



# BRISTOL CENTRAL SC

## WATER POLO BEACON

### BCSC Water Polo

#### First Regional Beacon Session – Briefing document

#### Introduction

##### 1. Thanks for Coming

- a. Apologies for the short notice
- b. 81 Athletes from 17 clubs at this initial session

##### 2. Beacon Explanation

###### a. What is a 'Beacon'?

Sport England's re-investment into the ASA Beacon programmes aims to nurture the next generation of elite athletes. This commitment from both Sport England and the ASA builds on the success and experiences of the previous four-year cycle and is now being extended across all of the Olympic aquatic disciplines.

The key objectives for each Beacon programme are:

- To increase the performance of athletes within the Beacon programme, demonstrating an increase in representation and results at National and International level
- To increase the number of athletes in the region receiving a high-quality coaching experience;
- To act as an agency to increase the number of highly skilled coaches delivering within the Region;

Each Beacon programme will be measured against key performance indicators on a quarterly basis, ensuring that each is demonstrating impact and effectiveness against key areas:

- Increased performance (defined against each discipline);
- Increased number of Junior internationals
- Increased number of participants within the wider club network
- Self sustainability of programme by 2017

###### b. 4 centres in the country for WP.

Swimming	Diving	Synchronised Swimming	Water Polo
Basildon	Leeds	Bristol	Bristol
Coventry	Luton	Leeds	Crystal Palace (interim)
Ealing	Sheffield	Reading	Manchester
Leeds	Southend	Rushmoor	Sheffield
Manchester			
Portsmouth			
Sheffield			

##### 3. BCSC Water Polo Beacon

###### a. Our Vision.

To be recognised as the premier UK academy for the development of international water polo athletes. We will achieve this by utilising the best coaches, the best facilities, and the best supporting infrastructure and sports sciences available.

At the core of our vision is the continuous development of the athletes, of the coaches, of the officials and of the programme to produce world class Water Polo athletes.

This is very much early days for the Beacon and it is still in its development phase, but we are committed to developing water polo in the region, for the good of the athletes, the coaches and the clubs.

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## BRISTOL CENTRAL SC WATER POLO BEACON

### **b. What does it mean to you - Club Based:**

#### **c. Coaches Forum**

##### ***Coaches Forum***

*The first Coaches Forum was held on 28<sup>th</sup> March 2014, covering the Fundamentals of Passing and Shooting with specific exercises walked through with the coaches in the classroom and then getting them coaching in the pool,*

*We are changing the date of the next coaches forum to avoid clashes with the RTC's etc. we will publish this very shortly.*

*There will be a forum held every quarter with different topics discussed at each.*

### **d. Outreach Programme**

##### ***Outreach Programme***

*In addition to the Coaches Forums, the outreach programme will involve Craig Figes, along with supporting assistant coaches, visiting your water polo training sessions and coaching your athletes, whilst also mentoring your coaches.*

*We will discuss your athletes, coaches and clubs specific needs prior to the session and will then fine tune the session to be delivered to address specific coaching requirements and techniques to be worked on following the Outreach session.*

*It is anticipated that the Outreach sessions will be repeated at least annually and hopefully more regularly although this is dependent on uptake from the regions clubs.*

*We are running the outreach sessions on a monthly basis, with the exception of July and August, and typically during the second week of each month. Therefore, if you would like to participate in the programme, please respond to me in the first instance detailing the dates / times of your sessions. Once we are able to agree a date for the initial session, we will contact you to discuss the number of athletes, coaches and any specific requirements.*

### **e. What does it mean to you - As an Individual:**

##### ***Regional Beacon Programme - Athletes***

*Bristol have established a club programme which is flourishing, but is still in its relatively early days, the regional Beacon programme will provide high quality training for the best athletes in all age groups from across the region. The long term aim is for this to be established as a weekly programme centralised in Bristol, although it will be operated as a series of training days in the immediate future.*

*The Beacon sessions will be aimed to sit between the RTC's and the England Talent squads, with the intention of improving the pathway between regional clubs and International representation.*

*This will also pull in coaches from across the region to assist with the sessions and also to supplement the coaches forum and outreach programmes as part of the regional coach development programme, which is one of the key Beacon programme aims.*

##### ***Access to top Strength & Conditioning coaching***

*A key element of athlete preparation, injury avoidance and rehabilitation is professional S&C coaching, delivered by people who know what is appropriate for the age of athlete and the specifics involved with the sport of water polo.*

*We are very fortunate to have Evan Jenkins leading the programme. Evan is the current England Talent programme S&C coach and therefore brings a wealth of experience to the role.*

*This will provide specifics on the warm up, stretch down and core strength development required for advancing as a water polo athlete.*

##### ***Access to resources***

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*We will be introducing a 'BEACON' page to the BCSC web-site which will have the coaching resources attached in the form of videos of the common water and land based drills, etc. as well as all relevant details of the Beacon programme.*

<http://waterpolo.bristolcentralsc.co.uk/index.php/waterpolo>

#### **4. Close / Conclusion & Summary:**

- Next session planned for July, we will publish the dates, etc. ASAP.
- We want you to be a part of this, so please do get in contact if you have any questions, suggestions or ideas of how we can achieve our goals together?

#### **5. Q&A Session**

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