• Ensure all RAMS are completed for every tournament entered, update TRIP plan when needed and communicate changes to committee</li></ul>
<b>Uniforms and Equipment</b>	<ul style="list-style-type: none"><li>• Works with School Uniform Shop to ensure that there is an adequate supply of uniforms available to purchase</li><li>• Ensures coaches and managers have uniform</li><li>• Ensures all teams have the correct equipment (caps, balls etc) and that it is collected at the end of the season</li></ul>

### Atlantis City Water Polo and Aquatics Club

#### Role of a Team Manager

**A Team Manager is there to support the Coach by assisting with administration duties. The Team Manager will liaise with the Club Administrator and Team Coach to ensure that the season is enjoyable for all members.**

- Use the Teamreach app to create a team communication portal that can be used to communicate relevant information
- Represent Atlantis and role model our ACWPA club values.
- Attend games and tournaments
- Arrange car-pooling/transport if needed
- Support for players and coach
- Follow all ACWPA's Health and Safety protocols
- Reports injuries and incidents to the club
- Head Injuries – please read and follow our head injury policy in the health and safety section. Again, notification must be made to the Age Grade Coordinator.
- Work with the Team Coach and Age Group Coordinator through any responsibilities including equipment usage
- Let the coaching team know if a player is sick or away for any reason

### Atlantis City Water Polo and Aquatics Club

#### Role of a Team Manager

##### Managers must:

- Communicate game details (meet time / game time / location / cap colour), table duty times and roster and training times to players and their parents. Load as many games in advance as possible. Check draw regularly and update as changes are made.
- Check for table duty – usually white caps are on table for next game. Blue are sometimes on table 2 games prior. BUT this is not always the case – ALWAYS check for table duty both directly after AND before earlier games. **The club gets fined if we miss a table duty.** Usual requirement is 5 people for table, and for younger age groups (e.g. U14) an adult to supervise – please check the rules
- For league games - understand who the team floaters are and arrange with the Age Group Coordinator if required. Each team has nominated floaters – these are the ONLY players who can be brought in to a team if short on players for a game. Using any player other than a named floater results in game default, points loss and fine.
- Read the tournament rules and help the coach ensure we comply. This is mainly about managing parents and player expectations - not coaching or instructing
- Allocate cap number to players for the league / tournament and put on Teamreach. Usual approach is to ask each player for 3 options, and then allocate with preference based on age (i.e. oldest gets first choice).
- Sit with the team and coach poolside. Know which side of the pool your bench is. 'White is right' as a player seated on the bench to start the game - if you are White caps, you start on the right side of the pool (facing officials table)
- Ensure that only Players, Coaches and Manager are on bench side-line during the game. Ensure that Parents and supporters are in the appropriate spectator areas
- Fill out the official game sheet on the officials table prior to the game – complete player, coaches and manager names. Indicate any players who are floaters
- Keep track of scoring and exclusions on a game sheet. Inform the coach of any player on 2 major fouls. If the table is not showing the correct score or exclusions then talk to the table and if necessary the referee at the end of the quarter to get this corrected.

### Atlantis City Water Polo and Aquatics Club

#### Role of a Team Manager

##### Managers should:

- help encourage fun and help model club culture
- prioritise 'we' over 'me' - you are there to support all your players not your child.
- encourage positivity and participation over 'win'
- take lots of photos before and after but never during game. Share to Teamreach and ensure coach has these for social media.
- Do anything to help the coach focus on coaching. e.g. Get the kids into game ready uniform on time with caps when warmed up
- record any injuries or incidents during the game. Notify the coach and officials straight away. Notify the Club when suitably convenient. Inform player's parent and ensure parent of any player who is younger than 18 (Note this is actual player age – not playing age group) is accountable on deciding whether player fit to play. If in doubt parent should consult and provide evidence from health professional.

