

NSWIS Women's Water Polo Program

Athlete Selection Guidelines

NSW GOVERNMENT

Women's Water Polo
Athlete Selection Guidelines

NSWIS Water Polo Program Objectives

1. To test, develop, support and progress targeted Water Polo athletes through the Water Polo performance pathway with the goal of successful transition of these athletes into the Stingers team
2. To support the preparation of current Stinger's athletes and ensure their readiness to perform at their best when it matters with the aim of ultimately achieving podium results (as a member of the Stingers) at senior benchmark events

NSWIS Water Polo Scholarship Purpose

The purpose of an NSWIS Water Polo Scholarship is to provide athletes with coaching and performance support services to enable them to continue to develop and progress through the Water Polo Australia (WPA) High Performance Program with a focus on being 'ready' to perform when it matters.

Service delivery is in line with WPA's High Performance objectives and consistently delivers athletes who are progressing against their respective IPPs and who are 'ready' to perform when it matters.

Scholarship Term

NSWIS Water Polo Scholarships will commence on 1 December 2026 and end on 30 November 2027.

Scholarship Benefits

NSWIS Water Polo athlete scholars based at the NSWIS Daily Performance Environment (DPE) in Sydney Olympic Park will be entitled to the following:

- Water Polo Coaching - from NSWIS and WPA appointed coaches
- Strength and Conditioning – inclusive of programming, coaching and NSWIS gym access
- Performance Health – inclusive of physiotherapy and soft tissue massage
- Sports Science – program-based support from performance analysis, performance psychology and nutrition practitioners
- Medical – inclusive of physician access and certain imaging services
- Athlete Wellbeing & Engagement (AW&E) – consultations with and support from an NSWIS AW&E Advisor
- NSWIS Uniform – Valour training uniform for use when training in the NSWIS environment and Water Polo specific uniform supplied by Kap7
- Access to SOPAC or other nominated training venues
- NSWIS Hub - access to NSWIS athlete lounge, kitchen and recovery centres
- Any training specific equipment supplied by NSWIS on an equipment loan agreement (i.e. Heart Rate Monitors).

In addition, NSWIS Water Polo athlete scholarship holders will be eligible to apply for:

- Various NSWIS grants available to scholarship holders e.g. NSWIS Accommodation Grants
- Reimbursements for certain competition and training venue entry fees, accommodation and travel expenses for domestic camps and other discretionary expenses relevant to the NSWIS Water Polo program.

Athlete Obligations

- Completion of all scholarship compliance requirements as outlined within scholarship agreement by deadline date
- Attendance at all designated pool, gym and other sessions in line with communication and direction from the NSWIS Head Coach
- Complete wellbeing and load monitoring requirements as determined by the performance support team
- Maintain good communication with the NSWIS coaches and performance support team regarding scheduling changes and illness/injury
- Wear NSWIS uniform when training in the NSWIS DPE

Selection Process

The Selection Panel will identify and nominate athletes for scholarship.

- NSWIS will offer up to 20 scholarships to athletes that will train in the Sydney Olympic Park NSWIS Daily Performance Environment (DPE)
- The Selection Panel will include:
  - NSWIS Director, High Performance
  - NSWIS Head Coach, Women's Water Polo
  - WPA General Manager of Performance
  - WPA National Women's Head Coach

The scholarship nominations will be submitted to the NSWIS CEO for acceptance prior to a scholarship being offered to an athlete.

Eligibility Criteria

All athletes wishing to be considered for selection must meet the following requirements:

- Be an Australian citizen
- Be nationally categorised by WPA
- Be a current member of WPA
- 16 years or older (including athletes who will turn 16 during the term of the 12 month scholarship)

Women's Water Polo
Athlete Selection Guidelines

Selection Criteria

In determining which athletes will be selected for a NSWIS Water Polo Scholarship, the Selection Panel may consider the following criteria (in no specific order or weighting):

- Current level of Athlete Categorisation
- The athlete's current level of technical, tactical and physical fitness
- Recent national and international performances
- Rate of progression/improvement over previous 24 months (existing scholarship holders)
- Position the athlete plays or the panel believes they could play as a senior international athlete referenced to WPA's depth charts and positional needs
- Any injury, medical or other condition or circumstance which may have impaired or prevented the athlete's recent development or performance
- Amount of time the athlete is likely to spend during the scholarship period in New South Wales

Scholarship Acceptance

An athlete accepting a Water Polo Scholarship must sign and abide by a NSWIS Athlete Agreement and Athlete Code of Conduct for the term of their scholarship. It is the responsibility of the athlete to ensure all conditions of the agreement are met and maintained at all times.

Scholarship Suspension / Termination

- An athlete's scholarship may be suspended or terminated on breach of the NSWIS Athlete Agreement, Code of Conduct, and / or if the athlete brings the NSW Institute or Sport into disrepute.
- The NSWIS CEO has the right to suspend and terminate an athlete's scholarship.
- Scholarships may also be suspended or terminated on written advice to NSWIS from Water Polo Australia.
- Athletes may also withdraw from their scholarship at any time by providing written advice to the NSWIS Women's Water Polo Program Coordinator.
- In all of the above circumstances, athletes must return any kit or equipment to NSWIS that may have been loaned to them in accordance with their scholarship activity.