

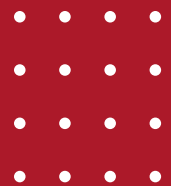


# WATER POLO STRENGTH



**16-WEEK OFF-SEASON TRAINING PROGRAMME**

Specialised strength and conditioning sessions, athlete monitoring and testing for high school water polo players

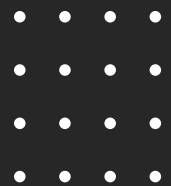






# ASSESSMENT AND MONITORING

- Initial & Post-programme physical assessments (at Week 0 and Week 16)
- Load monitoring and evaluation by HPC Sport Scientist





# STRENGTH & CONDITIONING SESSIONS

- Periodised off-season training programme, focusing on building foundational strength with a focus on improving power in the pool. Additionally, aerobic development and injury prevention.
- Two sessions per week (32 sessions in total)
- Ages: u/15-u/19



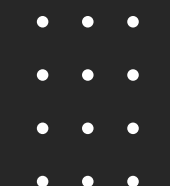
## Load management

Essential in preventing overtraining and injury, and ensuring peak performance for the upcoming season



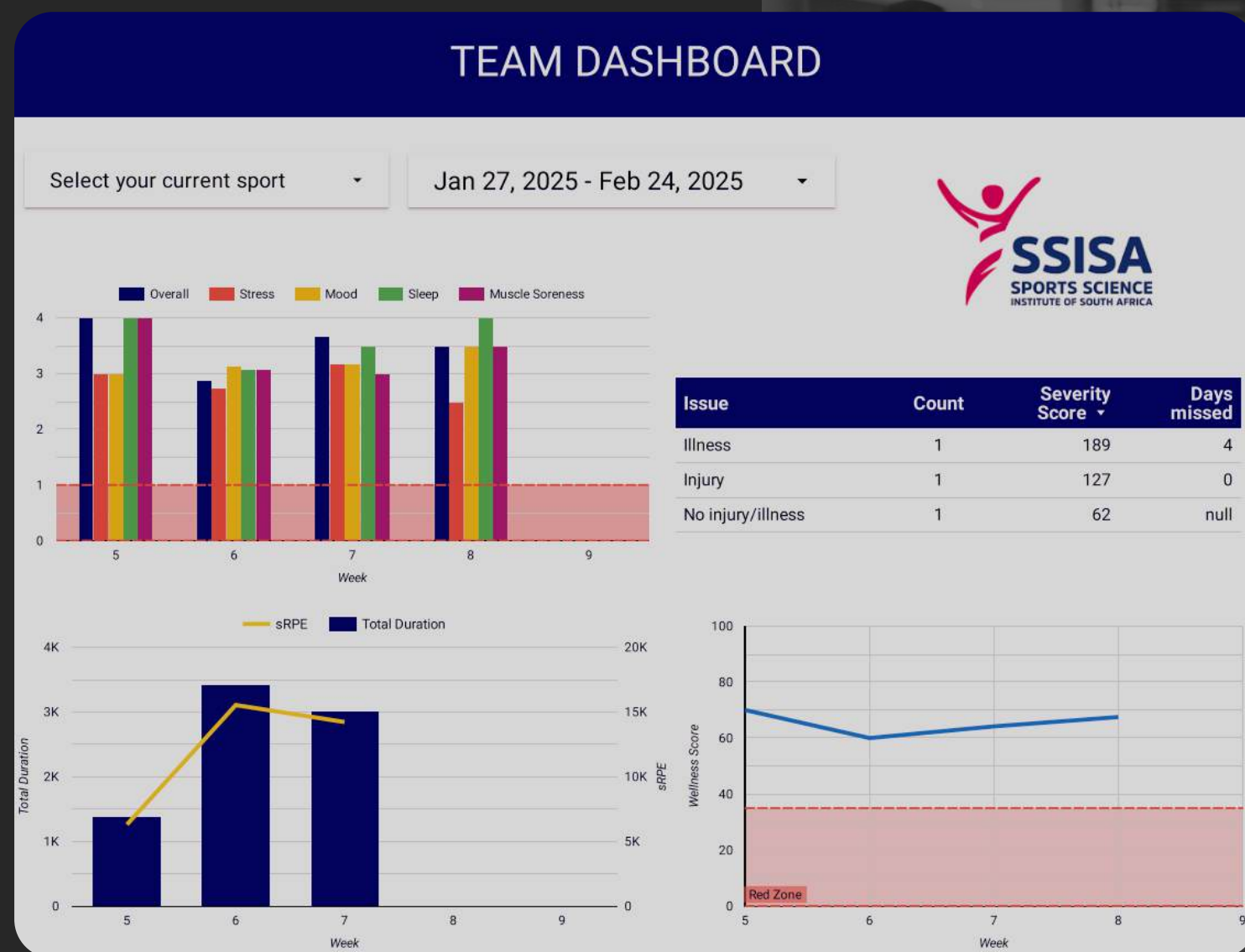
## Supervised training sessions

Group classes led by HPC biokineticists to ensure you get the most out of each session





# EXPERT, DATA LED ATHLETE MONITORING



- Individual data is collected from each athlete over the entire programme
- Data collected is stored securely and only shared with the athlete and coach
- Athletes will be asked to provide load and wellness data which will be analysed and presented in a individual and team dashboard (if applicable)
- Monitoring wellness and load of the athletes will help reduce the risk of injury as a result of overtraining

# MEET THE TEAM

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**CIARA YILA**

*Senior Biokineticist: HPC*

BSC (Hons) Biokinetics (US)  
NSCA CSCS certified



**WARWICK CROSS**

*Senior Biokineticist: HPC*

BSC (Med) (Hons) Exercise Science (Biokinetics) (UCT)



**PAIGE ANDREW**

*Biokineticist: HPC*

BSC (Med) (Hons) Biokinetics (UCT)  
BSC (Hons) Sport Science (UP)



**TIM KLEIN**

*Sport Scientist: HPC*

BSC (Med) (Hons) Exercise Science (UCT)  
MSc Exercise Science (candidate)



# ADDITIONAL INFORMATION

- 32 group sessions over 16 weeks, led by an HPC biokineticist
- Select your stream:
  - Mondays and Wednesdays at 4pm
  - or Tuesdays and Thursdays at 4pm
- Initial and post water polo specific assessments
- Load & wellness monitoring
- Top-up option for swimming fitness @ R470/month
- Two workshops/talks during the programme for participants and parents (nutrition and sport scientist)
- Home training programme provided if needed during the June/July holidays



Limited spaces

**40**

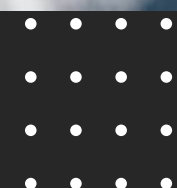
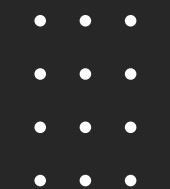


Full programme

**R3620**

**PROGRAMME START  
DATE: 14 APRIL 2025**





# SIGN UP NOW!

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To guarantee your spot NOW, sign up by clicking [here](#), or scan the QR code:



**OR** if you would like to find out more information about the programme, or explore other membership options at SSISA, please complete [this](#) form.