##### Managers should not:

- Take responsibility for health and safety at a venue. Every pool has a designated official that should provide first aid. Obviously common sense applies here – help a player with e.g. a nosebleed, but escalate to trained staff at the pool as appropriate
- 'coach' poolside - you can't stand, give instructions, or call out to players.
- Undermine the decision of the coaches or assistant coaches. If parents or players complain/question or seek clarity - inform the coach and agree next steps.
- allow negative behaviour towards other teams/parents/players/clubs. Any official complaint must follow formal process.
- Use their phone when poolside during games

### Atlantis City Water Polo and Aquatics Club

### Role of a Team Manager

#### Uniform and Equipment

- Uniform
  - Wear Club Manager polo poolside and for all official team/club duties including completing game sheets. This is our designated way of identifying that you are a manager vs. a parent, player or coach.
  - Wear black trousers, track pants or leggings.
  - Wear closed toe white sneakers. No Crocs, heels, sandals, Uggs. This is a rule for water polo not club.
  - Ensure all players arrive in correct mandatory gear; official togs, polo and shorts.
- Equipment:
  - Standard team equipment is a set of white and blue caps, a ball bag containing 5 or 6 balls and a bottle holder.
  - Count the caps, make sure all caps are in a set, before and after each game.
  - Wash or rinse the caps at end of the day. No high spin, dryer or fabric softener. A rinse off the chlorine and hang up to dry sufficient for quick turnaround tournaments.
  - Make sure you know player cap numbers. For younger players help them get correct cap on and help tie to ensure they stay on for game.
  - Put all player bottles in the holder prior to the game. Don't allow sharing. Carry to players and return at end of game.
  - Collect player goggles post swim warmup and return at end of game.
  - Do not allow players to play with balls/gear outside damaging ACWPA gear.
  - Do not allow players to damage venue gear.

## Atlantis City Water Polo and Aquatics Club

### Role of an Age Group Coordinator

The role of Age Group Co-ordinator is to liaise between the players, families and coaches to ensure that everything runs as smoothly as possible! The Age Group Co-ordinator works very closely with the Development Manager and the coaches. A monthly report on each age grade is presented at the monthly committee meetings.

#### Communication

- Informing players / families of trials
- Informing players / families of team selections and introduce team Coach and Manager
- Informing players / families of National and Competition Information
- All communications will be done through Friendly Manager

#### Assisting the Team Managers

- Welcome Team Managers and advise on their role using the team manager booklet.
- Provide Managers the team kit of balls, caps, water bottle holder and manager shirt
- Assist in their roles when required

#### Liaise with Coaches and the Development Manager

- Liaise with the coach of the team in question of any immediate issues (illness etc)
- More serious concerns to be sent to the Development Manager and Club Chair (Team selections, disciplinary etc)

#### Tournaments and Tours

- Work closely with the ACWPA Administrator
- Request availability of club members when required
- Be the first point of contact for questions regarding the tour
- Assist the team manager with obtaining all relevant information

#### Disputes

- Concerns may be raised directly with the Age Group Coordinator. These will be forwarded on to the relevant coach in the first instance, then the Development Manager and Chairperson if required.

#### Uniforms

- Communicate with you the club uniform policy

## Atlantis City Water Polo and Aquatics Club Parent Code of Conduct

**As a parent, you play a special role in the development of your child and of their team mates. Your encouragement will do more to ensure good self discipline than any other influence.**

**While winning is important, playing well and fairly is the essence of any game.**

### **1. Support your child**

By giving encouragement and showing interest in the team.

### **2. Always be positive**

Applaud good plays from both teams. Only one team can win the game but both teams can enjoy the game without criticism from the sideline.

### **3. Please remember you are not the coach or referee**

Parents calling from the sideline - while well intentioned - often give inappropriate advice at the wrong time. If there are any sideline instructions these need to be given by the coach only. Remain well back from the sidelines and within the spectator area. What you say before, during and after the game matters, keep positive and neutral.

### **4. Demonstrate a positive attitude toward your opponents and their families**

Our opponents always deserve respect. Your child may well end up playing in the same team as opposition players later – we have many players making national squads and teams alongside our club opposition.

### **5. Remember that your child wants to have fun**

It is your child playing, not you. Your child must establish their own goals – to play the game for themselves. They also need to learn to stand on their own two feet and build resilience in their own way.

## Atlantis City Water Polo and Aquatics Club Athlete Code of Conduct

**As an Atlantis City Water Polo and Aquatics Club (Atlantis City) athlete you agree to abide by this Code of Conduct. In particular, during any activity associated with Atlantis City (whether during competition or otherwise) you will:**

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing a quality performance.
- Be aware of, and operate within, the Constitution, rules, regulations and policies of Atlantis City.
- Be aware of, and operate within, the rules and policies of New Zealand Water Polo and FINA.
- Understand the possible consequences of breaching this Code of Conduct (which may include suspension from competition or expulsion from a team or from the Club).
- Immediately report any breaches of this Code of Conduct by any Atlantis City members to the Club Secretary.
- Refrain from any form of abuse towards others.
- Refrain from using any obscene language.
- Refrain from any form of harassment towards others.
- Refrain from any form of discrimination towards others.
- Refrain from any form of victimisation towards others.
- Promote the interests of water polo.
- Provide a safe environment for training, playing, competing and travelling with Atlantis City.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.
- Not provide comment to any media, or publish any comment (including on any website or in any social media), on behalf of Atlantis City.
- Not speak to any media in a negative way, or publish any negative comment (including on any website or in any social media) regarding Atlantis City.
- Never act in any way that may bring disrepute or disgrace to Atlantis City, or any of its members, stakeholders and/or sponsors, potential sponsors and / or partners.
- Not participate (or benefit from assisting others involved) in sports betting or gambling activity associated with water polo matches and / or water polo results in which you are participating or have been directly involved in.
- Respect that coaches and managers are responsible for the wellbeing of all team members and will make decisions for the good of the team.

## **Atlantis City Water Polo and Aquatics Club Coach / Team Manager Code of Conduct**

**As a Coach or Team Manager you will agree to abide by this code of conduct. In particular you will:**

- Respect the rights, dignity and worth of every individual player as a human being
- Treat everyone equally regardless of gender, disability, ethnic origin or religion
- Respect the talent, developmental stage and goals of each team member in order to help them each reach their full potential
- Maintain a 'duty of care' towards team members and be accountable for the management of the team
- Have a sound working knowledge of this Code of Conduct and other Club policies, and ensure that the conduct of the affairs of the team is in accordance with these
- Foster a collaborative approach to the management of the team
- Operate within the rules of water polo and, in the spirit of fair play, while encouraging your team members to do the same
- Advocate a sporting environment free of drugs and other performance enhancing substances within the guidelines of Drug Free Sport New Zealand
- Not disclose any confidential information relating to team members without their prior written consent.

**As a Coach or Team Manager you will undertake your responsibilities with professionalism. In particular you will:**

- Display high standards in your language, manner, punctuality, preparation and presentation (including dress)
- Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport, this includes opponents, coaches, managers, officials, administrators, the media, parents and spectators
- Encourage your team members to demonstrate the same qualities
- Be professional and accept responsibility for your actions
- Refrain from initiating an intimate relationship with a team member and also discourage any attempt by a team member to initiate an intimate relationship with you, explaining the ethical basis of your refusal
- Accurately represent personal coaching / managing qualifications, experience, competence and affiliations
- Refrain from criticism of other coaches or managers
- Not provide any comment to any media, or publish any negative comment (including via social media or otherwise online) regarding or on behalf of the Club
- Not act in any way that will or may bring disrepute or disgrace to the Club, its stakeholders and / or its sponsors, potential sponsors and/or partners

## **Atlantis City Water Polo and Aquatics Club Coach / Team Manager Code of Conduct**

**As a Coach or Team Manager you will provide a safe environment for training and competition. In particular you will:**

- Adopt appropriate risk management strategies to ensure that the training and / or competition environment is safe
- Ensure equipment and facilities meet safety standards
- Ensure equipment, rules, training and the environment is appropriate for the age, physical and emotional maturity, experience and ability of the players
- Show concern and caution toward sick and injured players and allow further participation in training and competition only when appropriate
- Encourage players to seek medical advice when required
- Provide a modified training program where appropriate
- Maintain the same interest and support toward sick and injured athletes

**As a Coach or Team Manager you will protect your team from any form of personal abuse. In particular you will:**

- Refrain from any form of verbal, physical and emotional abuse towards your team members
- Ensure that any physical contact with your players is appropriate to the situation and necessary only for the player's skill development. If in doubt, refrain from physical contact
- Refrain from any form of sexual and racial harassment, racial vilification and harassment on the grounds of disability; and be alert to any forms of abuse directed towards your team members from other sources while they are in your care

**As a Coach you will be a positive role model for water polo, the Club and all Club athletes by acting in a way that projects a positive image of coaching. In particular you will:**

- Act in a way that acknowledges that all team members are deserving of equal attention and opportunities
- Ensure each team member's time spent with you is a positive experience
- Be fair, considerate and honest with team members
- Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around team members

**As a Coach you will make a commitment to providing a quality service to your team. In particular you will:**

- Provide players with planned and structured training programmes appropriate to their needs and goals
- Seek advice and assistance when additional expertise is required
- Maintain appropriate records
- Seek continual improvement through ongoing coach / manager education, and other personal and professional development opportunities

## Atlantis City Water Polo and Aquatics Club

### FAQs

#### **What are the costs?**

Please see our fees Policy / FAQs

#### **Where do I find the training schedule / year overview**

Please check the relevant Age Group page on our website. Each term training schedule will also be posted on social media and communicated to you by your age group coordinator. Training times are dictated by pool availability and we try to prioritise the age group currently playing competitions that term.

#### **Do I need to register each term?**

At present we require registration each year prior to starting training / playing for the relevant age group season

#### **Do I need uniform before my age group is in season?**

No, uniform is only required prior to competing in either the age group league or tournaments. Please refer to our uniform policy for required and optional items. For new, young players (U12) who may not be sure whether they are likely to continue, we may be able to arrange a one-off loan for a specific U12 tournament to avoid unnecessary outlay on uniform.

#### **Should my child train all year round?**

Depending on your child's age group, water polo will be played across many terms of the year, through the school and club age group seasons. At a club level, players often train and play the term before their season. Some will have the opportunity to play up an age group prior to their own "true" age group. Please note these opportunities are limited by league and tournament rules restricting the number of players who can play up.

#### **If my child is sick and can't attend training, do I need to let anyone know, if so who and when?**

Please inform the team coach as soon as you know your child will not be able to attend training

#### **Who do I talk to if I am not happy**

Talk to your coach or team manager. If you are not comfortable approaching them please contact your Age Group co-ordinator.

## Atlantis City Water Polo and Aquatics Club

### Fee Policy

#### Atlantis City Fees are made up on the following:

- **Club Registration Fee** – Each year, each Atlantis City Water Polo member is required to pay a “Club Registration” fee. This fee is allocated towards the administration and running of the Club (funds also raised through sponsorship, fund raisers etc). For 2026 this fee is \$100
- **AWP Fee** – Atlantis City must pay Auckland Water Polo a registration fee. This is split between our members and handed directly on. For 2026 this is \$30 per member and is invoiced with the Club Registration Fee
- **Term Training Fee** – Each school term, a player will be allocated a team. This team will train once or twice per week depending on whether the team has competitions that term. The team may train with other teams of the same age group. The fee will depend on the number of trainings per week
- **Competition Fee** – If the player is actively competing in a competition in the term, the player will be allocated a competition fee. This is the entrance fee for that team (as allocated by New Zealand Water polo or Auckland Water Polo) divided among the number of players in the team.
- **NZWP Fee** – every player is required to register separately with New Zealand Water Polo. For 2026 this fee is \$39.70. This is compulsory for members of any water polo club in New Zealand and must be done prior to playing any games.
- **Club Registration** is to occur via Friendly Manager (if you have any questions, please contact your Age Group Coordinator). At the start of each term, the player (or their family) will be sent the Fee for that term. All fees are to be paid within three weeks of the commencement of the term

#### Frequently Asked Questions:

- **What if my child wants to only attend one training session rather than two – can I have a reduction in the term fee?** Unfortunately, no. The Club has expensive overheads, such as pool hire, that need to be allocated across all players. To do this as fairly as possible, this is done on a team basis, rather than per individual
- **If my child is away or injured, can I get a refund?** Again, the fees are set and allocated on a team basis and mainly cover fixed costs so in general a refund is not possible. There may be some exceptional circumstances – for example a serious injury. In such an instance, please discuss that with your Age Group Coordinator
- **What happens if I do not pay the fees by the due date?** If you have any concerns in relation to paying the fees, please reach out to the Age Group Coordinator. Arrangements can be made to assist families as required. If fees are not paid when due, unfortunately the player will be asked to stand down until the fees are paid or an alternative arrangement is put in place
- **Is any assistance in relation to fees available?** We will try and do everything possible to help our Members. Please do reach out to your Age Group Coordinator or the Chair Person to discuss
- **What if I register later in the year – do I need to pay the full Atlantis City registration Fee?** The registration fee is calculated to cover the Club’s annual administration and additional costs such as coach development. This is budgeted annually. Therefore, if you register in Terms 1 to 3, the full registration fee is due. If you register in Term 4, 50% of the registration fee will be due

## Atlantis City Water Polo and Aquatics Club Selection Policy

The coaches will be using the following process for selection:

1. Performance at trials
2. Performance at training throughout the year
3. Performance previously representing Atlantis at all age groups
4. Performance during current season (In age group and playing up an age grade)

### Selection Criteria

#### Fitness

- Swimming Speed
- Swimming Endurance
- Leg Strength
- Leg movement
- Explosive speed

#### Fundamental Skills

- Individual / team play characteristics
- Individual ball handling
- Application of skills to the game situation
- Passing under pressure
- Ability to maintain possession
- Ability to make and execute correct decisions under pressure
- Game and shot clock awareness
- Technical abilities in specific positions

#### Drivers

- Ability to shoot – technical and shot selection
- Ability to create a passing option / assist a team mate / good pass selection
- Ability to earn an advantage or exclusion

#### Centre Defenders

- Ability to read the game (attack and defense)
- Ability to front mark
- Ability to counter attack
- Ability to communicate with defence and follow tactical instructions

## Atlantis City Water Polo and Aquatics Club Selection Policy

### Centre Forwards

- Ability to control opposition
- Ability to control the ball
- Ability to execute range of shoots
- Good shot selection
- Ability to earn exclusions
- Ability to cover and participate in team defence

### Outside Shooters

- Good shot selection
- Ability to shoot under pressure
- Ability to shoot around blockers
- Ability to score from different positions / angles

### Goalkeepers

- Ability to block shots
- Ability to communicate with defence
- Reaction to rebounds / CF shots
- Long accurate passes
- Technical able depending on shot (lob etc.)
- Ability to anticipate
- Ability to read the game and steal balls

### Team Work - ALL PLAYERS

- Work effectively with the team
- Play and co-operate within the team
- Good communication skills – in and out of the pool
- Display leadership qualities
- Ability to adhere to the game plan

### General Attributes

- Strength
- Speed
- Aerobic ability
- Endurance
- Resilience
- Tactical knowledge – defence, attack, extra player systems
- Self-motivated
- Determined
- Hard working
- Coachable
- Commitment to the team and training attendance
- Team Culture

## Atlantis City Water Polo and Aquatics Club Selection Policy

### Selection of players during games

#### The coach will have the ultimate say who plays and for how long

For U12, U14 and U16 the general Club guidelines are:

- Pool games – players will get approximately the same amount of playing time
- Cross over games / semi-finals / finals – playing time will be at the coach's discretion. The coach may elect to play the strongest team which means some players may play less
- There may be other important games e.g. a critical pool game where the coach may elect to play the strongest team which means some players may play less

### Selection concerns

If you have any concerns about the team selection or game time for your child, please contact the Development Manager ([Facundo@acwpa.co.nz](mailto:Facundo@acwpa.co.nz)) or your Age Group Coordinator



## UNIFORM GUIDE

### GIRLS

All girls at Atlantis City are to have the following Uniform. These are to be worn to and from a game, and while playing.

- Togs



- Polo Shirt



- Shorts (Kids and Womens)



- Blue and White Swim caps (Any plain blue or white swim cap is acceptable but this reversible cap from our sponsor KAP7 ([www.kap7.co.nz](http://www.kap7.co.nz)) is recommended)



The following are optional:

- Hoodie



- Leggings



Please note that for certain winter tournaments the players may be required to travel in Leggings. This will be discussed with the team at the time. Uniform leggings may be replaced with plain black leggings.

## BOYS

- Togs



BACK



FRONT

- Polo Shirt



FRONT



BACK

- Shorts



The following are optional:

- Hoodie



- Track Pants



Please note that for certain winter tournaments the players may be required to travel in trackpants. This will be discussed with the team at the time. Uniform leggings may be replaced with plain black trackpants.

## ADDITIONAL ITEMS

The following additional ACWPA items are also available for purchase:

- Hooded Towels



- Backpacks



- Support Crew Tops (Noting that these are a small fit so we recommend going up a size)



Mens Support Crew Tee Long Sleeved



Mens Support Crew Tee Short Sleeved



Womens Support Crew Tee Long Sleeved



Womens Support Crew Tee Short Sleeved

## HOW TO PURCHASE

All Uniform can be purchased from the School Uniform Centre:

- Located at 169 Manukau Rd, Epsom (*Please note new location*)
- Online - [Atlantis City Water Polo - School Uniform Centre](#)

ACWPA will periodically run second hand sales of uniform.

Atlantis City Water Polo and Aquatics Club  
Important Links / Contacts

Atlantis City Water Polo and Aquatics Website	<a href="http://www.acwpa.co.nz">www.acwpa.co.nz</a>
Atlantis City Water Polo and Aquatics Facebook	<a href="http://www.facebook.com/ACWPA">www.facebook.com/ACWPA</a>
Atlantis City Water Polo and Aquatics Instagram	<a href="http://www.instagram.com/atlantiscitywp">www.instagram.com/atlantiscitywp</a>
New Zealand Water Polo Website	<a href="http://www.nzwaterpolo.org.nz">www.nzwaterpolo.org.nz</a>
Auckland Water Polo Website	<a href="http://www.aucklandwaterpolo.co.nz">www.aucklandwaterpolo.co.nz</a>

Development Manager	Facundo Policarpo <a href="mailto:facundo@acwpa.co.nz">facundo@acwpa.co.nz</a>
National League Coordinator	Kat Walter <a href="mailto:katgwalter@gmail.com">katgwalter@gmail.com</a>
Boys Age Group Coordinator	Tom Cooney <a href="mailto:boys@acwpa.co.nz">boys@acwpa.co.nz</a>
U18 Girls Age Group Coordinator	Julia Cotter <a href="mailto:U18girls@acwpa.co.nz">U18girls@acwpa.co.nz</a>
U16 Girls Age Group Coordinator	James Hantz <a href="mailto:U16girls@acwpa.co.nz">U16girls@acwpa.co.nz</a>
U14 Girls Age Group Coordinator	Lisa Baggaley <a href="mailto:U14girls@acwpa.co.nz">U14girls@acwpa.co.nz</a>
U12 Age Group Coordinator	Bex Heatley <a href="mailto:U12@acwpa.co.nz">U12@acwpa.co.nz</a>
Neptune Program	Olivia Clark <a href="mailto:neptune@acwpa.co.nz">neptune@acwpa.co.nz</a>
Flippaball	Sherren Findley <a href="mailto:competitions@acwpa.co.nz">competitions@acwpa.co.nz</a>
Intermediate League	Sherren Findley <a href="mailto:competitions@acwpa.co.nz">competitions@acwpa.co.nz</a>
Club Chair	Erin Dayal <a href="mailto:chair@acwpa.co.nz">chair@acwpa.co.nz</a>
Secretary	Michelle Ellis <a href="mailto:secretary@acwpa.co.nz">secretary@acwpa.co.nz</a>
Accounts	Bex Heatley <a href="mailto:accounts@acwpa.co.nz">accounts@acwpa.co.nz</a>
General Enquiries	Bex Heatley <a href="mailto:admin@acwpa.co.nz">admin@acwpa.co.nz</a>